

**St. Charles 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. Charles 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. Charles 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 St. Charles 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
- Promote better self-care among community members who live with various types of health conditions.
  - Two educational programs were held in the community during January and February with approximately 42 individuals participating. Programs were suspended mid-March due to COVID-19 and the closing of libraries and senior centers. The library programs have pivoted to virtual lectures and St. Charles is currently participating on that platform. St. Charles projects a total of 30 educational lectures on a virtual platform in 2020. St. Charles will resume its partnership with senior centers when these re-open.
- To prevent illnesses, disease and other health problems, or to detect illness at an early stage, offer monthly preventive health screening in local communities, particularly those in medically-underserved communities, including blood pressure, body mass index (BMI), oral, head and neck cancer and colon cancer.

- St. Charles Hospital provided 3 free blood pressure screening events in January, February and March at the Port Jefferson Library with a total of 42 individuals screened. These free screenings will resume once it is safe to do so.
- 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.
  - Three events were cancelled due to COVID-19 and will be rescheduled when outreach activities resume. A Healthy Sundays event is scheduled for December at St. Rosalie's Parish.
  - 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.
- Smoking cessation programs are offered to reduce the risk of diseases caused by or affected by smoking.
  - St. Charles Hospital offers the Learn to Be Tobacco Free workshop in collaboration with staff from the Suffolk County Department of Health (DOH), who facilitate the program. Suffolk County DOH has scheduled a virtual Learn To Be Tobacco Free Program in November and December 2020.

### **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. St. Charles Hospital offers free support groups open to all community members, including: monthly bariatric support group, monthly brain Injury Support Group, weekly breastfeeding support group, bi-monthly Muscular Dystrophy support group (MDA), monthly Parkinson's Disease support group, weekly speech communication support group, monthly spinal cord injury support Group and the bi-weekly stroke support group.
  - In January and February, all support groups were held as scheduled with approximately 10-20 individuals in attendance at each. In March, support groups were suspended due to COVID-19. The bi-weekly stroke support group and the monthly bariatric support group have been held virtually since May. All other support groups are on hold until it is safe to begin in-person sessions
- Distribution of CHS's *Mental Health and Substance Use Disorder Services Guide* to CHS partners within the hospital and at hospital outreach events.

- To further the continuum of care for patients post-discharge from both the detoxification program and the rehabilitation program, St. Charles offers numerous support groups post-discharge including:
  - Monthly Al-Anon Family Support Group – Step Meeting
  - Weekly Al-Anon Family Support Group – Beginners' Meeting
  - Weekly Alcoholics Anonymous – Back to Basics
  - Weekly Alcoholics Anonymous – Living Sober
  - Weekly Narcotics Anonymous
  - All substance abuse support groups were held as scheduled in January, February and March 2020. Since April, the support groups are on hold as they are run by collaborating organizations who are not permitted on-site due to COVID-19 restrictions. These support groups will resume when permitted to do so.

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

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

- St. Charles staff have completed EMPOWER training, a hospital-based quality improvement initiative focused on improving knowledge and skills in evidence-based maternity practices supportive of optimal infant nutrition.
- St. Charles hosts a breastfeeding support group to promote the health benefits of breastfeeding and provide peer support to nursing mothers.
  - St. Charles Hospital held a breastfeeding support group in January, February and March 2020. In August 2020, the group resumed meeting virtually four times a month.
  - In August 2020, the virtual childbirth class began and is held three times a month.
  - CPR classes are offered once a month in person with limited attendance and social distancing.

#### ***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.
  - St. Charles Hospital held a 7 week evidenced-based falls prevention program on campus in October and November 2020. Safe distancing guidelines were followed with reduction in usual attendance numbers.

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

- Offer free flu vaccinations at events in underserved communities at Healthy Sundays outreach events.
  - Free flu vaccinations will be offered at the Healthy Sundays event scheduled for December 2020.

To learn more about program data, projections and outcomes for the priority areas, please see the St. Charles Hospital's Community Health Needs Assessment and Attachment E found at [www.stcharles.chsli.org](http://www.stcharles.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. Charles, along with the CHS Continuing Care Division, provides 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 Heart Association, Long Island Heart Walk was held virtually in 2020.
- The Catholic Health Services Suffolk County Marathon benefitting veterans was held virtually in October 2020. The St. Charles Hospital employee running club participated in the event.
- Programs that support staff resiliency with resources such as meditation of the week and daily prayer for staff, both found on the CHS employee intranet.
- Blood drives supporting New York Blood Services
  - One on-site blood drive was held on March 18 with St. Charles collecting 56 pints of blood. The July drive was canceled due to COVID-19, however, a blood drive is scheduled for November. Employees are also encouraged to donate at the New York Blood Services donation centers using the St. Charles group code.
- EMS and EMT education events
- Babies' Memorial and Community Burial of the Unborn
- Adopt-a-family collections at Christmas

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

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