

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

Year One Update



Approved by the Board of Trustees September 8, 2014



**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 One 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 One Update captures the metrics for each initiative in place from October 24, 2013, through July 1, 2014. 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 from 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 October 24, 2013, to July 1, 2014, a total of 105 responses were collected.

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

1. Please select the top three health challenges you face:
 - High blood pressure 33.17%
 - Joint pain or back pain 33.17%
 - Overweight/obesity 27.88%
 - Diabetes 13.94%
 - Heart disease 9.13%
 - Cancer 8.65%
 - Mental health issues 5.29%
2. Where do you go for routine health care?
 - Physician's office 87.16%
 - Urgent care clinic 4.59%
 - Emergency room 4.13%
 - Other clinic 1.83%
 - Health department 1.83%
3. Where would you go for emergency medical services, if you were able to take yourself?
 - Emergency room 71.36%
 - Physician's office 16.90%
 - Urgent care clinic 11.27%
4. Are there any issues that prevent you from accessing care?
 - Transportation 23.88%
 - Fear 20.90%
 - No insurance and unable to pay for the care 16.42%
 - Unable to pay co-pays/deductibles 16.42%
 - Lack of availability of doctors 11.94%
 - Don't know how to find doctors 8.96%

- Don't understand the need to see a doctor 5.97%
- Language barriers 2.99%
- Cultural/religious beliefs 1.49%

5. What is needed to improve the health of your family and friends?

- Healthier food 61.81%
- Free or affordable health screenings 29.65%
- Wellness services 24.62%
- Job opportunities 19.10%
- Safe places to walk/play 19.10%
- Recreation facilities 19.10%
- Mental health services 14.57%
- Transportation 10.05%
- Specialty physicians 9.55%

6. What types of health screenings and/or services are needed to keep you and your family healthy?

- Blood pressure 59.90%
- Cholesterol 43.48%
- Dental screenings 39.61%
- Routine well checkups 38.65%
- Nutrition 38.65%
- Exercise/physical activity 36.71%
- Cancer 34.78%
- Heart disease 27.54%
- Weight-loss help 27.54%
- Diabetes 26.09%
- Vaccinations/immunizations 17.87%
- Mental health/depression 13.04%
- Quitting smoking 12.08%
- Memory loss 10.14%
- Eating disorder 9.18%
- Drug and alcohol abuse 8.21%
- Emergency preparedness 8.21%
- Prenatal care 7.73%
- Disease outbreak prevention 4.35%
- Suicide prevention 3.38%
- HIV/AIDS & STDs 2.90%

7. What health issues do you need education about?

- Nutrition 40.36%
- Blood pressure 37.95%
- Cholesterol 34.94%
- Diabetes 30.72%
- Cancer 25.30%
- Exercise/physical activity 24.10%
- Heart disease 23.49%
- Emergency preparedness 18.67%
- Routine well checkups 15.66%
- Mental health/depression 15.66%
- Falls prevention in the elderly 14.46%
- Eating disorders 13.25%
- Dental screenings 12.65%
- Disease outbreak 10.24%
- Vaccinations/immunization 10.24%

- Prenatal care 9.04%
- HIV/AIDS & STDs 7.23%
- Drug and alcohol abuse 6.63%
- Quit smoking 6.63%
- Suicide prevention 3.61%

8. Where do you get most of your health information?

- Doctor/health care provider 81.04%
- Internet 48.82%
- Family or friends 35.55%
- Newspapers/magazine 18.01%
- Hospital 17.06%
- TV 14.69%
- School or college 11.37%
- Other social media 8.53%
- Health department 7.11%
- Facebook or Twitter 6.16%
- Library 5.69%
- Radio 4.27%
- Worksite 2.84%
- Church group 1.42%

9. What additional health services need to be offered to meet health challenges in your community?

- Respondents who chose to answer this question entered nutrition, free dental work, weight loss, affordable health care, and breastfeeding and perinatal education.

