

**St. Catherine of Siena Hospital**  
**Community Service Plan Executive Summary**  
**2019-2021**  
**Year Two Update (2020)**

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***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. Catherine of Siena 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. Catherine of Siena partners with community-based organizations in select communities to hold culturally relevant chronic disease management educational programs.

Due to COVID-19, many outreach activities traditionally held in the community were paused in mid-March; however, some were offered as virtual events. Some St. Catherine of Siena outreach activities held in the community resumed fall 2020, when it was deemed appropriate and safe to do so.

***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:

- The Cultural Competency Health Literacy train-the trainer program (offered by the LIHC) concluded in January 2020.
- The *Live Better* public information campaign (developed and managed by LIHC) concluded in January 2020
- To prevent illnesses, disease and other health problems, or to detect illness at an early stage, offer regular preventive health screening in local communities, particularly those in medically-underserved communities, including blood pressure, body mass index (BMI), glucose, cholesterol, prostate cancer, mammography, oral and head and neck cancer.
  - St. Catherine of Siena provided 72 blood pressure screenings in January, February and March 2020 in the community. These free, monthly screenings will resume once safe and permitted by community organizations.
  - St. Catherine of Siena provided 114 free flu vaccines on September 26, during a mobile drive-through flu pod event for the community.
  - St. Catherine of Siena promoted prostate cancer awareness month in September and referred community members to sister hospital, St. Charles, for free prostate cancer screening.
  - Catholic Health Services co-sponsored a Veterans Resource event at the H. Lee Dennison Building in Hauppauge on October 21. St. Catherine of Siena staff

provided free stroke prevention and awareness education as well as 25 free blood pressure screenings.

- *Healthy Sundays'* community outreach events were 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.
  - A Healthy Sundays event was held January 2020 at Our Lady Queen of Martyrs R.C. Church screening 25 community members. A Healthy Sundays event is scheduled for December at St. Hugh of Lincoln R. C. Church.
  - Catholic Health Services is expanding its Healthy Sundays program funded by a grant from the Mother Cabrini Health Foundation. A new van and a mobile outreach bus will provide preventive health screenings, vaccinations and education in underserved communities in Suffolk County. The launch of this outreach will commence when COVID-19 restrictions are lifted.
- Regularly scheduled lectures, symposiums and education events.
  - A Chronic Disease Self-Management Class was held virtually in April 2020; nine individuals participated and three completed the workshop.
- Smoking cessation programs are offered to reduce the risk of diseases caused by or affected by smoking.
  - St. Catherine of Siena held a LEARN TO BE....TOBACCO FREE workshop in February 2020 in collaboration with staff from the Suffolk County Department of Health (DOH), who facilitated the program. Four of the six classes were held on campus; the last two classes were held at an alternate site determined by the DOH.

### ***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.
- A free heroin education event was held at the East Setauket Library in February 2020 in collaboration with Suffolk County Police Department. Educational material was provided to the 15 community members who attended.
- A collaborative partnership with community-based organizations, Smithtown Youth Association and Horizons, is being developed to support the efforts of preventing mental health and substance abuse disorders. An initial meeting with St. Catherine's Emergency Department staff is being planned for November 2020 to determine parameters for the partnership.
- Support groups bring together people who are going through or have gone through similar experiences. St. Catherine of Siena offers free support groups open to all community members, including: breast cancer support group, bariatric support group, stroke education support group, caregivers of people with dementia support group,

Parkinson's young onset and Parkinson's general support groups, The Lupus Alliance of Long Island/Queens, prenatal and lactation support groups, infant care classes and the family and friends infant CPR class.

