

Good Samaritan Hospital
Community Service Plan Executive Summary
2019-2021
Year Two Update (2020)

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.

Good Samaritan 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.

Good Samaritan Hospital 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 Good Samaritan Hospital 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), cholesterol, prostate cancer, mammography, and oral and head and neck cancer.
 - At the Open Your Heart to Health event held in February in Bay Shore, Good Samaritan volunteer clinicians provided 28 cholesterol screenings, 25 blood pressure and BMI screenings and 2 flu vaccines. Free health education material was available to all, with more than 300 community members visiting the tables.
 - There were 4 events providing 31 free blood pressure screenings held at the West Islip and North Babylon public libraries and at the hospital. Free community screenings will continue after COVID-19 restrictions are lifted.
 - A free prostate cancer screening was held September 22, for 14 men at the hospital in collaboration with a local Suffolk County legislator, following all COVID-19 safety guidelines.
- *Healthy Sundays'* community outreach events held in collaboration with churches, houses of worship and communities. Events are held three to five times per year and

include health screenings, education and referrals to care along with select partners offering free or discounted services.

- Two Healthy Sundays events were held in January at St. Patrick Parish in Bay Shore and St. Luke's R. C. Church in Brentwood. Combined, 54 adults were screened and 8 were referred for free follow-up care at CHS's Bishop McHugh Health Center in Babylon or South Bay Cardiovascular in West Islip.
- A Healthy Sundays is scheduled at St. Anne's Parish in Brentwood on November 15 offering free flu vaccines, following COVID-19 CDC and Department of Health guidelines.
- 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.
 - Five Good Samaritan University virtual classes were provided: Key Nutrients to Support a Healthy Immune System for the COVID-19 Pandemic (800 views), Prostate Men's Health (8,700 views) and Stroke Awareness (10,000 views), Brain Aneurysm – the Silent Killer (3,200 views) and Breast Health (7,600 views). Three more virtual presentations are scheduled through December.
- Smoking cessation programs are offered to reduce the risk of diseases caused by or affected by smoking.
 - The LEARN TO BE....TOBACCO FREE smoking cessation program ended January 27, 2020. The six-week classes started with 12 participants and ended with 6, with 3 smoke-free at the end of the classes.
 - At this time classes are being offered virtually with the Suffolk County Department of Health.

Promote Well-Being and Prevent Mental and Substance Use Disorders

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

Interventions include:

- Promotion of all programs, events and education offered by LIHC members that speak to the prevention of mental and substance use disorders.
- Participation in local task forces addressing opioid use disorders.
- Support groups bring together people who are going through or have gone through similar experiences. Good Samaritan Hospital offers free support groups open to all community members, including cancer, breast cancer, prostate cancer, bariatric/weight loss surgery, brain aneurysm and stroke support and more than ten types of support groups for new parents/siblings and breastfeeding.
 - The Breast Cancer group continues to meet virtually on the 2nd and 4th Wednesday of the month with an average of 4 people participating. Prior to the March COVID-19 restrictions, the group had an average of 12 people attend the bi-monthly evening meetings.

- The Life Goes On cancer support group continued to meet weekly by conference call during COVID-19 restrictions. There are an average of four participants on the call. In-person events held prior to April had an average of six participants.
- Monthly meetings of the Brain Aneurysm and Stroke group have an average attendance of 18. During COVID-19, the group has continued to meet virtually.
- Bariatric support groups meet every other Monday night and every other Tuesday afternoon with an average of 20 people in attendance. Since March, the groups have continued to meet virtually with 6-10 people participating.
- The Breastfeeding support group meets weekly with 12 people mothers attending. Since March 31, the mothers meet virtually.
- Support groups for expectant couples and new parents continue meet virtually: First-Time-Around Prepared Child Birth course, Breastfeeding Your Baby class, Caring for Your Baby, Cesarean Section class, New Mother's Support Group and Mother's Circle of Hope.
- Distribution of CHS's *Mental Health and Substance Use Disorder Services Guide* to CHS partners within the hospital and at hospital outreach events. The guide is also available for download on the hospital website.
- 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 to June 2020 there were 93 people served with 2 referrals.
- An annual drug take-back day.
 - The National Prescription Drug Take Back Day was cancelled in April 2020. The October event was not held at the hospital due to limited DEA resources. However, the event was held at CHS's St. Catherine of Siena Medical Center. Good Samaritan plans to participate in 2021.

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

Promote Healthy Women, Infants and Children

- Good Samaritan Hospital 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.
- Good Samaritan Hospital hosts a breastfeeding café to promote the health benefits of breastfeeding and provide peer support to nursing mothers.
 - The Breastfeeding Café continues - 12 mothers have attended weekly meetings through March. Since March 31, weekly meetings have continued virtually with 12 mothers participating.

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.
 - Patients identified at risk for falls are referred to CHS's St. Charles Hospital.

Prevent Communicable Diseases

- Offer free flu vaccinations at events in underserved communities, at Healthy Sundays outreach, hospital health fairs and other community venues.
 - There were 3 opportunities January to March to provide free flu vaccines in the community for a total 52 vaccines.
 - Good Samaritan staff provided free flu vaccines at Islip Town Hall on November 2 in partnership with the Town of Islip.

To learn more about program data, projections and outcomes detail for the priority areas, please see the Good Samaritan Hospital Community Health Needs Assessment and the Work Plan (Attachment E) found at <https://goodsamaritan.chsli.org/>

Living the Mission

The CHS mission is the driving force behind all community outreach activities. In addition to the interventions summarized above, Good Samaritan Hospital, 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 Long Island Blood Services
 - Two blood drives were held, one in February and one in September collecting 216 pints of blood in total. Good Samaritan's next scheduled blood drive will be held on December 7. Staff are being encouraged to donate at the New York Blood Services donation centers using the Good Samaritan group code.
- *Stop the Bleed* trauma training for community members
- Wounded Warrior Project soldier ride, supporting services and programs for wounded warriors.
 - In 2020 this became a virtual event and fundraiser. Participants organized as a solo rider or riding safely with family and friends. There were 133 participants raising \$26,078.
- Cancer Survivor celebrations

- Due to COVID-19 restrictions, the in-person celebration was cancelled. All Good Samaritan Cancer Survivors were mailed a card with a message from leadership and this year's commemorative pin.
- EMS and EMT education events
- Babies' and Children's Memorial and Community Burial of the Unborn
 - A graveside prayer service was held at Queen of All Saints in Brentwood on October 3 for 39 families.
- 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 Good Samaritan Hospital Community Health Needs Assessment and attachments are available to read or download from the hospital's website at <https://goodsamaritan.chsli.org/>. Copies are also available upon request.

Conclusion

The Community Service Plan is intended to be a dynamic document. Using the hospital's strengths and resources Good Samaritan Hospital, 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. Good Samaritan Hospital is committed to living the CHS mission, promoting good health, access to care and serving the community.