



Mount
Sinai
South
Nassau

Community Service Plan **2020 Update** *(for plan years 2019-2021)*



**MOUNT SINAI SOUTH NASSAU COMMUNITY SERVICE PLAN
UPDATE 2020
FOR PLAN YEARS 2019-2021**

In the second year of the Community Service Plan (CSP), Mount Sinai South Nassau had hoped to continue evidence-based interventions chosen specifically for the identified priorities of *Prevent Chronic Diseases* and *Promote Well Being and Prevent Mental and Substance Use Disorders*.

The benefit of utilizing these interventions was the willingness of our clinical staff to incorporate them into their daily patient care routines. Clear and concise lines of communication led to key intermediate measures that would define the progress of our interventions.

One of the measures related to the *Prevent Chronic Diseases* priority was the number of individuals contacted by the breast screening patient navigator. A total of 725 patients were contacted, and 487 patients followed up with a mammogram after navigator intervention.

Furthermore, a no-cost mammography day was held in collaboration with New York State Senator Todd Kaminsky and screened over 60 uninsured, underserved and underinsured members of our surrounding community.

Additionally, robust partnerships with the American Heart Association and the Long Beach AWARE coalition have proven valuable in assisting us with achieving positive outcomes, while providing them with vital data for substantiating their programs, too.

As 2020 commenced, Mount Sinai South Nassau planned to activate the second year of the American Heart Association's *Check, Change, Control*, a community-based self-management blood pressure program in the communities of Hempstead and Long Beach. Data profiles in these communities reflected high rates of hypertension. To that end, this program was ideal for satisfying our *Prevent Chronic Diseases* priority. The City of Long Beach had a total of 6 enrollees; 5 individuals completed the program. All 5 individuals demonstrated marked improvement in blood pressure readings with comparisons of the first reading and the last. Additionally, all 5 individuals reported an increase in knowledge on managing their hypertension from listening to lectures while being taught how to take their own blood pressure.

The Nassau County Office of Hispanic Affairs hosted an introductory session of the Check, Change, Control program with Mount Sinai South Nassau's bilingual staff and provided educational lectures and blood pressure tutorials to 10 attendees. These 10 individuals were eager to be part of the program, but unfortunately due to COVID-19, our efforts could not continue.

Lastly, the priority *Promote Well Being and Prevent Mental and Substance Use Disorders* was being addressed by Long Beach AWARE, whose mission is "to bring about lasting change in the community culture around alcohol and other drug use." Fortunately, the coalition was able to provide virtual alcohol and drug education, and counseling sessions to 60 students who disregarded alcohol and other drug laws.

In the third quarter of 2020, Mount Sinai South Nassau decided to reevaluate our planned interventions due to the COVID-19 pandemic. We pivoted to virtual educational programs, successfully using our own social media platforms, and partnered with local libraries, senior centers and other community groups to reach those in our surrounding communities. It became abundantly clear, however, that as the virus

continued to spread, an educational, testing, and vaccination platform must be developed to address this public health threat. Vaccine education and vaccination in underserved communities will become our focus for 2021.

Our responses to the State of New York's 2020 Prevention Agenda Update Survey appear below. The State's survey is completed by the Hospital electronically. Questions 1-3, which are related to filing the plan only, are excluded.

The checkbox answers to each question which the hospital provided are highlighted, and any further information provided to the questions is highlighted below them.

* 1. Survey responder, please write in your name, affiliation and email contact (Please complete all text boxes) Your

name

Organization affiliation

Email

* 2. The organization or partnerships based on 2019 submissions. If you want to submit as a single organization this time, please write in the name under "other" (Choose one)

* 3. For names of additional liaison, if they are different from the 2019 workplan, please write them in. If they are the same, please write, "liaisons have not changed"

* 4. Which Prevention Agenda goals and interventions are you prioritizing as a result of the COVID Pause?
(Choose one)

- Not making any changes to the workplan submitted in 2019
- Keeping the same workplan submitted in 2019, but changing the emphasis
- Adding new goals and interventions
- Other (please specify)

