North Jersey Health Collaborative



health matters

Community Health Improvement Plan

Union County, New Jersey



2022

Priority Areas for Intervention

The Community Health Improvement Plan (CHIP) is designed to set priorities and coordinate resources to improve community health in Union County. Using data from the 2021 Community Health Needs Assessments (CHNA), **chronic disease**, **mental health and substance use**, **healthy aging**, **and maternal child health** were identified as priority areas for intervention. This document outlines the priority areas for public health intervention, as well as our community health partners' activities that improve these priority areas. The North Jersey Health Collaborative will be tracking the progress of our community partners in executing the CHIP on the <u>Union County Progress Tracker</u> page of the <u>NJHealthMatters</u> website.

This CHIP aligns the missions of organizations across sectors, who, through their programs and services have an impact on the health and wellbeing of their stakeholders and community members. Through education, social support, access to preventive care, screenings and resources, the North Jersey Health Collaborative brings agencies and care partners together to build a strong network. We demonstrate our collective impact using our County Progress Trackers on the NJHealthMatters website.

Bridging the Health Equity Gap

Local and County offices of public health have a core set of responsibilities that include assuring an adequate local public health infrastructure, promoting healthy communities and healthy behaviors, preventing the spread of communicable disease, protecting against environmental health hazards, and preparing for and responding to emergencies. In order to effectively promote healthy communities - with the goal of creating health equity, public health needs the support of community agencies and social and human services programs. Community CHIP partners provide information, education, and interventions to individuals and communities, such as education, preventive activities, healthy lifestyle activities, referrals, and social and human services. Our ongoing process includes continually adding new partners and their programs, and an evaluation process where each organization will report on Outputs and Outcomes that will be added to the Progress Tracker on the NJHealthMatters website. This plan demonstrates how partnerships between community agencies and local offices of public health may bridge the gap in health equity by addressing the social determinants of health that have an impact on health outcomes.

30 organizations are performing 221 interventions as detailed below.

The local public health partners who contributed to this CHIP are the Clark Health Department, Linden Health Department, Union Township Health Department and the Westfield Regional Health Department.

Category	Interventions	Partner Organizations' Programs and Services
Chronic Disease	Address & combat	Gateway Family YMCA: Residential Housing programs (Emergency, Supportive,
	economic instability	and Transitional Housing), financial assistance for memberships.
		Grotta Fund for Senior Care: Housing, heating, and utility assistance.
		Neighborhood Health Services Corporation: Economic support
		Newark Beth Israel Medical Center: Economic support
		PROCEED Inc.: Housing, heating, and utility assistance.
	Blood pressure screenings	Clark Township Health Dept.: Blood pressure screenings, glucose and CMP/Lipid panel, and referrals.
		Hoboken Family Planning, Inc.: Blood pressure screenings and referrals.
		Linden Health Department: Blood pressure screenings.
		Neighborhood Health Services Corporation: Blood pressure screenings.
		Newark Beth Israel Medical Center: Blood pressure screenings.
		The Gateway Family YMCA: Blood pressure screenings and Self-Monitoring.
		Township of Hillside/Health Department: Blood pressure screenings.
	Cancer screenings and	Hoboken Family Planning, Inc.: NJCEED Agency, provides screenings for cervical,
	NJCEED, (e.g., Offer	breast, colorectal, and prostate cancers.
	screening services, free	Neighborhood Health Services Corporation: Cancer screenings.
	mammograms, cervical	Newark Beth Israel Medical Center: Cancer screenings.
	exams)	Township of Hillside/Health Department: Cancer screenings.
		Trinitas Regional Medical Center/RWJBarnabas: Cancer screenings for
		un/underinsured, free breast exams, pap tests, mammograms, and cancer
		prevention education.
		ScreenNJ: Cancer Screenings
	Chronic disease self-	Alzheimer's Association: Chronic disease self-management programs.
	management programs	Fanwood-Scotch Plains YMCA: Chronic disease self-management programs.
	(specific and general)	Neighborhood Health Services Corporation: Chronic disease self-management
		programs.
		Atlantic Health System – Community Health at OMC: Virtual and In-Person Health
		Education Presentations on disease self-management topics
		Newark Beth Israel Medical Center: Chronic disease self-management programs.
		PROCEED Inc.: Chronic disease self-management programs.