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 2013, 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 coordinated 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.

Baseline Data:

The medical center provided educational materials to 2,368 participants from October 24, 2013, through July 1, 2014, at community outreach-coordinated events related to obesity and nutrition education.

Measurable Outcomes:

The medical center will work with community partners to increase the number of participants at community outreach events related to obesity and nutrition education by 5% by the year end of 2015, in an effort to address the need for improved awareness of and education on better health and wellness lifestyle options.

- **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 mothers understand their body's needs and reduces the potential for obesity.

In 2014, the medical center modified its model of practice from traditional postpartum/nursery care to a couplet care model, to promote non-separation from delivery to discharge. The model is based on the Ten Steps to Successful Breastfeeding (Baby-Friendly, USA) to provide mothers and newborns with optimal standards of care. A team approach, which includes staff, management and administration, is essential to the success of the program.

St. Catherine's Maternity Department's goal was to increase breastfeeding exclusivity rates, which directly correlates to better nutrition for babies.¹ The hospital participated in a state-wide collaborative, New York State Department of Health Breastfeeding Quality Improvement in Hospitals (NYS-DOH BQIH), which motivated the expert team of nurses to begin small tests of change by using the "plan, do, study, act" (PDSA) approach. This resulted in changing the culture of care antepartum through postpartum. During the collaborative journey, the staff was eager to proceed with the best evidence-based care and practice. Though barriers were met, with persistence, education and commitment, these obstacles became a learning tool to support best practices. The experiences built the team's confidence and assisted in the decision to initiate the Baby-Friendly Hospital Initiative (BFHI) designation process.

Baseline Data:

In 2013, 781 babies were born at St. Catherine of Siena, and each mother was offered lactation education support services for optimal breastfeeding success. The medical center's breastfeeding lactation consultant provided each mother with the education she needs for a healthy and balanced diet that benefits both mother and baby. As of July 1, 2014, 379 babies have been born at St. Catherine.

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

Perinatal Breastfeeding Education: The medical center offered the free prenatal breastfeeding education class monthly, from October 2013 through July 2014, with 72 people in attendance.

Postnatal Lactation Support: The medical center offered 1,924 free individual, postnatal lactation support sessions to new mothers, from October 24, 2013, through July 1, 2014.

Measurable Outcomes:

1. The medical center will increase the number of postnatal lactation support services offered by 5% by the year end of 2015, in an effort to encourage breastfeeding as a primary source of nourishment for newborns.
2. The medical center will increase the following metrics by 5%, based on 2014 end-of-year data:
 - % of continuous skin-to-skin contact
 - % of latch score initiation and compliance
 - % of families rooming-in
 - % of increasing breastfeeding exclusivity rates
 - % of increased perinatal education
 - % of private lactation consultations
 - % of transition nursing to promote non-separation
 - % of "expert nurses"—assistance with training
 - % of shared governance
3. Collecting data and surveys are excellent tools to ensure continued performance improvement and sustainability. We plan to re-evaluate the nurse expert study and distribute a mother/baby discharge survey to promote staff accountability and ensure patient satisfaction, beginning in 2015.

• **Long Island Health Collaborative (LIHC)/Board "Walk" to Wellness Walking Program:**

St. Catherine of Siena has partnered with LIHC by 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.

¹ It is increasingly recognized that nutrition in early life may have long-term physiologic effects. Relationships between the types of postnatal feeding and the subsequent development of fat and fat-free mass are quite complex and are dependent on multiple factors including differences in food composition (human milk versus formula), food delivery (breast versus bottle), food "lifestyle" (breastfeeding versus formula feeding) and food behavior (self-regulation and feeding on demand versus set schedules of feeding of predetermined amounts). Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries, Relationship between Obesity and Breastfeeding. <http://www.ncbi.nlm.nih.gov/books/NBK38333/#B106822>

The Board “Walk” to Wellness Walking Program was initiated in May 2014 and continues monthly through September 2014. Participants are given educational materials regarding the importance of achieving and maintaining a healthy weight, along with free BMI screenings. In partnership with the Suffolk County Parks and Recreation Department, the medical center will have 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.

