# ATLANTIC HEALTH SYSTEM COMMUNITY HEALTH IMPROVEMENT PLAN (CHIP)

- Morristown Medical Center
- Overlook Medical Center
- Chilton Medical Center
- Newton Medical Center
- Hackettstown Medical Center

**MAY 2019** 



Atlantic Health System

## **ACKNOWLEDGEMENTS & COMPLIANCE**

Atlantic Health System acknowledges the hard work and dedication of the individuals and the organizations they represent who contributed to the development of the 2019 Community Health Improvement Plan. The ongoing work of AHS employees and our community partners to achieve meaningful improvement of the health status of the communities we serve is paramount in the System's drive to provide high quality and affordable health care in the right place at the right time.

The 2019 Community Health Improvement Plan was developed in conjunction with hospital and community stakeholders and approved by individual AHS hospital Community Advisory Boards. Data informing the Community Health Needs Assessment and Community Health Improvement Plan were developed in partnership with the North Jersey Health Collaborative and AHS Planning & System Development. AHS is a founding partner of the North Jersey Health Collaborative, who's ongoing work with community and government agencies across Atlantic Health's service area is critical to ensuring that clinical staff, government agencies and community organizations achieve recognizable improvements in a wide range of population health issues.

Questions regarding this Community Health Improvement Plan should be directed to:

**Atlantic Health System**Planning & System Development
973-660-3522

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# COMMUNITY HEALTH NEEDS ASSESSMENT PRIORITIES

The CHIP initiatives and activities described in this document reflect the collective input of individual hospitals and community representatives based on their understanding and knowledge of the communities they serve. AHS hospitals' individual prioritization lends itself to areas where coordinated resources from AHS' corporate office can facilitate inter-hospital strategies that result in broad geographic strategies to address commonalities across the communities served by AHS. The table below reflects where AHS' hospitals have identified common priority areas for the 2019 CHIP.

Morristown Medical Center (2016) Morris County	Overlook Medical Center (2016) Union County	Chilton Medical Center (2016) Passaic/Morris County	Newton Medical Center (2016) Sussex County	Hackettstown Medical Center (2018) Warren County
Obesity	Obesity	Obesity (Morris County)	Obesity	Overweight/Obesity
Diabetes	Diabetes	Diabetes		Diabetes
Access to Behavioral Health Services	Mental Health Services	Access to Behavioral Health Services (Morris County)	Mental Health	Need for Mental Health Providers
Heroin & Opiate Use		Heroin & Opiate Use	Substance Use Disorders	Substance Use Disorders
Cardiovascular Diseases	Heart Disease	Cardiovascular Diseases		
		Access to Healthcare (Passaic County)	Access to Care	
Barriers to Cancer Care				
Geriatrics				
	Health Literacy			
	End of Life Care			
		Caregiver Health (Passaic County)		
			Transportation	
				Preventive Care



## MORRISTOWN MEDICAL CENTER – COMMUNITY OVERVIEW

Morristown Medical Center (MMC) is an Atlantic Health System hospital located in Morristown, New Jersey. The facility is home to over 6,000 employees and 1,600 physicians. MMC serves a population of 1.2 million people across 116 Zip Codes in North-Central New Jersey, which is projected to increase 1.2% by 2024. Due to geographical considerations, Morris County was chosen in the 2016-2018 Community Health Needs Assessment process as the Community Benefit Service Area (CBSA) for MMC. Located about 25 miles west of New York City, Morris County, NJ has a 2019 population of 489,414 residents in 180,124 households. The median age in the county is 42.3 years (higher than the NJ average of 39.6) with 22.0% of the population under the age of 18 and 15.8% of the population age 65 or older.

69.7% of Morris County residents are White (non-Hispanic/Latino), 14.2% are Hispanic/Latino (of any race), 10.8% are Asian and 3.2% are Black or African American. The median household income in Morris County in 2019 is \$110,531, which is projected to increase to \$118,516 in 2024. Approximately 4.6% of residents live below the poverty line and 24% fall beneath the A.L.I.C.E.™ (asset-limited, income-constrained and employed) survival threshold. In parts of Morris County greater than 46% household fall below the A.L.I.C.E.™ threshold. In depth demographic and socio-economic assessments for Morris County are available at <a href="https://www.njhealthmatters.org">www.njhealthmatters.org</a> and <a href="https://www.unitedforalice.org">www.unitedforalice.org</a>.

#### **Prioritized Health Needs**

In the 2016-2018 Community Health Needs Assessment process, and in partnership with the North Jersey Health Collaborative (NJHC), MMC identified five priority need areas. The 2019 CHIP incorporate these five priorities (below) as well as barriers to care identified among key populations by the MMC Cancer Committee and the MMC Healthy Aging Task Force.

- Obesity
- Diabetes
- Cardiovascular Diseases
- Access to Behavioral Health Services
- Heroin & Opiate Use

While each priority area is addressed separately on the following pages, MMC's effort to address community health need requires a complex interplay of internal resources, relationships with community partners, identification of co-morbidities across priority areas and, perhaps most importantly, the ability to course-correct when strategies or approaches to a priority can be better served through yet unknown pathways.

The complete Morris County CHNA is available at <a href="https://www.njhealthmatters.org">www.njhealthmatters.org</a>.

# MORRISTOWN MEDICAL CENTER – IMPLEMENTATION PLAN

The Community Health Implementation Plan (CHIP) addresses the way MMC will approach each priority need and the expected outcome and timeframe for the evaluation of its efforts.

## **PRIORTY AREA: OBESITY**

• Improve access to and awareness of services in the MMC service area.