- The Dementia support group was held in February with 12 participants and the Parkinson's support group was held in March with 40 participants. Beginning mid-March, all support groups were suspended due to COVID-19 restrictions and have not yet resumed.
- Distribution of CHS's *Mental Health and Substance Use Disorder Services Guide* to CHS partners within the hospital and at hospital outreach events.
- *The Sherpa Program* which is made up of peer recovery coaches who meet with overdose survivors and their families in the Emergency Department.
  - From January through June 2020, 23 patients were served by the Sherpa Program.
- St. Catherine plans to participate in the US Drug Enforcement Agency (DEA) National Prescription Drug Take Back Day.
  - The April 2020 event was cancelled by the DEA. St. Catherine of Siena hosted the Drug Enforcement Agency (DEA) Drug Takeback Day on October 24. A total of 4 full boxes of unused medications were turned in, weighing 82.5 pounds.

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

### ***Promote Healthy Women, Infants and Children***

- St. Catherine of Siena is a Baby-Friendly designated hospital
- Participation in the annual *Global Big Latch On* designed to promote and support breastfeeding.
  - For 2020, the Global Big Latch On was held as the Big Virtual Latch On. This event gathers communities together to support breastfeeding and offer peer support. St. Catherine's used social media in August 2020 to promote this event to the community.
- St. Catherine of Siena hosts a breastfeeding café to promote the health benefits of breastfeeding and provide peer support to nursing mothers.
  - The breastfeeding café was held in January and February 2020 with 23 participants, and will resume when safe to do so.
- The hospital offers several support groups for new parents on various topics, including: Childbirth preparation, Lactation, New Beginnings, Infant CPR and Infant Care.
  - Support groups were held in January and February with 120 participants, and will resume when safe to do so.
- The hospital's maternity division completed the Centers for Disease Control and Prevention's (CDC) EMPOWER Training—a CDC-funded initiative aimed at improving evidence-based maternity practices which support breastfeeding. St. Catherine was 1 of 90 hospitals chosen nationwide to participate in the new initiative, whereby staff were provided increased access to breastfeeding training modules and resources.

### ***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.
  - Scheduled events were postponed due to COVID-19 and will resume when safe to do so.

### ***Prevent Communicable Diseases***

- Offer free flu vaccinations at events in underserved communities, at Healthy Sundays outreach, hospital health fairs and other community venues.
  - A Healthy Sundays event was held January 2020 at Our Lady Queen of Martyrs R.C. Church screening 25 community members. The April Healthy Sundays was postponed due to COVID-19; one event is scheduled for December.

To learn more about program data, projections and outcomes for the priority areas, please see the St. Catherine of Siena's Community Health Needs Assessment and Attachment E found at [www.stcatherines.chsli.org](http://www.stcatherines.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. Catherine of Siena, along with the CHS Continuing Care Division, provide 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***

- The American Heart Association Long Island Heart Walk was held virtually in 2020. Catholic Health Services staff collectively walked more than 23 million steps and was the official winner of the Long Island Steps Challenge.
- American Cancer Society Making Strides Against Breast Cancer Walk was held virtually in 2020.
- Programs that support staff resiliency such as Code Lavender and daily prayer
- Blood drives supporting New York Blood Services
  - Two on-site blood drives were cancelled due to COVID-19. However, blood drives held at local fire houses were promoted to staff. Employees are encouraged to donate at these drives or at the New York Blood Services donation centers using the St. Catherine of Siena group code.
  - St. Catherine of Siena held a blood drive on September 28 and 29 with a total of 121 pints donated.
- *Stop the Bleed* trauma training for community members
- Wounded Warrior Project soldier ride, supporting services and programs for wounded warriors. In 2020, this was held as a virtual event, with participants raising funds by organizing solo rides or riding safely with family and friends.
- Cancer Survivor celebrations
- EMS and EMT education events

- Babies' and Children's Memorial and Community Burial of the Unborn
- Collection drives for food, clothing and school supplies
- Adopt-a-family collections at Christmas
- Bereavement camp for children (Good Shepherd Hospice) (not held in 2020)
- Continuous food collection/distribution (Maryhaven Center of Hope)

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

The St. Catherine of Siena Community Health Needs Assessment and attachments are available to read or download from the hospital's website at [www.stcatherines.chsli.org](http://www.stcatherines.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 resource, St. Catherine of Siena, 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. Catherine of Siena is committed to living the CHS mission, promoting good health, access to care and serving the community.