Baseline Data:

The medical center will collect data at the end of the 2014 program, which will be used as the baseline through 2016:

1. % of individual interactions and nutritional education distributed
2. % of free BMI and blood pressure screenings
3. % of individuals referred for follow-up care
4. % of repeat walking participants

Measurable Outcomes:

The medical center will work with community partners to increase engagement with individuals at the Board “Walk” to Wellness Walking Program by 3% by the year end of 2015, in an effort to address the need for improved awareness and education for better health and wellness lifestyle options.

• **Additional Initiatives in Place to Help Reduce Obesity and Increase Nutritional Education and Healthy Eating Options**

1. **Lifestyles at the Heart of Health:** CHS Presents: Lifestyles at the Heart of Health is a new series on Telecare TV that provides viewers with medical, nutritional and fitness information they need to improve their health and well-being, either in their daily lives or for specific ailments. Hosted by award-winning broadcast professional Jane Hanson, health care experts from the CHS community share their knowledge to help others live healthier lifestyles. St. Catherine of Siena’s registered nutrition dietician Marina Stauffer Bedrossin, RDN, CDN, was featured on Telecare’s “Benefits of a Plant Based Diet”.
http://www.telecaretv.org/ViewArticle.dbml?SPID=80195&DB_LANG=C&ATCLID=209425751&DB_OEM_ID=24700
2. **Bariatric Surgery Program:** While the medical center will focus on increasing education to reduce obesity, in the event that all alternatives have been exhausted for a participant, St. Catherine of Siena offers a bariatric surgery specialty, for those who may need it. In 2013, there were 66 cases. Year to date in 2014, 29 cases have been completed. In addition, 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. This group is open to the public and was offered 19 times from October 24, 2013, through July 1, 2014, with a total of 370 participants.
3. **Hospital Cafeteria:** In January 2014, the administration of St. Catherine of Siena met with the management of the on-site cafeteria at the medical center, Café Rio, to incorporate healthier menu options, which benefits employees and visitors. This initiative has been well received by all since its implementation in March. The medical center will run a survey open to employees and visitors to track the success of the nutritional changes made at the cafeteria in September 2014, the six-month mark of the changes. In addition, the medical center will review the comments and suggestions for further improvement of nutritional options.

Priority 1 Year One Evaluation: From October 24, 2013, through July 1, 2014, 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, the medical center is pleased with the new 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 glucose 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 October 24, 2013, through July 1, 2014, 2,368 participants attended a community outreach-coordinated event. The following events included specific information for chronic disease prevention and/or health screenings:

- **October 24, 2013:** The medical center participated in the "Paint the Mall Pink" event, sponsored by Walt Whitman Mall in Huntington Station, and provided free information on women's health issues and provided free blood pressure screenings to 25 attendees.
- **November 5, 2013:** The medical center offered a free lecture in partnership with Sunrise Assisted Living Facility in Smithtown, focused on "Maintaining Brain Health"—30 attendees provided with free blood pressure screenings.
- **November 7, 2013:** The medical center offered a free lecture in partnership with the Smithtown Sunrise Rotary, focused on "Smoking and Lung Cancer"—25 attendees provided with free blood pressure screenings.
- **December 19, 2013:** A free community outreach coordinated event, in partnership with ShopRite of Commack, focused on Stroke/TIA Awareness and Risk Reduction, which was free and advertised to the service area, including underserved populations. More than 60 participants attended, and 34 received free blood pressure screenings.
- **February 7, 2014:** An annual hospital-sponsored event, Healthy Heart Day, was held at the medical center—where free blood pressure screenings were provided to 24 attendees, and free prevention information on stroke, heart attacks and cardiac arrest was distributed.
- **February 8, 2014:** The medical center offered a free lecture on its campus, focused on "Heart Health"—50 attendees were provided with free blood pressure screenings.
- **February 11, 2014:** The medical center attended the "Go Red for Heart Health" event, sponsored by Smith Haven Mall in Lake Grove, and provided free information on stroke and heart health, as well as free blood pressure screenings to 35 attendees.
- **February 28, 2014:** A free community outreach-coordinated event, in partnership with ShopRite of Commack, focused on stroke prevention, which was free and advertised to the service area, including underserved populations. More than 60 participants attended, and 24 received free blood pressure screenings.
- **March 1, 2014:** The medical center attended the Smithtown School District-wide Health Fair and provided free information on stroke and heart health.
- **March 8, 2014:** The medical center coordinated an event to raise awareness for colorectal cancer—free educational materials were provided, and blood pressure screenings were given to 30 attendees.
- **April 2, 2014:** Staff from the medical center attended the League of Women Voters-sponsored event and provided free information on stroke and heart health.
- **May 1, 2014:** The medical center participated in the annual Judy's Run for Stroke Awareness and provided free screenings and educational materials to 50 participants.
- **May 8, 2014:** The medical center provided a free lecture on "Maintaining Your Memory", in partnership with the adult living facility, Kings Park Manor—25 attendees were provided with free blood pressure screenings.
- **May 6, 2014:** The medical center hosted Board "Walk" to Wellness Walking Program in partnership with the Suffolk County Parks and Recreation Department at Sunken Meadow State Park. Staff provided free information on nutrition, chronic disease prevention and blood pressure (plus BMI screenings) to 31 attendees.
- **May 22, 2014:** The medical center participated in the Hauppauge Industrial Association Annual Trade and Exhibition Show at Suffolk County Community College in Brentwood. Staff provided free information on nutrition, chronic disease prevention and blood pressure screenings to 62 attendees.
- **June 1, 2014:** The medical center participated in the annual Smithtown Festival Day and distributed free information on chronic disease prevention.
- **June 3, 2014:** The medical center hosted Board "Walk" to Wellness Walking Program in partnership with the Suffolk County Parks and Recreation Department at Sunken Meadow State Park. Staff provided free information on nutrition and chronic disease prevention.
- **June 11, 2014:** The medical center hosted its annual Ladies Night Out event, attended by 100 community members in the service area, and provided free information on women's health and chronic disease prevention.

- **June 14, 2014:** The medical center participated in the annual Kings Park Festival Day and distributed free information on chronic disease prevention.

**Screening results within normal range, unless indicated otherwise.*

Baseline Data:

The medical center provided educational materials to 2,368 participants from October 24, 2013, through July 1, 2014, at Community Outreach Program-coordinated events related to chronic disease prevention and provided 520 free blood pressure or glucose screenings.

Measurable Outcomes:

The medical center will work with community partners to increase the number of participants at community outreach events related to chronic disease prevention and will increase the number of free screenings offered by 5% by the year end of 2015.

CHS Healthy Sundays Program Collaboration

St. Catherine of Siena’s Healthy Sundays team administered the following influenza vaccines and screenings to families in medically underserved areas with limited access to care:

- **December 15, 2013:** St. Hugh of Lincoln Church, Huntington Station—130 adults received free flu vaccinations and/or blood pressure screenings. In addition, the medical center coordinated a winter needs and food drive, and administered 70 coats, gloves and hats, and 300 pounds of food for the underserved populations.
- **February 2, 2014:** St. Hugh of Lincoln Church, Huntington Station—100 participants attended, and 51 adults received free flu vaccinations and blood pressure screenings.
- **March 2, 2014:** St. Francis de Sales Church, Patchogue—100 participants attended, and 42 adults received free flu vaccinations and blood pressure screenings.
- **May 13, 2014:** St. Jude Church, Mastic Beach—nine participants attended, and five adults received free flu vaccinations and blood pressure screenings.