## **ACTIONS LED BY MORRISTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Maintain New Jersey Healthy Communities Network Funding	Support local change to enhance physical activity and nutrition via the NJ Healthy Communities Network and other local partnerships. The Morristown Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across MMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.
Support Interfaith Food Pantry	Expand Interfaith Food Pantry food rescue program to distribute food left at local farms to food pantries.
Support Soup Kitchen	Expand access to healthier foods and groceries to the community served by MMC.
Promotion of Atlantic Health System Health and Wellness Apps	Support and promote the adoption in MMC's community of technology driven solutions to improve health and wellness

## **PRIORITY AREA: DIABETES**

- Refer community residents with diabetes, pre-diabetes, or significant risk factors to existing diabetes management and prevention programs, and to clinical services, as needed.
- MMC will seek to improve awareness of diabetes risk factors, with an emphasis on residents of underserved areas.

## **ACTIONS LED BY MORRISTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Employ Analytics to Identify Local Disparities	Atlantic Health System will support MMC's efforts to identify geographic areas with health disparities in diabetes and develop coordinated strategies to address barriers to care.
Integration of Diabetes Community Health Worker	Increase awareness and accessibility of Diabetes Community Health Worker; address social determinants of health in the community.
Maintain New Jersey Healthy Communities Network Funding	The Morristown Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across MMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.

## PRIORTIY AREA: CARDIOVASCULAR DISEASE

• Investigate health disparities in the population for cardiovascular disease.

# **ACTIONS LED BY MORRISTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Examine Cardiovascular Disease and Utilization for Potential Gender Disparity	Are there clinical protocols that could be implemented at MMC to develop more effective treatment of cardiovascular disease among women? MMC will employ analytics to determine the extent to which a disparity may exist and if so, what would be effective to reduce the disparity.
Examine Cardiovascular Disease and Utilization for Disparities Among Underserved and Elderly Populations	Identify disparities in MMC's service area related to hypertension, metabolic syndrome, preeclampsia. Develop programming to address health issues at the consumer and provider level. Include community partners in outreach efforts.

## PRIORITY AREA: ACCESS TO BEHAVIORAL HEALTH SERVICES

• Improve access to and awareness of behavioral health services in the MMC service area.

## **ACTIONS LED BY MORRISTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Coordinated Behavioral Health Program Development	Develop internal and external coordination of community partners and MMC resources to strengthen MMC's ability to impact behavioral health issues for patients and the community.
Address Stigma Related to Mental Health	Raise awareness of mental health issues in the community to ensure that access and utilization of services is unencumbered by stigma.
First Responder Training	Provide AHS/MMC led training for first responders (police, EMT, faith communities, lawyers, etc.) in mental health awareness, with a focus on assessed needs. Implement NARCAN training.
Collaborate with State or National Organization to Improve Access	Advocate for and/or identify innovative Medicare/Medicaid reimbursement models for behavioral health care providers.

## **PRIORITY AREA: HEROIN & OPIATE USE**

- Develop innovative and effective methods to educate and inform the community and providers regarding the harmful impacts of heroin & opiate use.
- Develop technology-based tool to aid in clinical screening for substance misuse.

## **ACTIONS LED BY MORRISTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Advocate for Prescribing Reforms	Advocate for prescription guidelines in hospital emergency rooms. Provide trainings and educational resources regarding prescription drug abuse and diversion to physicians, dentists and other health professionals.

ACTIVITY	APPROACH
Increase Community Awareness of Effective Treatment Options	Implement a county-wide awareness campaign regarding the benefits of medication-assisted treatment in combination with comprehensive substance use disorder treatment. Enhance county-wide awareness campaign regarding the consequences of heroin/opiate use.
Advocate for Medication Assisted Treatment for High-Risk and Underserved Populations	Advocate for the expansion of access to medication assisted treatment services for persons with opioid use disorder, especially among disparate populations (e.g. prison inmates, medically indigent population).
Use Technology to Drive Screening	Deploy EPIC based substance misuse screening tool.

# **PRIORTIY AREA: GERIATRICS**

- Provide high quality and compassionate primary care, consultative and emergency services to Seniors in Morris County
- Offer a robust spectrum of supportive service for seniors and family caregivers designed to improve care coordination and caregiver competence
- Collaborate with the Alzheimer's Foundation of America as a National Memory screening site and offer memory screening services to seniors in the community

## **ACTIONS LED BY MORRISTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Outpatient and Emergency Clinical Services for Seniors	The Geriatric assessment center is a state-of-the-art outpatient practice that offers high quality compassionate primary care and consultative services to area seniors. Its highly skilled team of Geriatricians, Advanced Practice Nurses and Social workers uses a multidisciplinary approach to provide person centered care to our frailest seniors.  The Emergency Department at Morristown Medical Center is an accredited Center of Excellence for Geriatric emergency care, utilizing geriatric specific evidence-based protocols, multidisciplinary care teams and post-discharge support to provide a continuum of care for all patients >70 years who enter our ED.
Caregiver Support and Training	AHS's Healthy Aging Program helps older people and their caregivers find the health care services and community resources that they need to live longer, healthier and more active lives. This phone-based hotline assists seniors and their caregivers with obtaining information regarding private home care and

ACTIVITY	APPROACH
	visiting nurse services, rehabilitation facilities, housing organizations, adult day care centers and hospice care providers.
	The Art of Caregiving course is a 5-part interactive course offered biannually to caregivers to help them navigate the nuances of the eldercare maze. This program provides them personalized guidance on how to best care for their aging loved one while making sure that their own health does not suffer.
	The Caregiver Training Lab at the Geriatric Assessment Center (to open Summer 2019) will provide hands on training and education to seniors and their caregivers. It will help them develop a personalized plan to prepare their home to accommodate their declining health and will be equipped to train the caregivers in providing hands on care.
Memory Screening	A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified healthcare professional is needed. The Geriatric Assessment Center at MMC is approved as a National Memory Screening site through the Alzheimer's Foundation of America. The monthly memory screening events are open to community seniors and encourage early detection and proper treatment of Seniors who may have Alzheimer's disease.
Injury Prevention	Our MMC trauma and Injury prevention team offers senior fit which promotes safer driving for elders. Evaluations are provided observing how safer lines of sight might be enhanced or seat positioning may be made more comfortable.
Advanced Care Planning/End of Life Planning	Our senior Community connection programs connect seniors with many services based on their needs as varied as home evaluations for safety and fall risk, assistance with advanced directives, transportation, Meals on Wheels, assistance with personal care needs, housekeeping services, client and caregiver support programs as well as connection with all applicable county- based programs.
Provide New Vitality Program to Seniors	The New Vitality Program works with adults 65 and older to help them maintain a healthy lifestyle. This program provides community-based support to individuals with identified diabetes risk factors including exercise classes, chronic disease prevention and management programs and community-based care coordination.

