

St. Joseph Hospital  
**Community Service Plan**

2016-2018



Approved by the Board of Trustees on October 4, 2016



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

4295 Hempstead Turnpike  
Bethpage, NY 11714  
516-579-6000

[www.StJosephHospital.chsli.org](http://www.StJosephHospital.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. 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	Levittown EMS
American Diabetes Association	Lindenhurst/North Lindenhurst EMS
American Heart Association	Long Island Blood Services
American Parkinson Disease Association	Long Island Health Collaborative (LIHC)
Amityville/North Amityville EMS	Maryhaven Center of Hope, Port Jefferson
Bellmore/North Bellmore EMS	Massapequa/North Massapequa EMS
Bellmore/Merrick EMS	Melville EMS
Bethpage EMS	Mercy Medical Center, Rockville Centre
Bethpage Library	Merrick EMS
Bethpage School District	Nassau Police Medic Association
Catholic Charities	Our Lady of the Assumption Church, Copiague
Catholic Home Care, Farmingdale	Our Lady of Loretto Church, Hempstead
Copiague EMS	Plainview EMS
East Meadow EMS	Seaford EMS
Farmingdale/East/South Farmingdale EMS	Senior Care
Farmingdale Public Library	Senator Kemp Hannon, Nassau County
Farmingdale School District	Society of St. Vincent de Paul
Fidelis Care	St. Catherine of Siena Medical Center, Smithtown
Girl Scouts of America, Nassau County	St. Catherine of Siena Nursing & Rehabilitation Care Center, Smithtown
Good Samaritan Hospital Medical Center, West Islip	St. Charles Hospital, Port Jefferson
Good Samaritan Nursing Home, Sayville	St. Joseph Hospital, Bethpage
Good Shepherd Hospice, Farmingdale	St. Brigid Church, Westbury
Hicksville EMS	St. Kilian Church, Farmingdale
Hunter Ambulance Services	St. Martha Church, Uniondale
Jericho EMS	

St. Martin of Tours Church, Bethpage  
Syosset EMS  
Telecare

Wantagh/Wantagh Levittown EMS  
West Babylon EMS  
Wyandanch EMS

## **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. Joseph Hospital reviewed the data for the hospital's service area by selected zip codes. Below are the findings for St. Joseph Hospital:

1. What are the biggest ongoing health concerns in the community where you live?
  - Cancer 42.02%
  - Drug & alcohol abuse 41.97%
  - Obesity/weight-loss issues 28.89%
  - Diabetes 24.58%
  - Heart disease & stroke 23.24%
  - Mental health depression/suicide 21.64%
  - Environmental hazards 14.75%

- Safety 11.89%
  - Child health & wellness 10.64%
  - Asthma/lung disease 10.52%
  - Women's health & wellness 9.69%
  - HIV/AIDS & Sexually Transmitted Diseases (STD) 4.06%
  - Vaccine preventable diseases 2.76%
2. What are the biggest ongoing health concerns for yourself?
- Obesity/weight-loss issues 33.20%
  - Women's health & wellness 29.78%
  - Heart disease & stroke 27.88%
  - Cancer 27.36%
  - Diabetes 21.60%
  - Safety 15.00%
  - Environmental hazards 13.81%
  - Mental health depression/suicide 13.76%
  - Asthma/lung disease 11.47%
  - Child health & wellness 7.95%
  - Drugs & alcohol abuse 6.02%
  - Vaccine preventable diseases 4.03%
  - HIV/Aids/sexually transmitted disease 2.79%
3. What prevents people in your community from getting medical treatment?
- No insurance 44.20%
  - Unable to pay co-pays/deductibles 41.37%
  - Fear 36.03%
  - Don't understand need to see a doctor 20.35%
  - There are no barriers 14.85%
  - Transportation 14.07%
  - Language barriers 10.52%
  - Don't know how to find doctors 7.59%
  - Cultural/religious beliefs 6.00%
  - Lack of availability of doctors 5.88%
4. Which of the following is the MOST needed to improve the health of your community?
- Healthier food choices 36.06%
  - Drug and alcohol rehabilitation services 26.43%
  - Weight-loss programs 26.36%
  - Clean air and water 24.84%
  - Job opportunities 24.79%
  - Mental health services 23.10%
  - Safe places to walk/play 14.25%
  - Recreation facilities 14.02%
  - Transportation 12.16%

• Safe childcare options	11.19%
• Smoking cessation programs	11.13%
• Safe worksites	4.18%
5. What health screenings or education/information services are needed in your community?	
• Drug and alcohol	25.89%
• Importance of routine well checkups	24.09%
• Nutrition	22.19%
• Cancer	21.74%
• Blood pressure	20.33%
• Exercise/physical activity	19.37%
• Diabetes	19.26%
• Mental health/depression	19.07%
• Emergency preparedness	11.98%
• Cholesterol	11.84%
• Heart disease	10.63%
• Suicide prevention	7.93%
• Dental screenings	7.08%
• Eating disorders	7.07%
• Vaccination/immunizations	5.40%
• Disease outbreak information	5.16%
• HIV/AIDS/STDs	5.11%
• Prenatal care	3.86%
6. I identify as:	
• Female	71.52%
• Male	28.15%
• Other	0.33%
7. Average age of respondents:	50
8. What race do you consider yourself?	
• White/Caucasian	87.05%
• Black/African-American	6.56%
• Multi-racial	3.28%
• Asian/Pacific Islander	2.76%
• Native American	0.35%
9. Are you Hispanic or Latino?	
• No	85.37%
• Yes	14.63%
10. What is your annual household income from all sources??	
• \$0-\$19,999	12.45%
• \$20,000-\$34,999	12.27%

- \$35,000-\$49,999 8.79%
- \$50,000-\$74,999 12.45%
- \$75,000-\$125,000 31.14%
- >\$125,000 22.89%

11. What is your highest level of education?

- College graduate 35.02%
- Some college 18.52%
- High school graduate 18.18%
- Graduate school 15.66%
- Technical school 4.04%
- Some high school 3.70%
- Doctorate 2.86%
- K-8 grade 1.85%
- Other (Nursing school) 0.17%

12. What is your current employment status?

- Employed for wages 63.05%
- Retired 18.47%
- Self-employed 6.10%
- Out of work/looking for work 4.92%
- Out of work, but not currently looking 3.90%
- Student 3.56%
- Military 0%

13. Do you currently have health insurance?

- Yes 91.14%
- No 6.69%
- No, but I did in the past 2.17%

**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 in underserved churches, 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.

2. St. Joseph Hospital will offer a 17-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 17-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.

3. St. Joseph Hospital will actively promote the Long Island Healthy Collaborative's walking program by distributing promotional materials at community events and through social media reach. St. Joseph Hospital will also 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 the 11 community lectures held at the hospital and the 5-7 Healthy Sunday events held each year in Freeport, Hempstead, Levittown, Farmingdale and Bethpage. Materials are also shared and via social media; the number of likes, followers and shares are measured.

4. 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:** 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%.

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

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

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

1. St. Joseph Hospital offers free monthly diabetes 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.

2. The hospital offers the Centers for Disease Control and Prevention Diabetes Prevention Recognized Program. 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.

## **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 in 2016, 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.

2. Hospital will participate 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.

3. St. Joseph Hospital 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.
4. St. Joseph Hospital will support Long Island Health Collaborative and DSRIP projects that address mental health.



5. 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.
6. 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.
7. 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. Joseph Hospital Community Service Plan will be posted on the hospital's website at [www.StJosephHospital.chsli.org](http://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.