Community-based Wellness	Rutgers Cooperative Extension of Union County: Nutrition education on chronic disease. The Gateway Family YMCA: Chronic disease programs in English and en Espanol (Group Lifestyle Balance/Diabetes Prevention Program, Programa De Prevencion en Espanol, BPSM Presetacion de Alimentacion Saludable en Espanol). Westfield Area YMCA: Delay the Disease Parkinson's program. Alzheimer's Association: Mayors Wellness Campaign (MWC). YMCA. Atlantic Health System – Community Health at OMC: Community-based and virtual educational programs on Preventive Care, Autoimmune Diseases, and Cardiac/Stroke disease and related conditions Clark Township Health Dept.: Mayors Wellness Campaign (MWC). Fanwood-Scotch Plains YMCA: Mayors Wellness Campaign (MWC). YMCA. Neighborhood Health Services Corporation: Mayors Wellness Campaign (MWC). Rutgers Cooperative Extension: Free Wellness Wednesdays educational program (zoom, 2-3pm). Summit Area YMCA: YMCA The Gateway Family YMCA: YMCA Westfield Health Dept: Mayors Wellness Campaign (MWC), YMCA.
Diabetes prevention program and/or blood sugar screenings	Atlantic Health System – Community Health at OMC: Community-based and virtual educational programs on Diabetes prevention & management Clark Township Health Dept.: Diabetes prevention program and/or blood sugar screenings. Neighborhood Health Services Corporation: Diabetes prevention program and/or blood sugar screenings. Newark Beth Israel Medical Center: Diabetes prevention program and/or blood sugar screenings. Rutgers Cooperative Extension of Union County: Nutrition education on chronic disease. The Gateway Family YMCA: Diabetes management/ prevention program. Township of Hillside/Health Department: Diabetes prevention program and/or blood sugar screenings.

Increase access to care	Alzheimer's Association: <i>Programs incorporate brain health and cardiovascular</i>
	and cardiometabolic health.
	Atlantic Behavioral Health/Atlantic Health System: Crisis intervention, inpatient
	mental health services, outpatient mental health and substance misuse services,
	and community behavioral health educational programming.
	Atlantic Health System – Community Health at OMC: In-Person and Virtual Health
	Education Presentations on Navigating the Healthcare System topics
	Grotta Fund for Senior Care: Access to care
	Hoboken Family Planning, Inc.: Provides cancer screenings. Referrals to Trinitas
	Hospital in Elizabeth and Jersey Diagnostic Imaging in Linden.
	Mental Health Association of NJ: Referrals to local hospitals or specialists.
	Neighborhood Health Services Corporation: Access to care
	Newark Beth Israel Medical Center: Smoking cessation, breastfeeding support and
	children's cooking class.
	Senior Living Partners, LLC: Referrals to CNA group and contact Overlook Hospital,
	Atlantic Health
	The Gateway Family YMCA: Enhance Fitness for Arthritis (Program) Action
	Against Arthritis (Program).
Increase physical activity	Alzheimer's Association: Education programs.
	Atlantic Health System – Community Health: Virtual Exercise Classes and
	educational presentations on increasing physical activity
	Fanwood-Scotch Plains YMCA: Live Strong, a free exercise-based program.
	Fitness Knocking® We Knock YOU rock.: <i>Mobile personal training. Corporate and</i>
	Municiple Culture Wellness and Fitness Classes and one on one fitness program
	for employees
	Neighborhood Health Services Corporation: Physical activity programming
	Newark Beth Israel Medical Center: <i>Nutrition cooking and health classes</i> .
	Rutgers Cooperative Extension of Union County: 4-H Youth Development Program
	provides educational outreach programming for youth in grades K-13 (one year
	out of high school) through 4-H clubs, special interest programs, school
	enrichment, afterschool child care education programs and overnight camping
	The Gateway Family YMCA: Fitness programs (Enhance Fitness for Arthritis,
	LiveSTRONG at the YMCA, water exercise, yoga, fitness classes, Tai Chi etc.)