# PRIORITY AREA: BARRIERS TO CANCER CARE

• Address barriers to cancer care through direct services and program development.

# ACTIONS LED BY MORRISTOWN MEDICAL CENTER

ACTIVITY	APPROACH
Health and Wellness	Education and cancer screening opportunities are coordinated with our NJCEED and Community Health departments, local health departments and the Chronic Disease Coalition. Educational and screening programs are offered throughout the year focusing on colorectal, breast, skin, cervical and prostate cancer. In addition, we continue to increase screening services to include lung, oral, head and neck cancer screenings. Smoking cessation programs are also offered at Carol G. Simon Cancer Center and are open to call community members as well as cancer patients. We work closely with the American Cancer Society, the Morris/Somerset County Chronic Disease Coalitions, AHS Community Health Department, local health departments and community organizations to provide cancer prevention education, chronic disease management and access to cancer screenings and support services.
	The cancer center provides information and education on tips for self-care while in treatment (surgery, chemotherapy, radiation) and into survivorship. This information is provided to both patients and caregivers through formal lectures and printed materials. Other programs are offered to the community to encourage early detection and reduce risk of cancer through smoking cessation, exercise and good nutrition.
Practical/Financial Needs	Each oncology patient is assessed for financial barriers. As barriers are identified the Navigator and the Social Worker work together to address the patient's financial needs. Patients are referred for financial assistance programs through our partnership with community organizations. We work with the ACS and other community-based agencies for wigs, food, transportation and other financial/practical matters.
Mental Health	The cancer center social worker conducts an assessment on patients referred to them (by a practitioner or identified through the distress screening process). Referrals are provided to our Behavioral Health Services or to community resources for counseling and psychiatric services. Behavioral Health Services are offered on site in the cancer center through a psychiatrist. There is a need to provide greater on-site access to this vital service.

ACTIVITY	APPROACH
Transportation	Transportation remains a major barrier for many patients, especially those in urban or rural communities. The RN and Resource Navigator and Social Worker work with the American Cancer Society and other organizations to coordinate transportation as available. In addition, we contract with local taxi companies to provide emergency transportation. To address the barriers that transportation issues create for members of the community who would otherwise access our community screenings and prevention events, we are working with our community partners to increase utilization of existing transportation services that are available at no/low cost.
Insurance Issues	Navigators and Social Workers identify patients that do not have health insurance and they will be referred to the NJCEED Program or to our Patient Financial Services for evaluation and further assistance. In addition, the Social Workers will meet with and counsel each patient in need, directing and referring to the appropriate resources. The Oncology Service Line is also completing a Lean Project with organizational development to review streamline the financial/insurance processes to provide support patients throughout the care continuum, provide a cost estimate of care, and provide resources for financial and insurance related issues.

#### **Evaluation Plan**

Morristown Medical Center will track measurable progress for all activities. Where opportunities exist to qualitatively demonstrate the impact of an activity, MMC will request analytic support from Atlantic Health System's planning office. Evaluation will broadly ask three questions: how much we did, how well did we do it, and is anyone better off. Data collection will be tailored to each individual action, and therefore, will include a variety of methodologies. Formatting the evaluation in this way will allow us to provide feedback to employees leading these actions so that they can adjust when needed to ensure maximum impact on the health of the community.

#### **Needs Not Addressed**

MMC will address the 5 prioritized community health needs identified in the 2016-2018 Community Health Needs Assessment as well as barriers to care identified among key populations by the MMC Cancer Committee and the MMC Healthy Aging Task Force. Working with our partners in the community, MMC will leverage existing resources across sectors to maximize our impact on the health of our communities.



## **OVERLOOK MEDICAL CENTER – COMMUNITY OVERVIEW**

Overlook Medical Center (OMC) is an Atlantic Health System hospital located in Summit, New Jersey. The facility is home to almost 4,000 employees and over 1,500 physicians. The hospital service area of OMC was chosen as the Community Benefit Service Area (CBSA) consisting of 21 zip codes including Summit, Westfield, and Union. Approximately 1 million people reside within the OMC service area. The area population is projected to increase 2.4% by 2024.

40.1% of Service Area residents are White (non-Hispanic/Latino), 25.6% are Hispanic/Latino (of any race), 23.4% are Black or African American, and 8.7% are Asian. The median household income in the area for in 2019 is \$76,661, which is projected to increase to \$85,879 in 2024. Approximately 8.1% of area families live below the poverty line. Union County specific A.L.I.C.E.™ data show 28% of families fall beneath the survival threshold. In parts of Union County greater than 45% household fall below the A.L.I.C.E.™ threshold. In depth demographic and socio-economic assessments for the Service Area and/or Union County are available at <a href="https://www.njhealthmatters.org">www.njhealthmatters.org</a> and <a href="https://www.unitedforalice.org">www.unitedforalice.org</a>.

#### **Prioritized Health Needs**

In the 2016-2018 Community Health Needs Assessment process, and in partnership with the North Jersey Health Collaborative (NJHC), OMC identified five priority need areas. During the last 3 years, OMC has included a sixth priority area focusing on end of life care, which has been included in the 2019 CHIP.