* 5. Describe why these intervention(s) seems positive to you in the context of the COVID response? (Check all that apply)

- Addresses the complexity of the issue
- Able to get tangible intermediate outcomes
- Potential to be intentionally inclusive
- Other (please specify)

* 6. Which goals stopped due to COVID-19 and will not be resumed? (Please write brief bullet points or Not Applicable if no goals and/or interventions will be stopped)

* 7. Describe why you think this suspension helps other interventions? (Check all that apply)

- Allows optimal use of scarce resources
- Allows focus on stronger approaches
- Help support efforts of partners
- Other (please specify)- Allows additional resources and staff dedicated to education and distribution of COVID-19 vaccine

* In 2019-2020, we began a self-management intervention for hypertension in the Hispanic community. We partnered with the Nassau County Office of Hispanic Affairs and were able to provide education, counseling, and informational sessions by bilingual nurses and physicians to attendees.

* Due to COVID-19, this intervention was temporarily halted due to restricted access to community-based organizations.

* 8. What possibilities emerge from stopping or resuming this activity that you choose to build? (Choose all that apply)

- Stronger alignment with partners
- Enables building local capacity
- Facilitates strengthening environment
- Builds local infrastructure
- Other (please specify)- **Allows additional resources and staff dedicated to education and distribution of COVID-19 vaccine, a priority for 2021**

* 9. Which assets serve as catalysts for the intervention(s) to resume? If you are working with specific groups, please do identify by name. (Choose all that apply)

- Skilled staff
- Strong partners
- Resources (e.g. funding, in-kind contributions)
- Environment
- Other (please specify)

Our intention is to re-evaluate our original proposed interventions at some point in 2021.

* 10. How do you see the interventions (Education and distribution of COVID-19 vaccine) impacting your community? (Check all that apply)

- Change practice
- Change attitudes
- Change behavior
- Change knowledge
- Change social determinant of health
- Other (please specify)

The education and distribution of the COVID-19 vaccine will impact our surrounding communities by changing the following: attitudes, knowledge, and a social determinant of health. It is our hope that this intervention will encourage those unsure about receiving the vaccine to accept it, by demonstrating an understanding of the important facts provided to them. Furthermore, one of the social determinants of health -*access to health care services*- will be addressed.

11. How are you working so those traditionally marginalized (e.g. minorities, low income, older adults, people with special needs etc.) feel

included and invited, and no one is left out, as you work toward achieving the Prevention Agenda goals? (Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Intentionally recruit community members from traditionally marginalized communities | <input type="checkbox"/> Facilitate self-determination among those traditionally marginalized |
| <input type="checkbox"/> Work in high priority neighborhoods | <input type="checkbox"/> Foster leadership among those traditionally marginalized |
| <input type="checkbox"/> Work specifically with communities in lower socioeconomic groups | <input type="checkbox"/> Promote ownership among those traditionally marginalized |
| <input type="checkbox"/> Other (please specify) | |

The groups identified above are at high risk for contracting COVID-19, therefore they will be included in all education about the COVID-19 vaccine.

* 12. If you have new Prevention Agenda goals and interventions that were not listed in the workplan submitted in 2019, please note them briefly against the appropriate goal. (Choose all that apply)

PCD-1 - Healthy Eating/Food Security	<input type="text"/>
PCD-2 - Physical Activity	<input type="text"/>
PCD-3 - Tobacco	<input type="text"/>
PCD-4a - Preventive Care (Cancer)	<input type="text"/>
PCD-4b - Preventive Care (other)	<input type="text"/>
PHSE-1 - Injuries, Violence, Occupational Health	<input type="text"/>
PHSE-2 - Air	<input type="text"/>
PHSE-3 - Water	<input type="text"/>
PHSE-4 - Food Products	<input type="text"/>
PHWIC-5 - Maternal Health	<input type="text"/>
PHWIC-6 - Perinatal/Infant Health	<input type="text"/>
PHWIC-7 - Child/Adolescent Health	<input type="text"/>
PHWIC-8 - Cross-cutting	<input type="text"/>
PWPMSUD-W1 - WellBeing Opportunities	<input type="text"/>
PWPMSUD-W2 - Respect & Dignity	<input type="text"/>

