



# IMPLEMENTATION PLAN

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2019



Hackensack  
Meridian *Health*  
Mountainside  
Medical Center

# COMMUNITY HEALTH IMPLEMENTATION PLAN

February 2019

## Strategies to Address Community Health Needs

Hackensack Meridian *Health* Mountainside Medical Center developed an Implementation Strategy to illustrate the hospital's specific programs and resources that support ongoing efforts to address the identified community health priorities. This work is supported by community-wide efforts and leadership from the Executive Team and Board of Directors. The goal statements, suggested objectives, key indicators, intended outcomes and initiatives, and inventory of existing community assets and resources for each of the four priority areas are listed below.

### I. Chronic Disease Management

**Goal:** Promote health and reduce chronic disease through improved education, awareness and disease prevention.

#### Objectives:

- Increase the proportion of adults who receive chronic disease screenings to maximize treatment options.
- Increase the proportion of adults who participate in programs/lectures that reduce risk factors for chronic disease.
- Increase the proportion of adults who participate in cooking/nutrition demonstrations by increasing awareness of plant based foods and water consumption.
- Increase participation in cardiac and stroke health screenings by offering each local health department one free event per year.
- Improve readership of the hospital's Be Well, a direct e-newsletter of health information and education by promoting enrollment and providing free access to this service.
- Increase health education through direct e-newsletter and Facebook postings

#### Key Indicators:

- Number of health promotion activities targeting high-risk populations
- Number of screenings and referrals to address early detection of chronic illness
- Number of individuals participating in health education programs
- Evaluate the percentage of study group who report incorporating healthy lifestyle behaviors and techniques and/or increased knowledge of the components of healthy living/lifestyles
- Evaluate study group patients who have had a hospital admission or readmission for chronic conditions

#### Outcomes:

- Increased utilization of generic screening tools that results in positive improvement on health indicators
- Increased number of chronic disease patients who are making health decisions based from health education
- Decreased rates of obesity, diabetes, and related chronic conditions and decreased health complications

- Increased rates of healthy weight in adults through increasing fruits, vegetables, and water consumption

**Existing Community Resources:** Hackensack Meridian *Health* Mountainside Medical Center – Final Summary Report November 2018

## **II. Behavioral Health Services — focus on seniors**

**Goal:** Promote behavioral health services and educate the community on what programs are available to senior citizens.

### **Objectives:**

- Open the senior groups to the community
- Educate community on transportation services available for senior citizens
- Enhance collaboration with schools
- Create affiliations with mental health facilities and behavioral health physicians
- Educate community on services we provide within the behavioral health department
- Educate caregivers of senior citizens on mental illness and how to seek appropriate support
- Develop articles, blogs, and other marketing messaging to educate care givers and citizens on behavioral health concerns and resources available

### **Key Indicators:**

- Number of community meetings and educational sessions held on behavioral health
- Number of community members and community health volunteers who serve as informal referral agents and behavioral health champions for increasing awareness
- Track number/percentage of Emergency Department patients presenting with behavioral health issues who are transferred to inpatient or outpatient facilities
- Track number/percentage of patients successfully referred for behavioral health services
- Track number/percentage of primary care providers screening for and providing behavioral health treatment or referrals

### **Outcomes:**

- Build awareness of behavioral health programs throughout service areas
- Increased collaboration between behavioral health support providers
- Convene a Behavioral Health Professional meeting to set the foundation for enhanced community collaborations

**Existing Community Resources:** Hackensack Meridian *Health* Mountainside Medical Center – Final Summary Report November 2018