- Diabetes
- Mental Health Services
- Obesity
- Healthy Literacy
- Heart Disease
- End of Life Care

While each priority area is addressed separately on the following pages, OMC's effort to address community health need requires a complex interplay of internal resources, relationships with community partners, identification of co-morbidities across priority areas and, perhaps most importantly, the ability to course-correct when strategies or approaches to a priority can be better served through yet unknown pathways.

The complete Union County CHNA is available at www.atlantichealth.org or www.njhealthmatters.org.

# OVERLOOK MEDICAL CENTER – IMPLEMENTATION PLAN

The Community Health Implementation Plan (CHIP) addresses the way OMC will approach prioritized needs and the expected outcome and timeframe for the evaluation of its efforts.

## **PRIORTY AREA: END OF LIFE CARE**

 Develop innovative and effective methods to educate and inform the community and providers about the importance of addressing end of life care and related issues.

## ACTIONS LED BY OVERLOOK MEDICAL CENTER

ACTIVITY	APPROACH
End of Life Care Task Force	OMC will continue to develop and work with an end of life care task force, involving academic institutions, research organizations, clergy, and OMC staff. The task force is charged with identifying appropriate ways to implement end of life care, approach conversations between care givers and families about end of life care, and ways to expand awareness and recognition of the need for appropriate conversations among family members.
Partner to Educate	Through a partnership with Sage Eldercare identify innovative and effective methods to educate the public and providers about end of life issues across all age groups.
Provider Education	OMC will implement provider education for end of life are at all Atlantic Health System acute care site and approximately 30 Atlantic Medical Group practice locations.
AHS Palliative Care	Work with other AHS departments and sites to develop system-wide approach to palliative care.

## **PRIORITY AREA: DIABETES**

- Refer community residents with diabetes, pre-diabetes, or significant risk factors to existing diabetes management and prevention programs, and to clinical services, as needed.
- OMC will seek to improve awareness of diabetes risk factors, with an emphasis on residents of underserved areas.

# **ACTIONS LED BY OVERLOOK MEDICAL CENTER**

ACTIVITY	APPROACH
Employ Analytics to Identify Local Disparities	Atlantic Health System will support OMC's efforts to identify geographic areas with health disparities in diabetes and develop coordinated strategies to address barriers to care.
Identify Successful Programs for Broader AHS Implementation	Work with other AHS hospitals and Atlantic Medical Group to identify opportunities for collaborative and innovative approaches to diabetes management and prevention.
Provide New Vitality Program to seniors	The New Vitality Program works with adults 65 and older to help them maintain a healthy lifestyle.  This program provides community-based support to individuals with identified diabetes risk factors including exercise classes, chronic disease prevention and management programs and community-based care coordination.
Maintain New Jersey Healthy Communities Network Funding	The Overlook Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across OMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.

# **PRIORTIY AREA: HEART DISEASE**

• Investigate health disparities that may exist among female population for cardiovascular disease.

# **ACTIONS LED BY OVERLOOK MEDICAL CENTER**

ACTIVITY	APPROACH
Examine Cardiovascular Disease and Utilization for Potential Gender Disparity	Are there clinical protocols that could be implemented at OMC to develop more effective treatment of cardiovascular disease among women? OMC will employ analytics to determine the extent to which a disparity may exist and if so, what would be effective to reduce the disparity.

## **PRIORTIY AREA: HEALTH LITERACY**

• Increase awareness and knowledge of health issues impacting at-risk populations within the OMC service area.

# **ACTIONS LED BY OVERLOOK MEDICAL CENTER**

ACTIVITY	APPROACH
Expand OMC Medical Library Health Literacy Tote Bag program	OMC currently works with 15 of 20 Union county public libraries to provide multi-lingual Health Literacy Tote Bags for free use by residents of the Service Area. The tote bags have been an extremely effective way for OMC to provide targeted literature, up-to-date books, electronic media and other information on specific health topics. The bags, now covering 15 clinical topics, are available to the public for a loan-out period of 28 days provide important in-depth reference materials on health issues. OMC's medical library works with Union county public libraries to expand offerings as needed and is currently developing multi-lingual Tote Bags for opioid and substance misuse. The Medical Literacy Tote Bag program was implemented through a philanthropic partnership.
Work with area school nurses to provide clinical knowledgebase.	The OMC medical library works in partnership with area school nurses to provide access to a clinical knowledgebase.

## PRIORTY AREA: MENTAL HEALTH SERVICES

• Improve access to and awareness of Mental Health services in the OMC service area.

## **ACTIONS LED BY OVERLOOK MEDICAL CENTER**

ACTIVITY	APPROACH
Coordinated Behavioral Health Program Development	Develop internal and external coordination of community partners and OMC resources to strengthen OMC's ability to impact behavioral health issues for patients and the community.
Address Stigma Related to Mental Health	Raise awareness of mental health issues in the community to ensure that access and utilization of services is unencumbered by stigma.
First Responder Training	Provide AHS/OMC led training for first responders (police, EMT, faith communities, lawyers, etc.) in mental health awareness, with a focus on assessed needs. Implement NARCAN training.

ACTIVITY	APPROACH
Collaborate with State or National Organization to Improve Access	Advocate for and/or identify innovative Medicare/Medicaid reimbursement models for behavioral health care providers.

#### PRIORITY AREA: OBESITY

• Improve access to and awareness of services in the OMC service area.

## **ACTIONS LED BY OVERLOOK MEDICAL CENTER**

ACTIVITY	APPROACH
Maintain New Jersey Healthy Communities Network Funding	The Overlook Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across OMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.
Reduce Disparity in the Community	Develop strategy for engagement of pregnant and new mothers with the medical community as the "trusted" partner to provide information and education in those locations with strategies that have been tested and are determined to reduce disparity.

