

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

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

Selection of Community Health Priorities for 2019-2021

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

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

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

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

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

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

The health disparity that partners are focusing on is the inequities experienced by those in low-income neighborhoods. As such, low income—one social determinant of health—precludes members

from these communities from accessing preventive and/or medical care due to their difficulty in affording copayments/deductibles (if insured) or care at all if they are uninsured. Additionally, financially-stressed individuals have difficulty affording nutritious foods, leaving them more vulnerable to poorer chronic disease management outcomes, since nutrition and diet play a pivotal role in almost every chronic disease.

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

Summary of Interventions, Strategies and Community Outreach Activities

Prevent Chronic Disease

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

Interventions include:

- Stanford Chronic Disease Self-Management education/workshop series (offered by the LIHC)
- Cultural Competency Health Literacy train-the trainer program (offered by the LIHC)
- *Live Better* public information campaign (developed and managed by LIHC)
- To prevent illnesses, disease and other health problems, or to detect illness at an early stage, offer monthly preventive health screening in local communities, particularly those in medically-underserved communities, including blood pressure, body mass index (BMI), oral, head and neck cancer and colon cancer.
- *Healthy Sundays'* community outreach events held in collaboration with churches, houses of worship and communities. Events are held three to five times per year and include health screenings, education and referrals to care along with select partners offering free or discounted services.
- Monthly lectures, symposiums and education events.
- Smoking cessation programs are offered to reduce the risk of diseases caused by or affected by smoking.

Promote Well-Being and Prevent Mental and Substance Use Disorders

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

Interventions include:

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

- Monthly Bariatric Support Group
 - Monthly Brain Injury Support Group
 - Weekly Breastfeeding Support Group
 - Monthly Epilepsy Support Group
 - Bi-Monthly Muscular Dystrophy Support Group (MDA)
 - Monthly Parkinson's Disease Support Group
 - Weekly Speech Communication Support Group
 - Monthly Spinal Cord Injury Support Group
 - Bi-Weekly Stroke Support Group
- Distribution of CHS's *Mental Health and Substance Use Disorder Services Guide* to CHS partners within the hospital and at hospital outreach events.
 - To further the continuum of care for patients post-discharge from both the detoxification program and the rehabilitation program, St. Charles offers numerous support groups post-discharge including:
 - Monthly AI-Anon Family Support Group – Step Meeting
 - Weekly AI-Anon Family Support Group – Beginners' Meeting
 - Weekly Alcoholics Anonymous – Back to Basics
 - Weekly Alcoholics Anonymous – Living Sober
 - Weekly Narcotics Anonymous

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

Promote Healthy Women, Infants and Children

- St. Charles staff have completed EMPOWER training, a hospital-based quality improvement initiative focused on improving knowledge and skills in evidence-based maternity practices supportive of optimal infant nutrition.
- St. Charles hosts a breastfeeding support group to promote the health benefits of breastfeeding and provide peer support to nursing mothers.

Promote a Healthy and Safe Environment

- Free, evidence-based fall prevention programs designed to improve balance and strength and help reduce falls and build confidence in older adults.

Prevent Communicable Diseases

- Offer free flu vaccinations at events in underserved communities at Healthy Sundays outreach events.

To learn more about program data, projections and outcomes for the priority areas, please see the St. Charles Hospital's Community Health Needs Assessment and Attachment E found at www.stcharles.chsli.org.

Living the Mission

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

CHS Mission and Social Determinants of Health

- American Cancer Society Making Strides Against Breast Cancer Walk
- Programs that support staff resiliency with resources such as meditation of the week and daily prayer for staff, both found on the CHS employee intranet.
- Blood drives supporting Long Island Blood Services
- EMS and EMT education events
- Babies' Memorial and Community Burial of the Unborn
- Adopt-a-family collections at Christmas

Dissemination of the Plan to the Public

The St. Charles Hospital Community Health Needs Assessment and attachments are available to read or download from the hospital's website at www.stcharles.chsli.org. Copies are also available upon request.

Conclusion

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