

# St. Catherine of Siena Medical Center Community Service Plan

2016-2018



Approved by the Board of Trustees on October 4, 2016



**St. Catherine of Siena  
Medical Center**

**Catholic Health Services**

At the heart of health

50 Route 25A  
Smithtown, NY 11787  
(631) 870-3444  
stcatherines.chsli.org



## **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.

## **St. Catherine of Siena Medical Center Service Area**

St. Catherine of Siena Medical Center is located on 110 acres on the north shore of Long Island in Smithtown, New York. This 558-bed, not-for-profit community hospital, includes 240 nursing/rehab beds and a medical office building. St. Catherine's service area consists of 21 communities located in western Suffolk County. Approximately 648,000 people reside in the service area. St. Catherine's primary catchment area has a population of approximately 248,000 and includes: Smithtown, St. James, Hauppauge, Kings Park, Commack, Nesconset, Northport and East Northport. The secondary service area comprises, Lake Grove, Centerport, and Greenlawn, Huntington Station, Huntington and Cold Spring Harbor. In addition, St. Catherine sees patients from the areas of Central Islip, Brentwood and Ronkonkoma, which are primarily underserved communities. The service area is projected to have significant increases in the 45-64 and 65+ age groups. The average income levels for households in the primary service area are largely comparable to the average of \$99,889 for Suffolk County as a whole.

## **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. Catherine of Siena partners include:

American Cancer Society  
American Diabetes Association  
American Heart Association  
American Parkinson Disease Association  
Association for Mental Health and Wellness  
Catholic Charities  
Catholic Home Care, Farmingdale  
Developmental Disabilities Institute, Smithtown  
Eugene Cannataro Senior Center (Smithtown Senior Center)  
Fidelis Care  
Good Samaritan Hospital Medical Center, West Islip  
Good Samaritan Nursing Home, Sayville  
Good Shepherd Hospice, Farmingdale  
Hauppauge Industrial Association  
Home Box Office (HBO) Employee Health Services  
Horizons Counseling and Education Center, Smithtown  
Huntington YMCA  
Island Harvest, Hauppauge

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, Port Jefferson  
Mercy Medical Center, Rockville Centre  
New York State Parks and Recreation Department  
Our Lady of Consolation Nursing & Rehabilitative Care Center, West Islip  
Retired Senior Volunteer Program, Smithtown  
ShopRite of Commack

Smithtown, Commack and Kings Park School Districts  
Smithtown Food Pantry  
Smithtown Sunrise Rotary  
Society of St. Vincent de Paul  
Sounds of Silence  
St. Catherine of Siena Nursing & Rehabilitation Care Center  
St. Charles Hospital, Port Jefferson  
St. Francis Hospital, Roslyn  
St. Joseph Hospital, Bethpage  
St. Patrick's Church, Smithtown

Suffolk County Department of Health Services  
Suffolk Y JCC  
Sunrise Assisted Living of Smithtown  
Telecare  
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

### **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 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. The duration of the survey was 6 months, January to June 2016.

Using the LIHC Community Member Survey data, St. Catherine of Siena reviewed the data for the hospital's service area by selected zip codes. Below are the findings for the St. Catherine of Siena:

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

- Drug & alcohol abuse 52.11%
- Cancer 38.15%
- Obesity/weight-loss issues 29.00%
- Mental health depression/suicide 25.45%
- Heart disease & stroke 25.16%
- Diabetes 20.49%
- Safety 15.73%
- Environmental hazards 10.79%
- Women's health & wellness 9.77%
- Child health & wellness 9.47%
- Asthma/lung disease 5.94%
- Vaccine preventable diseases 3.73%
- HIV/AIDS & Sexually Transmitted Diseases (STD) 3.30%

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

- Cancer 29.88%
- Obesity/weight-loss issues 28.17%
- Women's health & wellness 26.24%
- Heart disease & stroke 25.09%
- Safety 21.14%
- Diabetes 16.69%
- Environmental hazards 15.22%
- Mental health depression/suicide 13.40%
- Asthma/lung disease 11.13%
- Drugs & alcohol abuse 10.39%
- Child health & wellness 9.24%
- Vaccine preventable diseases 3.43%
- HIV/Aids/sexually transmitted disease 2.24%

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

- No insurance 44.32%
- Unable to pay co-pays/deductibles 38.34%
- Fear 35.01%
- Don't understand need to see a doctor 22.17%
- There are no barriers 16.33%
- Transportation 15.85%
- Language barriers 12.89%
- Lack of availability of doctors 9.78%
- Don't know how to find doctors 8.12%
- Cultural/religious beliefs 5.27%

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

- Drug and alcohol rehabilitation services 35.94%
- Healthier food choices 33.23%
- Mental health services 26.66%
- Job opportunities 25.57%
- Weight-loss programs 23.36%