## **Evaluation Plan**

Overlook Medical Center will track measurable progress for all activities. Where opportunities exist to qualitatively demonstrate the impact of an activity, OMC will request analytic support from Atlantic Health System's planning office. Evaluation will broadly ask three questions: how much we did, how well did we do it, and is anyone better off. Data collection will be tailored to each individual action, and therefore, will include a variety of methodologies. Formatting the evaluation in this way will allow us to provide feedback to employees leading these actions so that they can adjust when needed to ensure maximum impact on the health of the community.

## **Needs Not Addressed**

OMC will address the 5 prioritized community health needs identified in the 2016-2018 Union County Community Health Needs Assessment and will include a 6<sup>th</sup> priority area in 2019's CHIP. Working with our partners in the community, OMC will leverage existing resources across sectors to maximize our impact on the health of our communities.



## **COMMUNITY OVERVIEW – CHILTON MEDICAL CENTER**

## **Community Served by Chilton Medical Center**

Chilton Medical Center (CMC) is an Atlantic Health System hospital located in Pompton Plains, New Jersey. The facility is home to over 1,300 employees and 600 physicians. CMC's Community Benefit Service Area (CBSA) is comprised of Northern Morris County and Upper Passaic County including the towns of Wayne, Pequannock, Pompton Plains, Pompton Lakes and West Milford.

The total population of this area is over 160,000 residents, 20.2% of which are under the age of 18 and 18.33% are aged 65 and older. The population is 88.09% White/Caucasian, 9.04% Hispanic/Latino and 1.66% Black/African American. The average annual household income is over \$117,000 with over 1,000 families living below the poverty line. Complete demographics on both Morris & Passaic County and zip code areas within are available at <a href="https://www.njhealthmatters.org">www.njhealthmatters.org</a>.

#### **Prioritized Health Needs**

Given the CMC service area in both counties, CMC participated in both the Passaic and Morris County assessments conducted by the North Jersey Health Collaborative (NJHC). As part of these assessments, CMC identified the following priority need areas:

- Diabetes
- Cardiovascular Diseases
- Heroin & Opiate Use
- Access to Behavioral Health Services (Morris County only)
- Access to HealthCare (Passaic County only)
- Obesity (Morris County only)
- Caregiver Health (Passaic County only)

While each priority area is addressed separately on the following pages, CMC's effort to address community health need requires a complex interplay of internal resources, relationships with community partners, identification of co-morbidities across priority areas and, perhaps most importantly, the ability to course-correct when strategies or approaches to a priority can be better served through yet unknown pathways.

The complete Morris and Passaic County CHNA's are available at <a href="www.atlantichealth.org">www.njhealthmatters.org</a>.

# CHILTON MEDICAL CENTER – IMPLEMENTATION PLAN

The Community Health Implementation Plan (CHIP) addresses the way CMC will approach each priority need and the expected outcome and timeframe for the evaluation of its efforts.

## PRIORTIY AREA: CARDIOVASCULAR DISEASE

Investigate health disparities that may exist among female population for cardiovascular disease.

## **ACTIONS LED BY CHILTON MEDICAL CENTER**

ACTIVITY	APPROACH
Examine Cardiovascular Disease and Utilization for Potential Gender Disparity	Are there clinical protocols that could be implemented at CMC to develop more effective treatment of cardiovascular disease among women? CMC will employ analytics to determine the extent to which a disparity may exist and if so, what would be effective to reduce the disparity.

## **PRIORITY AREA: DIABETES**

- Refer community residents with diabetes, pre-diabetes, or significant risk factors to existing diabetes management and prevention programs, and to clinical services, as needed.
- CMC will seek to improve awareness of diabetes risk factors, with an emphasis on residents of underserved areas.

## **ACTIONS LED BY CHILTON MEDICAL CENTER**

ACTIVITY	APPROACH
Employ Analytics to Identify Local Disparities	Atlantic Health System will support CMC's efforts to identify geographic areas with health disparities in diabetes and develop coordinated strategies to address barriers to care.
Identify Successful Programs for Broader AHS Implementation	Work with other AHS hospitals to identify opportunities for collaborative and innovative approaches to diabetes management and prevention.

ACTIVITY	APPROACH
Provide New Vitality Program to seniors	The New Vitality Program works with adults 65 and older to help them maintain a healthy lifestyle. This program will continue to provide community-based support to individuals with identified diabetes risk factors including exercise classes, chronic disease prevention and management programs and community-based care coordination.
Maintain New Jersey Healthy Communities Network Funding	The Chilton Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across CMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.

## **PRIORITY AREA: HEROIN & OPIATE USE**

- Develop innovative and effective methods to educate and inform the community and providers regarding the harmful impacts of heroin & opiate use.
- Develop technology-based tool to aid in clinical screening for substance misuse.

# **ACTIONS LED BY CHILTON MEDICAL CENTER**

ACTIVITY	APPROACH
Advocate for Prescribing Reforms	Advocate for prescription guidelines in hospital emergency rooms. Provide trainings and educational resources regarding prescription drug abuse and diversion to physicians, dentists and other health professionals.
Increase Community Awareness of Effective Treatment Options	Implement a county-wide awareness campaign regarding the benefits of medication-assisted treatment in combination with comprehensive substance use disorder treatment. Enhance county-wide awareness campaign regarding the consequences of heroin/opiate use.
Advocate for Medication Assisted Treatment for High-Risk and Underserved Populations	Advocate for the expansion of access to medication assisted treatment services for persons with opioid use disorder, especially among disparate populations (e.g. prison inmates, medically indigent population).
Use Technology to Drive Screening	Deploy EPIC based substance misuse screening tool.

## PRIORITY AREA: ACCESS TO BEHAVIORAL HEALTH SERVICES

• Improve access to and awareness of behavioral health services in the CMC service area.