PWPMSUD-D1 - Alcohol Use	
PWPMSUD-D2 - Opioid Use	
PWPMSUD-D3 - ACEs	
PWPMSUD-D4 - Depression	
PWPMSUD-D5 - Suicide Prevention	
PWPMSUD-D6 - Mortality gap	
PComm1 - Vaccine Preventable	
PComm2 - HIV	
PComm3 - STI	
PComm4 - Hep C	
PComm5 - Antibiotic Resistance-HCAI	
No new interventions or goals	
Other	
	COVID-19 vaccination

* 13. What technical support would help with implementing the intervention(s) toward meeting the goal(s)?
(Check all that apply)

- Evaluation guidance
- Integrating addressing equity in interventions and measures
- Connecting with partners
- Connecting with resources
- Connecting across systems

Please explain:

Connecting with partners - Aligning with community organizations to understand their needs for the populations they serve.

Connecting with resources – Being aware of a variety of resources and services available to those in our surrounding communities.

Summary of Review

14. Do you have other comments?

From the onset of the pandemic, Mount Sinai South Nassau pivoted from providing mostly in-person community education to a virtual format. A variety of health topics were offered through our social media platforms- Facebook LIVE, pre-recorded videos, and Zoom- in order to continue education to our surrounding communities. Sample topics included: COVID-19 and the Flu, Breast Cancer Education, Diabetes Education, Healthy Eating, Mental Health and Wellness, and at-home Tai Chi. Pre-recorded video links were emailed to community-based organizations such as senior centers, libraries, and Chambers of Commerce to share with their members.

During the warmer months, in-person programs were provided to attendees of the Long Beach Farmer's Market, an outdoor socially distanced event. Blood pressure screening and balance testing for fall prevention were offered, and educational brochures were distributed.

A no-cost mammography screening day was held in collaboration with New York State Senator Todd Kaminsky and screened over 60 uninsured, underserved, and underinsured members of our surrounding communities.

* 15. If the update is complete, please select the "Yes" button. If not, please do not, and you can return to previous pages.