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	Promote healthy eating	Alzheimer's Association: Healthy eating programming
		Atlantic Health System – Community Health at OMC: In-Person and Virtual Health
		Education Presentations on Nutrition and Healthy Eating
		Grotta Fund for Senior Care: Healthy eating programming
		Hoboken Family Planning, Inc.: Healthy eating programming
		Mental Health Association of NJ: Referrals to local hospitals or specialists.
		Neighborhood Health Services Corporation: Healthy eating programming
		Newark Beth Israel Medical Center: Nutrition cooking and health classes.
		Nutrition for Longevity: Prescription food boxes and medically tailored meals. Behavioral Health Coaching.
		Rutgers Cooperative Extension of Union County: Nutrition education. Education
		and training for worksite wellness. Nutrition and food safety education for
		agencies and schools.
		The Gateway Family YMCA: Group Lifestyle/Diabetes Prevention Program, BPSM
		nutrition seminar
		Union Public Library: Referrals
	Referrals	Angels for Action Inc: <i>Referrals to Children's Specialized Health, Rutgers HOPE and RWJ.</i>
		Westfield Health Dept: Referrals to CEED program out of Overlook and Trinitas.
Healthy Aging	Caregiver assistance	Alzheimer's Association: Dementia care and support. Education programs.
, 6 8	services	Prevention strategies. Brain health and risk reduction programs.
		Atlantic Health System – Community Health at OMC: In-Person and Virtual Health
		Education Presentations about support for Caregivers
		Grotta Fund for Senior Care: Caregiver assistance services.
		Neighborhood Health Services Corporation: Caregiver assistance services.
		Newark Beth Israel Medical Center: Caregiver assistance services.
		The Gateway Family YMCA: Caregiver support and bereavement groups.
		The Olive Group LLC™: Caregiver assistance services. Provide comprehensive
		geriatric care management to adults that are either aging, developmentally
		delayed, or have incurred a traumatic brain or spinal cord injury.
	Elder abuse prevention	Alzheimer's Association: Elder abuse prevention.
		Neighborhood Health Services Corporation: Elder abuse prevention.
		Newark Beth Israel Medical Center: Elder abuse prevention.

	The Gateway Family YMCA: Elder abuse prevention.
	The Olive Group LLC™: <i>Elder abuse prevention</i> .
Evidence-based Programs	
(e.g., Healthy Bones,	Neighborhood Health Services Corporation: Evidence-based programming
Balance Programs)	Rutgers Cooperative Extension of Union County: Evidence-based programming
	Summit Area YMCA: Evidence-based programming
	The Gateway Family YMCA: Enhance Fitness For Arthritis, Action Against Arthritis,
	W.I.S.E. (Wellness Independence and Socialization for our Elders), Community
	Services programs.
Meals-on-Wheels	Alzheimer's Association: Meals-on-Wheels
Wedis on Wileels	Neighborhood Health Services Corporation: Meals-on-Wheels.
	Rutgers Cooperative Extension of Union County: Meals-on-Wheels, partnership
	with Congregate Meal Program for Seniors that manages 25 senior meal sites
	(known as Cafes).
	Township of Hillside/Health Department: Meals-on-Wheels
Medication Management	
	Neighborhood Health Services Corporation: Medication management.
	Newark Beth Israel Medical Center: Medication management.
	Opioid Response Network: <i>Medication management</i> .
Prescription Access	Alzheimer's Association: Education programs, prevention strategies, brain health
	and risk reduction programs.
	Neighborhood Health Services Corporation: Prescription access.
	Newark Beth Israel Medical Center: Prescription access.
Referrals	Clark Township Health Dept.: Referrals to UC DOA.
	Mental Health Association of New Jersey: Referrals to Council on Aging.
	Westfield Health Dept.: Referrals to SAGE.
Senior Nutrition	Alzheimer's Association: Education programs.
	Neighborhood Health Services Corporation: Senior nutrition sites.
	Newark Beth Israel Medical Center: Senior nutrition sites.
	Nutrition for Longevity: Prescription food boxes and medically tailored meals.
	Behavioral Health Coaching and referrals.
	Summit Area YMCA: Senior nutrition sites.
	The Gateway Family YMCA: Senior nutrition sites.