## **ACTIONS LED BY CHILTON MEDICAL CENTER**

ACTIVITY	APPROACH
Coordinated Behavioral Health Program Development	Develop internal and external coordination of community partners and CMC resources to strengthen CMC's ability to impact behavioral health issues for patients and the community.
Address Stigma Related to Mental Health	Raise awareness of mental health issues in the community to ensure that access and utilization of services is unencumbered by stigma.
First Responder Training	Provide AHS/CMC led training for first responders (police, EMT, faith communities, lawyers, etc.) in mental health awareness, with a focus on assessed needs. Implement NARCAN training.
Collaborate with State or National Organization to Improve Access	Advocate for and/or identify innovative Medicare/Medicaid reimbursement models for behavioral health care providers.

# **PRIORTY AREA: ACCESS TO CARE**

• Improve access to and awareness of preventive and other health care services in the CMC service area.

## **ACTIONS LED BY CHILTON MEDICAL CENTER**

ACTIVITY	APPROACH
Identify Opportunities to Provide Preventive Care Education, Support, and Services to Targeted At-Risk Populations in CMC's Service Area	<ul> <li>Involve clinical and community partners in the development of strategies to address at-risk populations' needs for preventive care services in the CMC service area. Targeted populations may include:         <ul> <li>Development and sharing of multi-lingual resources designed to further educate high-risk populations about how to address social determinants of health.</li> <li>Involvement of AHS and community primary care providers in broader preventive care strategy</li> </ul> </li> </ul>

#### **PRIORTY AREA: OBESITY**

• Improve access to and awareness of services in the CMC service area.

## **ACTIONS LED BY CHILTON MEDICAL CENTER**

ACTIVITY	APPROACH
Address Food Insecurity in CMC's Community Through Local Partnerships and New Jersey Healthy Communities Network Funding	Support local change to enhance physical activity and nutrition via the NJ Healthy Communities Network and other local partnerships. The Chilton Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across CMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.

## **Evaluation Plan**

Chilton Medical Center will track measurable progress for all activities. Where opportunities exist to qualitatively demonstrate the impact of an activity, CMC will request analytic support from Atlantic Health System's planning office. Evaluation will include number of programs and outreaches, program achievements compared to target, and improvements and benefits to the Chilton community. Data collection will be tailored to each individual action, and therefore, will include a variety of methodologies. Formatting the evaluation in this way will allow us to provide feedback to employees leading these actions so that they can adjust when needed to ensure maximum impact on the health of the community.

#### **Needs Not Addressed**

CMC will address the 6 of the 7 prioritized community health needs identified in the 2016-2018 Community Health Needs Assessment. Working with our partners in the community, CMC will leverage existing resources across sectors to maximize our impact on the health of our communities. The 7<sup>th</sup> priority area, Caregiver Health, was to be addressed in previous CHIPs through a Caregivers Advisory Council designed to guide workgroups through a gap analysis. This process was stalled in 2018 due to resource constraints. CMC will re-evaluate this priority in 2020 following the next triennial Community Health Needs Assessment.



## **NEWTON MEDICAL CENTER – COMMUNITY OVERVIEW**

Newton Medical Center (NMC) is an Atlantic Health System hospital located in Newton, New Jersey. The facility is home to over 1,100 employees and over 350 physicians. With the vast majority of NMC patients residing there, Sussex County was identified as the 2016-2018 Community Benefit Service Area (CBSA).

Sussex County is home to 141,240 individuals, a population projected to decrease 1.8% by 2024. The population is 85.8% White or Caucasian, 8.4% Hispanic or Latino and 2.1% Black or African American. Approximately one in five Sussex County residents is under the age of 18 and 15.7% are 65 or older. The median household income for Sussex County is \$87,048 with 3.8% of families living below the federal poverty designation. Complete demographics on Sussex County and its subdivisions are available at www.njhealthmatters.org.

#### **Prioritized Health Needs**

In the 2016-2018 Community Health Needs Assessment process, and in partnership with the North Jersey Health Collaborative (NJHC), NMC identified five priority need areas.

- Substance Use Disorders
- Access to Care
- Obesity
- Mental Health
- Transportation

While each priority area is addressed separately on the following pages, NMC's effort to address community health need requires a complex interplay of internal resources, relationships with community partners, identification of co-morbidities across priority areas and, perhaps most importantly, the ability to course-correct when strategies or approaches to a priority can be better served through yet unknown pathways.

The complete Sussex County CHNA is available at <a href="www.atlantichealth.org">www.njhealthmatters.org</a>.

# IMPLEMENTATION PLAN – NEWTON MEDICAL CENTER

The Community Health Implementation Plan (CHIP) addresses the way NMC will approach each priority need and the expected outcome and timeframe for the evaluation of its efforts.

## **PRIORITY AREA: MENTAL HEALTH**

• Improve access to and awareness of behavioral health services in the NMC service area.

## **ACTIONS LED BY NEWTON MEDICAL CENTER**

ACTIVITY	APPROACH
<b>Coordinated Behavioral Health</b>	Develop internal and external coordination of community partners and NMC resources to strengthen
Program Development	NMC's ability to impact behavioral health issues for patients and the community.
Address Stigma Related to Mental	Raise awareness of mental health issues in the community to ensure that access and utilization of services
Health	is unencumbered by stigma.
Fig. 1 Day 1 - Jan Tarakai	Provide AHS/NMC led training for first responders (police, EMT, faith communities, lawyers, etc.) in mental
First Responder Training	health awareness, with a focus on assessed needs.
<b>Collaborate with State or National</b>	Advocate for and/or identify innovative Medicare/Medicaid reimbursement models for behavioral health
Organization to Improve Access	care providers.

## **PRIORITY AREA: SUBSTANCE USE DISORDERS**

- Develop innovative and effective methods to educate and inform the community and providers regarding the harmful impacts of substance misuse.
- Develop technology-based tool to aid in clinical screening for substance misuse.

## **ACTIONS LED BY NEWTON MEDICAL CENTER**

ACTIVITY	APPROACH
Advocate for Prescribing Reforms	Advocate for prescription guidelines in hospital emergency rooms. Provide trainings and educational resources regarding prescription drug abuse and diversion to physicians, dentists and other health professionals.