• Clean air and water	18.13%
• Safe places to walk/play	16.63%
• Transportation	14.90%
• Recreation facilities	11.90%
• Smoking cessation programs	11.49%
• Safe childcare options	10.54%
• Safe worksites	4.97%
5. What health screenings or education/information services are needed in your community?	
• Drug and alcohol	23.34%
• Importance of routine well checkups	19.18%
• Mental health/depression	18.53%
• Nutrition	18.16%
• Exercise/physical activity	17.46%
• Cancer	16.05%
• Diabetes	14.93%
• Blood pressure	13.77%
• Heart disease	9.82%
• Emergency preparedness	9.29%
• Dental screenings	8.49%
• Cholesterol	7.84%
• Eating disorders	5.85%
• Suicide prevention	5.41%
• Disease outbreak information	4.53%
• HIV/AIDS/STDs	3.51%
• Vaccination/immunizations	3.47%
• Prenatal care	3.16%
6. I identify as:	
• Female	65.73%
• Male	34.27%
• Other	0%
7. Average age of respondents:	47
8. What race do you consider yourself?	
• White/Caucasian	89.63%
• Black/African-American	4.44%
• Multi-racial	3.21%
• Asian/Pacific Islander	2.47%
• Native American	0.25%
9. Are you Hispanic or Latino?	
• No	84.90%
• Yes	15.10%

10. What is your annual household income from all sources??
- \$0-\$19,999 14.87%
  - \$20,000-\$34,999 12.31%
  - \$35,000-\$49,999 5.64%
  - \$50,000-\$74,999 13.08%
  - \$75,000-\$125,000 21.54%
  - >\$125,000 32.56%
11. What is your highest level of education?
- College graduate 28.95%
  - Graduate school 23.84%
  - Some college 17.52%
  - High school graduate 14.60%
  - Doctorate 5.36%
  - Some high school 4.62%
  - Technical school 2.68%
  - K-8 grade 1.95%
  - Other (GED, secretarial school) 0.49%
12. What is your current employment status?
- Employed for wages 65.53%
  - Retired 11.25%
  - Self-employed 7.82%
  - Out of work, but not currently looking 6.60%
  - Out of work/looking for work 5.87%
  - Student 2.93%
  - Military 0%
13. Do you currently have health insurance?
- Yes 95.09%
  - No 4.14%
  - No, but I did in the past 1.97%

**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. Catherine of Siena Medical Center Interventions, Strategies and Activities**

**Priority Number One:** Obesity

**Goal:** Increase education and support services for weight management and help reduce obesity in adults and children in the St. Catherine of Siena service area.

#### **Interventions, Strategies and Activities:**

1. Work with the dietician at the local ShopRite of Commack to educate and distribute materials related to weight management, healthy food and beverage choices. Offer BMI and blood pressure screenings at the local ShopRite grocery store three times annually. This store is located near the underserved communities of Central Islip and Brentwood.

**Process measures:** Hospital will track the number of screenings conducted. Also, it will measure the number of participants who engage with the dietician and accept educational materials; strive to increase the educational interactions by 5% annually.

2. Offer lectures on physician-driven programs on topics related to weight management and nutrition four times annually.

**Process measures:** Lectures will be scheduled quarterly and attendees tracked. The program will be designed to incorporate a survey or question-and-answer piece to assess comprehension. The hospital will hold four lectures annually, will assess the number of attendees after year one to use as a benchmark for increased attendance in year two and three and increase attendance by at least 5%.

3. Collaborate with the New York Bariatric Group to offer free lectures and presentations on nutrition and obesity-related issues throughout the underserved communities near St. Catherine.

**Process measures:** St. Catherine will measure the number of lectures and presentations. The hospital will strive to increase the number of attendees at each event by 5% and use year one as a benchmark for year two and three target goals.

4. Offer a bariatric support group at St. Catherine of Siena campus to help patients maintain a healthy lifestyle following weight loss surgery. In addition, the hospital will incorporate free nutritional cooking demonstrations at two of the support groups annually to encourage healthy eating.

**Process measures:** Identify the number of new participants and seek to increase by 5% annually. 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.

5. Collaborate with NYS Recreation Department to hold *Boardwalk Your Way to Wellness* program annually at Sunken Meadow State Park.

**Process measures:** Identify the number of participants who return for two or more sessions and increase by 5% each year. Provide a pre- and post-survey to assess walk's success. 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.

6. St. Catherine of Siena will actively promote the Long Island Health Collaborative's walking program by distributing promotional materials at community events and through social media reach. St. Catherine of Siena will also share program information with CHS-affiliated physicians and mid-level practitioners to encourage more people to walk and choose a healthier lifestyle.
7. 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 to participants.

**Process measures:** The goal is to increase the number of hospital participants over the previous year by 5%.

## **Priority Number Two: Preventive Care and Management**

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

### **Interventions, Strategies and Activities:**

1. Offer free, monthly support groups for community members living with diabetes, lupus and Parkinson's disease.

**Process measures:** Track the number of participants, and strive to increase the number of participants by 2% annually. Provide a pre- and post-survey to evaluate the programs. 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.