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		Township of Hillside/Health Department: Senior nutrition sites.
		Atlantic Health System – Community Health at OMC: In-Person and Virtual Health
		Education Presentations on Nutrition for Seniors
	or programs (e.g.,	Alzheimer's Association: Dementia care and support, education programs,
	ntic Health, St. Luke's,	prevention strategies, brain health and risk reduction programs
RSVP	at NORWESCAP)	Atlantic Health System – Community Health at OMC: Virtual and In-person Health
		Education Presentations on Senior Health and Wellbeing, Senior Safety and Falls
		Prevention, Arthritis, Osteoporosis, and Alzheimer's and Dementia
		Clark Township Health Dept.: Senior programs.
		Fanwood-Scotch Plains YMCA: Exercise classes and education.
		Grotta Fund for Senior Care: Senior programs.
		Neighborhood Health Services Corporation: Senior programs.
		Newark Beth Israel Medical Center: Senior programs.
		Rutgers Cooperative Extension of Union County: Senior programs.
		Senior Living Partners, LLC: Senior programs.
		Summit Area YMCA: Senior programs.
		The Gateway Family YMCA: Virtual and in-person education, fitness, and chronic
		disease self-management programs. Community events, SilverSneakers, Renew
		Active, and B Fit.
		Township of Hillside/Health Department: Senior programs.
		Union Public Library: Online and in-person programs.
		Westfield Area YMCA: Services and education, workshops and fitness classes (land
		and aquatic) for older adults.
Socia	al Support	Alzheimer's Association: Social support programs.
		Angels for Action: Resource and information sharing, translation, and other
		practical assistance services.
		Fanwood-Scotch Plains YMCA: Social space for seniors.
		Mental Health Association of NJ: Social support programs.
		Neighborhood Health Services Corporation: Social support programs.
		Newark Beth Israel Medical Center: Social support programs.
		Senior Living Partners, LLC: Social support for seniors. Providing assistance to
		families searching for senior care placement options and other senior resources
		like elder law attorneys, home care, real estate agents, financial etc

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		Summit Area YMCA: Social support programs.
		The Gateway Family YMCA: Social support programs.
		The Olive Group LLC™: Social support programs.
		Township of Hillside/Health Department: Social support programs.
		Union Public Library: Social support programs and referrals.
	Transportation services	Angels for Action: Transportation services.
	(e.g., TransOptions)	Neighborhood Health Services Corporation: <i>Transportation services</i> .
		Township of Hillside/Health Department: Transportation services.
Maternal & Child	Health education services	Atlantic Health System – Community Health at OMC: Virtual and In-person Health
Health	(youth pregnancy	Education Presentations on Maternal and Child Health
Tieaitii	prevention in schools,	Hoboken Family Planning, Inc.: Health education services.
	childbirth education,	Linden Health Department: Health education services.
	nutrition education,	Neighborhood Health Services Corporation: Health education services.
	smoking cessation)	Newark Beth Israel Medical Center: Health education services.
		Opioid Response Network: Health education services.
		PROCEED Inc.: Parenting classes.
		Rutgers Cooperative Extension: Community Coordinated Child Care education.
		Trainings and health fairs with WIC in Elizabeth. Union county Strengthening
		Families Committee.
		The Gateway Family YMCA: Prenatal Yoga.
	Nurture NJ	Neighborhood Health Services Corporation: Nurture NJ.
	Offer prenatal, post-	Neighborhood Health Services Corporation: Women's and maternal/child health
	partum, baby,	services
	reproductive life planning	Newark Beth Israel Medical Center: Free classes to pregnant women. Access to a
	& women's health	Women's Wellness Food Pantry and nutrition counseling for NBI patients.
	services	Opioid Response Network: Women's and maternal/child health services
		consultation
		Prasada in Home: Provide in-home mental health services to families with children
		under the age of five including infant mental health and child-parent
		psychotherapy.
		Trinitas Regional Medical Center/RWJBarnabas: Free breast exams, pap tests,
		mammograms, and cancer prevention education.
		Westfield Health Dept: Child health clinic and lead program.

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	Provider training,	Mental Health Association in NJ: Provider training.
	especially to inform and	Neighborhood Health Services Corporation: <i>Provider training.</i>
	refer to existing programs	Opioid Response Network: <i>Provider training.</i>
		Rutgers Cooperative Extension: <i>In-service training for staff of human services</i>
		agencies in Union County.
		Union Public Library: Provider training and referrals.
	Referrals	Angels for Action Inc: Referrals.
		Clark Township Health Dept.: Referrals to Planned Parenthood and other agencies depending upon need.
		Mental Health Association in NJ: Referrals to social services and WIC.
		Rutgers Cooperative Extension of Union County: <i>Referrals to clients to the Union</i>
		County Division of Health and Human Services, WIC in Elizabeth and Plainfield for
		maternal child health services.
		The Gateway Family YMCA: Referrals through YMCA Housing programs.
	State and federal-funded	Neighborhood Health Services Corporation: MCH programs
	MCH programs e.g.,	The Salar and Area an
	Project Self-Sufficiency	
Mental	Counseling and therapy	Charlie Health: Virtual intensive outpatient services for adolescents and young
	access, including	adults struggling with mental health and substance use disorders; Peer supported
Health/Substance Use	individual and group	group therapy; individual therapy; family therapy; psychiatry/medication
	support	management. Open support groups for families. Case Management.
		Mental Health Association of NJ: Group sessions 7 days a week.
		Neighborhood Health Services Corporation: Counseling and therapy.
		Newark Beth Israel Medical Center: Counseling and therapy.
		Prasada In Home: <i>In-home therapy to children.</i>
		PROCEED Inc.: Counseling and therapy.
		The Gateway Family YMCA: Counseling and therapy.
	Depression and anxiety	Mental Health Association of NJ: Depression and anxiety screenings.
	screenings	Neighborhood Health Services Corporation: <i>Depression and anxiety screenings</i> .
		Newark Beth Israel Medical Center: Depression and anxiety screenings.
		Prasada In Home: Depression and anxiety screenings.
		PROCEED Inc.: Depression and anxiety screenings.