ACTIVITY	APPROACH
Increase Community Awareness of Effective Treatment Options	Implement a county-wide awareness campaign regarding the benefits of medication-assisted treatment in combination with comprehensive substance use disorder treatment. Enhance county-wide awareness campaign regarding the consequences of heroin/opiate use. Implement NARCAN training.
Advocate for Medication Assisted Treatment for High-Risk and Underserved Populations	Advocate for the expansion of access to medication assisted treatment services for persons with opioid use disorder, especially among disparate populations.
Use Technology to Drive Screening	Deploy EPIC based substance misuse screening tool.

## **PRIORTY AREA: OBESITY**

• Improve access to and awareness of services in the NMC service area.

## **ACTIONS LED BY NEWTON MEDICAL CENTER**

ACTIVITY	APPROACH
Address Food Insecurity in NMC's	Support local change to enhance physical activity and nutrition via the NJ Healthy Communities Network
Community Through Local	and other local partnerships. The Newton Medical Center Community Advisory Board and Community
Partnerships and New Jersey	Health Subcommittee will provide funding and technical assistance for community organizations across
<b>Healthy Communities Network</b>	NMC's service area. Grants are funded through a competitive review process, which includes a
Funding	requirement that approved funding be linked to an identified community health need.

## PRIORTY AREA: ACCESS TO CARE & TRANSPORTATION

• Improve access to and awareness of preventive and other health care services in the NMC service area.

## **ACTIONS LED BY NEWTON MEDICAL CENTER**

ACTIVITY	APPROACH
Identify Opportunities to Provide Preventive Care Education, Support, and Services to Targeted At-Risk Populations in NMC's Service Area	<ul> <li>Involve clinical and community partners in the development of strategies to address at-risk populations' needs for preventive care services in the NMC service area. Targeted populations may include:         <ul> <li>Development and sharing of multi-lingual resources designed to further educate high-risk populations about how to address social determinants of health.</li> <li>Involvement of AHS and community primary care providers in broader preventive care strategy</li> <li>Determine methods to address transportation barriers that may exist among targeted populations</li> </ul> </li> </ul>

## **Evaluation Plan**

Newton Medical Center will track measurable progress for all activities. Where opportunities exist to qualitatively demonstrate the impact of an activity, NMC will request analytic support from Atlantic Health System's planning office. Evaluation will broadly ask three questions: how much we did, how well did we do it, and is anyone better off. Data collection will be tailored to each individual action, and therefore, will include a variety of methodologies. Formatting the evaluation in this way will allow us to provide feedback to employees leading these actions so that they can adjust when needed to ensure maximum impact on the health of the community.

## **Needs Not Addressed**

NMC will address the 5 prioritized community health needs identified in the 2016-2018 NMC Community Health Needs Assessment. Working with our partners in the community, NMC will leverage existing resources across sectors to maximize our impact on the health of our communities.



## **HACKETTSTOWN MEDICAL CENTER – COMMUNITY OVERVIEW**

Hackettstown Medical Center (HMC) is an Atlantic Health System hospital located in Hackettstown, New Jersey. HMC employs more than 650 staff and volunteers, operates 111 licensed hospital beds and is staffed by more than 275 physicians and allied health providers. HMC treated more than 3,000 inpatients, nearly 23,000 emergency room visits and approximately 54,000 outpatient visits in 2017. As part of its community benefit programs, HMC provides screenings, health education programs, classes, support groups, vaccinations, and health professions education. HMC receives most of its inpatient admission from 10 ZIP Codes, encompassing portions of Warren, Morris and Sussex counties in New Jersey. These service area ZIP Codes represent HMC's Community Benefit Service Area (CBSA).

The service area is home to 12,000 individuals. The population is 79.2% White or Caucasian, 11.6% Hispanic or Latino, 5.8% Asian and 4.2% Black or African American. With a median age of 44.0, one in five Warren County residents is under the age of 18 and 15.7% are 65 or older. The area's median household income is \$97,213 with 3.3% of families living below the federal poverty designation. Approximately 28% of Warren County residents fall beneath the A.L.I.C.E.™ (asset-limited, income-constrained and employed) survival threshold. In parts of Warren County greater than 42% of households fall below the A.L.I.C.E.™ threshold. In depth demographic and socio-economic assessments for the Warren/Sussex/Morris County area available at www.njhealthmatters.org and www.unitedforalice.org.

## **Prioritized Health Needs**

HMC identified five priority need areas in its 2018-2020 Community Health Needs Assessment.

- Substance Use Disorders
- Diabetes
- Need for Mental Health Providers
- Overweight/Obesity
- Preventive Care

While each priority area is addressed separately on the following pages, HMC's effort to address community health need requires a complex interplay of internal resources, relationships with community partners, identification of co-morbidities across priority areas and, perhaps most importantly, the ability to course-correct when strategies or approaches to a priority can be better served through yet unknown pathways.

The complete 2018-2020 HMC CHNA is available at www.atlantichealth.org.

# HACKETTSTOWN MEDICAL CENTER – IMPLEMENTATION PLAN

The Community Health Implementation Plan (CHIP) addresses the way HMC will approach each priority need and the expected outcome and timeframe for the evaluation of its efforts.

## PRIORITY AREA: NEED FOR MENTAL HEALTH PROVIDERS

• Improve access to and awareness of behavioral health services in the HMC service area.

## **ACTIONS LED BY HACKETTSTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Coordinated Behavioral Health Program Development	Develop internal and external coordination of community partners and HMC resources to strengthen HMC's ability to impact behavioral health issues for patients and the community.
Address Stigma Related to Mental Health	Raise awareness of mental health issues in the community to ensure that access and utilization of services is unencumbered by stigma.
First Responder Training	Provide AHS/HMC led training for first responders (police, EMT, faith communities, lawyers, etc.) in mental health awareness, with a focus on assessed needs.
Collaborate with State or National Organization to Improve Access	Advocate for and/or identify innovative Medicare/Medicaid reimbursement models for behavioral health care providers.