Yes

Mount Sinai South Nassau
2019-2021 Workplan

Dana Sanneman

Priority	Objectives	Disparities	Family of Measures	Year 1 Intervention	Year 2 Intervention	Year 3 Intervention	Partner Role(s) and Resources
Prevent Chronic Diseases	Increase the number of individuals among the underserved who receive breast, cervical, and/or colorectal cancer screening(s).	Those individuals who are medically underserved, uninsured, or underinsured. Language barriers in the Hispanic population.	Related to Breast, Cervical, and Colorectal Cancer: Number of Family Medicine patients reached through patient reminder systems. Compliance with screening guidelines among patients reached.	2019: meet with invested stakeholders for strategic planning phase to discuss steps to be taken prior to 2020 implementation: <ul style="list-style-type: none"> Staff at the Family Medicine Center Breast Screening Patient Navigator 2020 update: "Achieved": Two planning meetings were held with Family Medicine staff and the Breast Screening Patient Navigator to discuss the process prior to implementation.	2020: Assist Family Medicine staff in initiating the patient and provider screening reminder systems. 2020 update: A total of 725 patients were reached through patient reminder systems, and 487 patients complied with screening guidelines among those reached.	2021: Monitor, assess and evaluate progress. Adapt design according to evaluation findings.	Mount Sinai South Nassau has partnered with the Northwell Health System by being a participant in the Northwell Cancer Screening Program Grant. Through this partnership we anticipate the number of screenings to increase due to their referrals.
Prevent Chronic Diseases	Increase the number of individuals among the underserved who receive breast, cervical, and/or colorectal cancer screening(s).	Those individuals who are medically underserved, uninsured, or underinsured. Language barriers in the Hispanic population.	Related to Breast Cancer: Number of individuals contacted by the Breast Screening Patient Navigator. Number of individuals who follow up with a mammogram after navigator intervention.	2019: meet with invested stakeholders for strategic planning phase to discuss steps to be taken prior to 2020 implementation: <ul style="list-style-type: none"> Breast Screening Patient Navigator 2020 update: "Achieved": Two planning meetings were held with the Breast Screening Patient Navigator to discuss the process prior to implementation.	2020: Implement process change to support the Breast Screening Patient Navigator's role with the goal of increasing breast cancer screening rates. 2020 update: A total of 725 patients were contacted by the breast screening patient navigator, and 487 patients followed up with a mammogram after navigator intervention.	2021: Monitor, assess and evaluate progress. Adapt design according to evaluation findings.	Mount Sinai South Nassau is participating in the Bureau of New York State DOH Cancer Prevention and Control Grant which provides a Breast Screening Patient Navigator and supportive administrative resources.
Prevent Chronic Diseases	Increase the percentage of adults with cardiovascular disease who have taken a course or class to learn how to manage their condition.	Community blood pressure screenings assessed in 2019 reflected an average of 25% with Stage II hypertension. The community of Long Beach, however, reflected an average of 43% with Stage II hypertension. The CDC states that the average age for a stroke in the U.S. is 80 among non-Hispanics, for Hispanics, though, it is 67. Furthermore, 3 out of 10 Hispanics have high blood pressure and many don't know it. Of Hempstead's total population, 45.6% are of Hispanic/Latino origin.	Number of individuals who enroll in the 4-month evidence-based self-management program. Number of individuals who complete 4-month program.	2019: meet with invested stakeholders for strategic planning phase to discuss steps to be taken prior to 2020 implementation: <ul style="list-style-type: none"> AHA Community Impact Director City of Long Beach Administration Community based organizations in Hempstead that serve the Hispanic population 2020 update: "Achieved": Meetings between Mount Sinai South Nassau staff and the AHA Community Impact Director are ongoing. "Achieved": Four meetings were held with staff from the City of Long Beach Administration to discuss the process prior to implementation. "Achieved": Two meetings were held with staff from the Nassau County Office of Hispanic Affairs to discuss the process prior to implementation.	2020: Implement the Check, Change, Control™ program within our catchment area. 2020 update: The City of Long Beach hosted the Check, Change, Control program in which 6 individuals enrolled, and 5 individuals completed the program. Nassau County Office of Hispanic Affairs in Hempstead hosted the Check, Change, Control program in which 10 individuals enrolled. Due to COVID-19, however, activities were not able to continue.	2021: Monitor, assess and evaluate progress. Amend as needed and offer in alternate communities.	American Heart Association (AHA) Check, Change, Control™ community blood pressure monitoring program. American Heart Association to provide data reports and administrative support.

Mount Sinai South Nassau
2019-2021 Workplan

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Priority	Objectives	Disparities	Family of Measures	Year 1 Intervention	Year 2 Intervention	Year 3 Intervention	Partner Role(s) and Resources
Promote Well-Being and Prevent Mental and Substance Use Disorders	Implement School-Based Prevention: Implement/Expand School-Based Prevention Services.	Underage drinking and substance use in Long Beach as compared to Nassau County and NYS rates. For the 11th grade cohort, past-30-day alcohol use for Long Beach was 68.4, Nassau County was 47.9 and NYS was 43.9, respectively.	Number who participate in sessions Number who complete sessions Number who respond to 6-month follow up assessment	2019: Meet with invested stakeholders for strategic planning phase to discuss steps to be taken prior to 2020 implementation: ▶ Long Beach Aware Coalition <u>2020 update:</u> 'Achieved' : Three meetings were held with staff from the Long Beach Aware Coalition to discuss the process prior to implementation.	2020: Teen Intervene™ periodic data review for program performance and participation rate. <u>2020 update:</u> A total of 60 students participated in and completed virtual alcohol and drug education and counseling sessions.	2021: Consider expanding to other school districts.	Long Beach Aware Coalition will conduct the Teen Intervene™ Program in the Long Beach School District. Program will be reported on and assessed periodically at the Long Beach Aware Coalition meetings.