2. Offer lectures and community outreach with opportunities for screenings in collaboration with local organizations and high school education departments.

**Process measures:** Track the number of participants, and strive to increase the number of participants by 2% annually. Provide a pre- and post-survey to evaluate the programs.

3. Provide disease education, blood pressure and BMI screenings, dermatology and cholesterol screenings and free flu vaccinations at local community festivals and health fairs and hospital-sponsored events, including the annual fall health fair.

**Process measures:** St. Catherine will track the number of attendees and the screenings offered. In addition, St. Catherine will strive to increase the number of participants screened by 3% annually.

4. St. Catherine staff volunteer at CHS Healthy Sundays community outreach events held in underserved churches, offering free health screenings and providing educational materials on preventive health.

**Process measures:** Participate in at least four to five Healthy Sundays each year. Record the number of attendees, screenings and referrals at each event in order to increase the number of screenings and referrals that would identify any health concerns for community members.



5. Participate in Retired Senior Volunteer Program (RSVP), Legislator Trotta's senior fair, and other organizational employee wellness programs offering free blood pressure and BMI screenings. Increase awareness and education about chronic disease in underserved communities.

**Process measures:** St. Catherine of Siena will track the number of attendees, participants screened and number of referrals. Seek at least three new partners over 2016-2018 timeframe.

**Priority:** Mental Health

**Goal:** Decrease hospitalization rates due to alcohol and drug abuse. Promote mental, emotional and behavioral well-being in the surrounding communities.

**Interventions, Strategies and Activities:**

1. Provide education about prescription drug use and safe drug disposal at Horizons Counseling Center and Smithtown high schools.

**Process measures:** St. Catherine of Siena will coordinate four lectures both on- and off-campus and track the number of attendees at each event, seeking to increase by 2%. The hospital will provide a pre- and post-survey to evaluate increase in knowledge.

2. St. Catherine of Siena has a dedicated information areas at its annual Community Health Fair for community organizations that offer mental health resources and support services and programs.

**Process measures:** St. Catherine will track the number of attendees at the health fair and seek new mental health resources to be included in the fair. The hospital will strive to increase the number of participants by 5% annually. In addition, the hospital will work to incorporate more supportive resources to have a presence at the health fair for increase mental health and drug prevention awareness.

3. Offer free smoking cessation programs in collaboration with the Suffolk County Department of Health.

**Process measures:** St. Catherine of Siena will track the number of attendees who participate in the program from start to finish, and measure how many participants quit smoking. The hospital will strive to increase the number of participants by 3% annually.

4. Schedule free Narcan training once per year on campus to educate community members about drug addiction. Provide free Narcan kits.

**Process measures:** Track the number of individuals who are given training and Narcan kits over the 2016-2018 cycle each year. After year one, the hospital will assess the demand for Narcan training and further partner with Horizons Counseling Center to incorporate additional education and intervention alternatives for those suffering with drug addiction.

5. Offer free postpartum depression support groups and coordinate with the NY Postpartum Depression Organization to provide resources and information.

**Process measures:** The hospital will track the number of attendees or referrals to other depression support programs. After year one, the hospital will assess the need for additional support group offerings provided annually and evaluate other resources for mothers with postpartum depression.

6. St. Catherine of Siena plans to participate in the Mental Health First Aid training at St. Francis Hospital in November 2016 being presented by The Mental Health Association of Nassau County. This free, eight-hour training is designed for caregivers of those who live with chronic disease as well as hospital staff who work with caregivers or run hospital support groups. This education will better prepare staff who run hospital support groups.
7. St. Catherine of Siena will support Long Island Health Collaborative and DSRIP projects that address mental health.
8. When a lack of access to mental health resources is identified, St. Catherine of Siena 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. Catherine of Siena will use the Long Island Health Collaborative's database to identify or recommend a suitable option.
9. A Town Hall meeting to talk about substance abuse on Long Island will be held at St. Joseph Hospital in fall 2016 and broadcast live on Telecare. The panel will include experts from CHS, Catholic Charities, the Diocese of Rockville Centre and Hope House Ministries along with community members and families affected by substance abuse. Telecare—The Best in Catholic Television! ® is a not-for-profit, state-of-the-art television and production facility. In collaboration with CHS, Telecare is producing a DVD that will focus on substance abuse on Long Island. The DVD will be shown to Catholic school students and religious education students, available on all CHS and Diocesan websites and will also have its own website. Related literature with education and resource information will be provided for students, parents, and parishioners and will be available on all of the previously listed websites.
10. 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.

### **Dissemination of the Plan to the Public**

The St. Catherine of Siena Medical Center Community Service Plan will be posted on the hospital's website at [www.stcatherines.chsli.org](http://www.stcatherines.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. Catherine of Siena 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. Catherine of Siena Medical Center 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. Catherine of Siena is committed to continue to develop ways to best serve the community.