## **PRIORITY AREA: SUBSTANCE USE DISORDERS**

- Develop innovative and effective methods to educate and inform the community and providers regarding the harmful impacts of substance misuse.
- Develop technology-based tool to aid in clinical screening for substance misuse.

## **ACTIONS LED BY HACKETTSTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Advocate for Prescribing Reforms	Advocate for prescription guidelines in hospital emergency rooms. Provide trainings and educational resources regarding prescription drug abuse and diversion to physicians, dentists and other health professionals.

ACTIVITY	APPROACH
Increase Community Awareness of Effective Treatment Options	Implement a county-wide awareness campaign regarding the benefits of medication-assisted treatment in combination with comprehensive substance use disorder treatment. Enhance county-wide awareness campaign regarding the consequences of heroin/opiate use. Implement NARCAN training.
Advocate for Medication Assisted Treatment for High-Risk and Underserved Populations	Advocate for the expansion of access to medication assisted treatment services for persons with opioid use disorder, especially among disparate populations.
Use Technology to Drive Screening	Deploy EPIC based substance misuse screening tool.

## **PRIORITY AREA: DIABETES**

- Refer community residents with diabetes, pre-diabetes, or significant risk factors to existing diabetes management and prevention programs, and to clinical services, as needed.
- HMC will seek to improve awareness of diabetes risk factors, with an emphasis on residents of underserved areas.

## **ACTIONS LED BY HACKETTSTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Employ Analytics to Identify Local Disparities	Atlantic Health System will support HMC's efforts to identify geographic areas with health disparities in diabetes and develop coordinated strategies to address barriers to care.
Identify Successful Programs for Broader AHS Implementation	Work with other AHS hospitals to identify opportunities for collaborative and innovative approaches to diabetes management and prevention.
Provide New Vitality Program to seniors	The New Vitality Program works with adults 65 and older to help them maintain a healthy lifestyle. This program provides community-based support to individuals with identified diabetes risk factors including exercise classes, chronic disease prevention and management programs and community-based care coordination.
Provide Funding and Technical Assistance for Health-Related Community Organizations Across HMC's Service Area	The Hackettstown Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across HMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.

## **PRIORTY AREA: OBESITY**

• Improve access to and awareness of services in the HMC service area.

## **ACTIONS LED BY HACKETTSTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Address Food Insecurity in HMC's Community Through Local Partnerships	Support local change to enhance physical activity and nutrition via the NJ Healthy Communities Network and other local partnerships. The Hackettstown Medical Center Community Advisory Board and Community Health Subcommittee will provide funding and technical assistance for community organizations across HMC's service area. Grants are funded through a competitive review process, which includes a requirement that approved funding be linked to an identified community health need.

## **PRIORTY AREA: PREVENTIVE CARE**

• Improve access to and awareness of preventive care services in the HMC service area.

# **ACTIONS LED BY HACKETTSTOWN MEDICAL CENTER**

ACTIVITY	APPROACH
Identify Opportunities to Provide Preventive Care Education, Support, and Services to Targeted At-Risk Populations in HMC's Service Area	Involve clinical and community partners in the development of strategies to address at-risk populations' needs for preventive care services in the HMC service area. Targeted populations may include:  • Addressing barriers to mammography  • Identification of residents at high risk for breast cancer  • Identification of residents at high risk for stroke  • Expanded smoking cessation programs  • Development and sharing of multi-lingual resources designed to further educate high-risk populations about how to address social determinants of health.  • Populations in need of prenatal nutrition/diabetes education and/or treatment  • Involvement of AHS and community primary care providers in broader preventive care strategy  • Determine methods to address transportation barriers that may exist among targeted populations

## **Evaluation Plan**

Hackettstown Medical Center will track measurable progress for all activities. Where opportunities exist to qualitatively demonstrate the impact of an activity, HMC will request analytic support from Atlantic Health System's planning office. Evaluation will broadly ask three questions: how much we did, how well did we do it, and is anyone better off. Data collection will be tailored to each individual action, and therefore, will include a variety of methodologies. Formatting the evaluation in this way will allow us to provide feedback to employees leading these actions so that they can adjust when needed to ensure maximum impact on the health of the community.

## **Needs Not Addressed**

HMC will address the 5 prioritized community health needs identified in the 2018-2020 HMC Community Health Needs Assessment. Working with our partners in the community, HMC will leverage existing resources across sectors to maximize our impact on the health of our communities.

## OTHER CONTRIBUTIONS – BACKBONE SUPPORT TO THE NORTH JERSEY HEALTH COLLABORATIVE

In addition to actions within a specific strategy, Atlantic Health System is contributing a great deal of resources to support the CHNA/Implementation Strategy Process via in-kind support for the North Jersey Health Collaborative. Our resource and financial investments in the collaborative reflect our belief that bringing groups together, across sectors, is a significant community health intervention by itself. The Collaborative structure allows us to address our identified health needs, while also building capacity in individual local organizations, as well as our hospitals, to meet the needs of our community. It also serves to coordinate health and social service agencies in a way that enables them to invest collaboratively in best-practices.

Atlantic's contributions to the collaborative include:

- Atlantic Health System staff provide technical assistance and evaluation support for NJHC on an as needed basis
- Atlantic Health System service in NJHC workgroups and boards
- Participation by Atlantic Health System staff in NJHC meetings on an as needed basis.
- Financial support for the North Jersey Health Collaborative and underwriting of the njhealthmatters website and underlying secondary data sources

# PREPARED FOR

MORRISTOWN MEDICAL CENTER

OVERLOOK MEDICAL CENTER

CHILTON MEDICAL CENTER

NEWTON MEDICAL CENTER

HACKETTSTOWN MEDICAL CENTER

BY

ATLANTIC HEALTH SYSTEM
PLANNING & SYSTEM DEVELOPMENT