F	Orug intervention programs	Clark Township Health Dept.: Drug intervention programs/referrals Mental Health Association of NJ: Pure recovery base services. Neighborhood Health Services Corporation: Drug intervention programs/referrals Opioid Response Network: Drug intervention programs/referrals PROCEED Inc.: Educational Workshops. Random Urine Testing. Hepatitis Testing. HIV Protection. The Gateway Family YMCA: Project Sustain, a program for pregnant women and women with infants/toddlers, who are in recovery from addiction. Provide with wrap-around social services that help maintain their sobriety and stabilize their lives. Trinitas Regional Medical Center/RWJBarnabas: Nicotine and Tobacco Recovery Program provides the support and tools to help people overcome their addiction to nicotine.
N	Mental Health First Aid	Mental Health Association of NJ: <i>Mental Health First Aid.</i> Neighborhood Health Services Corporation: <i>Mental Health First Aid.</i> Newark Beth Israel Medical Center: <i>Mental Health First Aid.</i>
	Miscellaneous	Atlantic Health System – Community Health at OMC: Virtual and In-person Health Education Presentations on Mental Health and Substance Use Issues Mental Health Association of NJ: Peer Recovery Services. Opioid Response Network: Education and training on HIV prevention and harm reduction. Prevention, treatment, and recovery training and consultations. Prasada In Home: In-home mental health services (see Maternal & Child Health Section) and referrals. Westfield Area YMCA: Here 2 Help mental health information (collaboration with community and local YMCA's) Westfield Health Dept: Mayors Mental Health Committee.
F	Referrals	Angels for Action Inc: Referrals to clinics, NHSC, and NAMI. Clark Township Health Dept.: Referrals to NAMI, AA, and NA. Fanwood-Scotch Plains YMCA: Referrals. Gateway Family YMCA: Case worker services and community referrals to mental health and substance use counseling through the YMCA Residential Housing programs.

COVID-19 Testing and Vaccinations	Smoking & vaping cessation programs Covid-19 interventions in the community	Rutgers Cooperative Extension of Union County: Referrals to local county organizations and hospitals for mental health and substance use issues. Senior Living Partners, LLC: Referrals to the Mental Health Association of NJ, CNA group, Essex County Hospital Center, Mental Health Services of Union, Overlook Hospital. The Gateway Family YMCA: Referrals through Bridgeway and the Mental Health Association of NJ. Atlantic Health System — Community Health: Virtual and In-person Tobacco Cessation groups, Virtual and In-Person Health Education Presentations on Smoking and Vaping Hoboken Family Planning, Inc.: Smoking & vaping cessation programs. Neighborhood Health Services Corporation: Smoking & vaping cessation programs. Newark Beth Israel Medical Center: Smoking & vaping cessation programs. Tobacco treatment program. Angels for Action: Vaccine clinics, testing, and mask distribution. Clark Township Health Dept.: Mask distribution. Fanwood-Scotch Plains YMCA: Vaccine clinics. Hoboken Family Planning, Inc.: Mask distribution.
		Rutgers Cooperative Extension of Union County: <i>Mask distribution</i> . The Gateway Family YMCA: <i>Vaccine clinics</i> . Westfield Health Dept: <i>Vaccine clinics and mask distribution</i> .
Miscellaneous	Case management and referrals	Angels for Action: Resource and information sharing, case management, and referrals. Linden Health Department: Referrals. PROCEED Inc.: Case management.

Submitted by NJHC Executive Director Laura O'Reilly-Stanzilis, RN MSM

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