

## Delaware Valley Hospital, Inc. 2014 Community Service Plan Update Summary

### Promote Mental Health and Prevent Substance Abuse

**Focus Area 3.1 Support collaboration among leaders, professionals and community members working in MEB health promotion, substance abuse and other MEB disorders and chronic disease prevention, treatment and recovery.**

#### Objectives:

**Identify and strengthen opportunities for sharing data on access to care, identify service gaps, study cost effectiveness strategies for integration and coordination and impact of interventions.**

**Support efforts to integrate MEB disorder screening and treatment into primary care.**

The prevalence of substance abuse and patients with mental, emotional and behavioral (MEB) issues is overwhelming the existing resources. Primary care providers are not well equipped to deal with these patients and the county Mental Health and Drug Abuse Departments are overwhelmed by the sheer numbers of patients needing care. The vastness of Delaware County also makes delivering services extremely difficult.

We are working mostly with the MEB providers to determine how best to address the needs. Because all of our agencies are small and most personnel wear several hats, it is difficult to find the time for all of us to meet regularly, yet we have managed to communicate frequently with the Director of our local MEB and Substance Abuse Departments. In addition, our initial plan was to hire a licensed clinical Social Worker to work in Primary Care to address the needs of these patients but we have realized that there is a lack of these in our area. Based on the lack of licensed clinical social workers in the area (only type of social worker for which reimbursement for their services is available) and realizing in our discussions that the overriding need is for clinicians who can prescribe psychotropic drugs, we will be using our VAP funding to secure a telemedicine consultant who can help us identify ways to address this need, utilizing clinicians from other areas.

Through the Delaware County Healthcare Alliance membership, it was identified that prisoners were not receiving services as they are not reimbursable, so funding has been secured to develop a Recovery Coach program so that prisoners receive some intervention prior to release. In addition, prisoners had been released at midnight. Now that has been changed to 9 AM to help ensure they have access to services upon release and don't have to rely on their "friends" who often are not the best influence on them. This has helped address one part of the population that needed services.

### Prevent Chronic Diseases

**Focus Area 1: Reduce Obesity in Children and Adults**

#### Objectives:

**By 12/31/17, reduce the % of adults 18 and over who are obese.**

#### Healthy Cooking Classes

We held a healthy cooking class on 4 evenings. One evening focused on beef, one on pork, poultry and fish. We cooked an entrée and a side dish at each session. Notebooks were created and given to each participant. The classes were very interactive so that everyone had the opportunity to ask questions and make suggestions.

Because this was a new program, we took suggestions and advice from the participants themselves to augment the program to ensure it was responsive to their vision of what they wanted to learn from the program, in addition to the programming we had already developed for each evening session.

Cumulative number of participants attending programming over 4 week period - 22

Number of recipes prepared - 9

Number of other recipes, tips, information shared in take home binder—27

While this was a successful program and the participants were highly engaged and tried new recipes and foods they normally would not try; the reality is, this program can only reach a few people at a time and takes a lot of resources in time and materials to hold. Realistically, we will probably begin to focus more closely on evidence-based programming.

**Focus Area Goal 1.1: Create community environments that promote and support healthy beverage choices and physical activity.**

**1.1.3 By 12/31/17, increase the number of towns and villages that have passed complete streets policies from 23-46. Complete streets are designed to allow easy and safe travel by walking, riding and biking. (Tri-States Transportation Campaign)**

The Walton Mayor and ultimately the Walton Village Board was approached to consider a Complete Streets policy.

**Objectives:**

**By 12/31/15 50% of Delaware County towns will have one trail mapped and/or marked.**

**By 12/31/15 25% of primary care practices will utilize the Prescription Trail program in their practices to encourage patients to be physically active.**

During 2014, we worked with O'Connor Hospital and the Delaware County Public Health Dept. on a Prescription Trails initiative. A website (Getoutandwalk.org) has been developed; flyers and prescription pads have been created. Delaware Valley Hospital providers will be participating in the initiative by encouraging their patients to get out and walk.

**Focus Area Goal: 3.2 Promote use of evidence-based care to manage chronic diseases.**

**Fall Prevention**

Two staff members were trained to lead the evidence-based Matter of Balance program and one 8 week session was held with 11 participants completing the course.

**Evidence-Based Programming**

We have hired a consultant to review our existing internal resources, as well as those within the county, to help us develop a 5 year strategic plan to bring evidence based programming to area residents. Her work will help us identify appropriate partners, best use of limited resources and which evidence based programming will help us improve community health in the areas of chronic disease prevention and management. Some of our VAP funding will be utilized for training master trainers in evidence based chronic disease management throughout Delaware County and our DSRIP PPS area.

**Specialty Care**

Finally, we will be hiring a telemedicine consultant (part of VAP grant) to help us identify ways to bring specialty care to area residents; especially targeting specialists in MEB conditions so that the gap in resources can be addressed. He will be working closely with our local Mental Health and Substance Abuse Department and our DSRIP PPS.

**Other Community Service Activities**

**Substance Abuse**

Delaware Valley Hospital hosts a weekly Narcotics Anonymous meeting. The hospital staff also provides free specimen collections for the Delaware County Drug Court.

**Healthy Lifestyles**

The hospital's certified dietitian nutritionist held a LifeSteps® program in February for community members to learn ways eat healthier and have a healthier lifestyle. In addition, she gave a talk to the culinary students at SUNY Delhi about diabetes; attended the area diabetic fair, held annually in Sidney and had an information table and time set aside for staff and members of the public to get questions regarding nutrition answered during nutrition month.

The hospital also has a booth at the Delaware County Fair each year. The booth features information about nutrition, exercise, and features free blood pressure, balance and pulse-ox screening.

The hospital was a sponsor of Downsville's Damtown 5K and the Delaware County Fair's 5K, as well as, the Walton Little League.

**Healthcare Education**

We host RN students from SUNY Delhi and CAN students from BOCES each year, as they do their clinicals for their respective curriculums. We also hold a MASH camp for high school students to have a hands-on experience and learn more about healthcare careers.

**Access to Care**

Delaware Valley continued its free prescription delivery service to patients living in Downsville and Roscoe. The program served 17 patients and sent 143 scripts through the program. Roscoe now has its own pharmacy and the new pharmacy at Delaware Valley Hospital will mail prescriptions free of charge. It opened in October, 2014.

**Community Committees**

Hospital staff sits on the Delaware County Healthcare Alliance committee, the Walton Central School Community Committee, and the Delaware County Emergency Preparedness Committee.

**Non-Healthcare Related Community Participation**

Staff members donated to the annual Walton Toy Bank through the hospital's Community relations and HR departments. They also donated to the local auxiliary of the Walton Veteran's Club to send items to our soldiers overseas. The hospital paid for the postage.