Baseline Data:

The medical center provided free flu vaccinations and blood pressure screenings to 228 participants from October 24, 2013, through July 1, 2014, at Healthy Sundays events.

Measurable Outcomes:

1. The medical center will work with community partners to increase the number of participants screened at Healthy Sundays events by 2% by the year end of 2015.
2. The medical center will provide free education on chronic disease prevention and will track the material distributed.

Education for Emergency Responders

St. Catherine of Siena offers a free, quarterly Emergency Response Appreciation Dinner for local emergency response personnel. The appreciation dinners were implemented in 2008 and have become a highlight for St. Catherine’s community outreach initiatives among local emergency response teams. The dinners also offer a forum for emergency response personnel to gain education credits. The main purpose of the education dinners 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. Through this partnership, the medical center’s emergency department director and staff work together to develop best practices for the community served.

Baseline Data:

The medical center offered the following education dinners since the 2014-2016 CSP was implemented on October 24, 2013:

- **March 27, 2014:** The focus of the March 2014 dinner was the “Altered Mental Status and Stroke Mimics” —72 participants.
- **June 18, 2014:** The focus of the June 2014 dinner was “The Chest Pain Patient” and “The Stroke Pain Patient” —55 participants.

The medical center will host two additional education dinners on September 18th and December 19th of 2014.

Measurable Outcomes:

The medical center will work to increase the number of emergency responders in attendance at education dinners by 5% by the year end of 2015.

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, 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 Diabetic Education Support Group** is a free support group offered monthly, featuring physicians who update attendees on managing their diabetes. This group is open to the public and was offered 8 times from October 24, 2013, through July 1, 2014, with a total of 240 participants.
- **“Life After Stroke”**: The medical center offers a free, weekly support group for patients and their families. While the priority areas are geared toward prevention, this support group is still beneficial—in the event that a patient has had a stroke, the group educates both the patient and family members/caregivers on measures to reduce potential recurrence. This group is open to the public and was offered 37 times from October 24, 2013, through July 1, 2014, with a total of 740 participants.
- **Free Smoking Cessation Program**: In partnership with the Suffolk County Department of Health, St. Catherine of Siena will offer free smoking cessation programs. By quitting smoking, chronic diseases such as heart disease are significantly reduced. The National Heart, Lung and Blood Institute reports that heart disease risks associated with smoking begin to decrease soon after quitting and continue to decrease over time. That risk is cut in half one year after quitting—and if heart disease is not developed within 15 years of quitting, the risk is nearly the same as the risk in someone who has never smoked. The free smoking cessation program is open to all community members and advertised in local papers, on the medical center’s social media platforms, on posters throughout the facility and on the hospital’s website at stcatherines.chsli.org. The medical center offered a free, six-week program beginning on June 30 and will include metrics on the number of participants and outcomes in the Year Two Update. The medical center is currently working with the Suffolk County Department of Health to offer another six-week program in the fall of 2014.

Measurable Outcomes:

The medical center will work with partners to increase the number of participants who attend support groups related to chronic disease prevention and management by 5% by the year end of 2015.

Priority 2 Year One Evaluation: From October 24, 2013, through July 1, 2014, 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. The medical center has found that with new engagement on social media, there is a greater ability to reach these populations. The medical center will use these platforms to share messaging in Spanish to help reach the underserved populations. The medical center will continue working with its community health partners to identify new avenues of addressing these health issues.

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 will provide information on behavioral health at a dedicated booth at its annual community health fair on Saturday, September 27, 2014. Data on the materials provided and referrals will be included in the Year Two Update of the 2014-2016 Community Service Plan.

- **Clubhouse of Suffolk:** In addition, the medical center will collaborate with the Clubhouse of Suffolk and participate in its events to promote mental health awareness. The Clubhouse of Suffolk 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 with the Clubhouse of Suffolk, 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.
- **Long Island Council on Alcoholism and Drug Dependence (LICADD) Partnership:** In an effort to address NYS's *Prevention Agenda 2013-2017*² priority prevention area substance abuse and other mental emotional behavioral (MEB) disorders, the medical center has partnered with the Long Island Council on Alcoholism and Drug Dependence (LICADD) to provide free NARCAN Training.
 1. **March 19, 2014:** The medical center and LICADD offered a free NARCAN training session on the hospital campus to more than 85 community members. The medical center will continue partnering with LICADD to offer a similar program in the fall/winter of 2014.

Measurable Outcomes:

The medical center will work to increase the number of community members in attendance at NARCAN training sessions by 2% by the year end of 2015.

- **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 will also partner to offer a free community seminar about discharge and medications. This initiative is still in development, and an update will be provided in the Year Two Update to the 2014-2016 Community Service Plan.
- **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.
 1. **April 13, 2014:** The medical center offered its free, 10-week Mothers' Circle of Hope postpartum depression support group to 20 attendees. The medical center will offer another 10-week session in the fall/winter of 2014.
 2. **May 20, 2014:** The medical center offered a free General Bereavement Support Group, which was advertised and promoted within the service area and underserved communities, from May 20th through June 24th—12 attendees.

Measurable Outcomes:

The medical center will work to increase the number of mothers in attendance at Mothers' Circle of Hope postpartum depression support groups by 1.5% by the year end of 2015.

Priority 3 Year One Evaluation: From October 24, 2013, through July 1, 2014, St. Catherine of Siena has 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 is pleased with the new programs in place to help patients and community members struggling with mental health and substance abuse issues. 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.

² Prevent Substance Abuse and Other Mental Emotional Behavioral Disorders Substance abuse, depression and other MEB disorders hurt the health, public safety, welfare, education, and functioning of New York State residents. In addition to evidence substance abuse and other MEB disorders can be prevented, there is confirmation that early identification and adequate societal support can prevent and alleviate serious consequences such as death, poor functioning and chronic illness.

Community Health 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 Disease Association
- Catholic Home Care
- CHS Home Support Services
- 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 Center
- 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
- St. Joseph Hospital
- St. Patrick's Church
- Suffolk County Department of Health Services
- Suffolk Y JCC
- Sunrise Assisted Living of Smithtown
- The Arbors at Hauppauge
- 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

In 2013, to better identify and address the region's prevalent health needs, St. Catherine joined forces with other hospitals, local health departments, health care providers, public health specialists from academic institutions and community-based organizations

to form the Long Island Health Collaborative (LIHC), one of the first bi-county initiatives of its kind in New York. LIHC launched its website in January, offering comprehensive information to promote good health and prevent chronic disease. In addition to providing numerous resources such as health program inventories, health insurance information and educational videos, LIHC and its members have organized walking programs and developed a universal screening tool to help measure the effectiveness of community health efforts. More information can be found at nshc.org/long-island-health-collaborative.

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, Breast Cancer Walk and Marcum Challenge.

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 forms are given out at multiple sites, and results are analyzed for ongoing collaborative, future planning efforts.

Data from the universal screening tool developed by LIHC members will be entered electronically into a common program, then aggregated and assessed by Stony Brook University Medical Center. Results will be provided in the form of quarterly reports to all members of LIHC, which will also be reviewed by St. Catherine's internal CSP Committee.

Living the Mission

In keeping with CHS's mission, St. Catherine of Siena provides a wide range of free community health services, including blood drives, health screenings and immunizations, lectures, support groups and wellness fairs, smoking cessation programs, and food and clothing drives. Also, hospital personnel staff CHS's Healthy Sundays outreach program, founded in 2005 to care for Long Island's medically underserved.

Conclusion

The first year of the implementation of the 2014–2016 CSP has been a learning process for the medical center, involving discussion and development of many initiatives to address the health concerns and disparities within the community. The medical center's administration team will develop an internal CSP Committee that will meet quarterly to review the initiatives and programs in place and measure success and areas for improvement, by November 2014.

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 magnify 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 at the end of 2014 and report this in the Year Two Update.