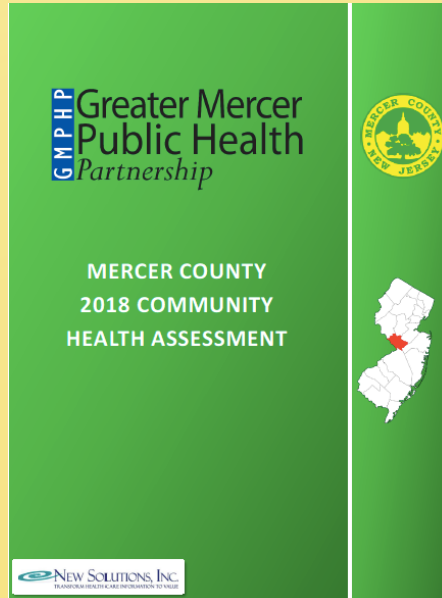
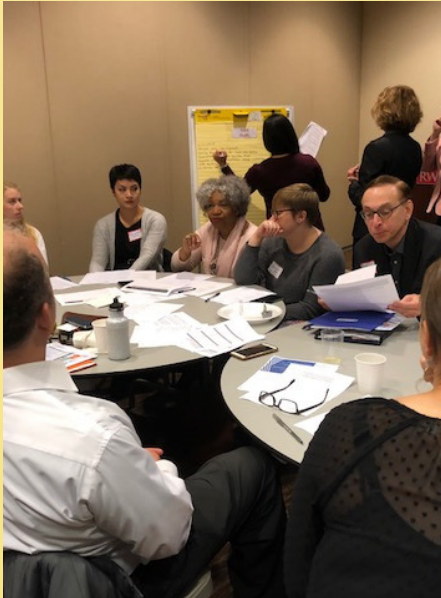


GMPHP

Sharing our news and your events



Look Out

SAVE THE DATE!

MAMAVA POD

2

**STIGMA FREE
WHEELS OF
WELLNESS**

3

SPOTLIGHT... THINGS TO DO

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DECISION DAY

GRANTS

6

**NOWPOW
MENTAL HEALTH
FIRST AID**

7

FALL CAB MEETINGS

by Carol Nicholas

October and November CAB meetings brought together 60 members to review the data from the Spring Community Health Assessment, do a root cause analysis of the priorities, and suggest actions that would help Mercer County residents achieve a healthy lifestyle and weight. GMPHP is grateful for the incredible contributions and commitments our partners have brought to the upcoming Community Health Improvement Plan 2019-21. We would like to welcome the 35 new CAB members and look forward to seeing you at our group meeting on March 13th. See page 2 for more details.

Trenton Free Public Library Welcomes Mamava Pod



Funds provided by Trinity Health through their Transforming Communities Initiative (TCI) grant program allowed the Trenton Health Team to purchase a Mamava. The Mamava lactation suite is a self-contained, mobile pod with comfortable benches, a fold-down table, an electrical outlet for plugging in a breast pump, and a door that can be locked for privacy. The 4-foot by 8-foot pod is meant for individual use, but it can fit more than one person, as well as mothers with babies or other children in tow. A multi-year initiative, TCI addresses the social determinants of health through policy, systems and environmental (PSE) change, focusing on the prevention of childhood obesity and tobacco use. Breastfeeding not only prevents childhood obesity, but it can also help breastfeeding women lose weight gained during pregnancy.

Save the Date!

Join us on March 13th at Capital Health Medical Center, Pennington NJ, to share the actions each work group has chosen to address in the Community Health Improvement Plan 2019-21. The four work groups are Maternal/Child Health, School-aged Health, Adult Health, and Senior Health. Following these reports, we will view the acclaimed movie: Resilience, The Biology of Stress, and the Science of Hope. This documentary highlights the adverse childhood events that correlate to long term chronic disease health problems that we are all trying to address in Mercer County. To view the trailer, go to: <https://www.youtube.com/watch?v=We2BqmjHN0k>

GREATER MERCER PUBLIC HEALTH
PARTNERSHIP

SAVE THE DATE

MARCH 13, 2019

5-7 PM

COMMUNITY ADVISORY BOARD
MEETING
TO SHARE THE 2019 COMMUNITY
IMPROVEMENT PLAN

CAPITAL HEALTH MEDICAL CENTER
PURE CONFERENCE ROOM
ONE CAPITAL WAY, PENNINGTON NJ

REFRESHMENTS WILL BE SERVED
RSVP TO CAROL: gmphp.nj@gmail.com BY
MARCH 4, 2019

RSVP to Carol by March 4th - gmphp.nj@gmail.com

Sign the Stigma Free Pledge

Mercer County Executive Brian M. Hughes has launched a yearlong Stigma Free Mercer campaign to combat stigma associated with mental illness and addiction and to support those who are impacted. Many Americans living with mental illness fight a tough battle against stigma. Studies show that people with mental illness get better, and millions recover completely, leading full and active lives. Stigma, however, prevents too many from seeking treatment necessary for improved mental health. Stigma has many faces: social isolation; labels like "psycho," "schizo," or "crazy;" and outright discrimination. These work to inhibit people with mental illness from getting the help they need.

Through the "Stigma Free Mercer" campaign, the County of Mercer intends to raise awareness about the impact of stigma on those experiencing mental illness and/or addiction, as well the impact on their families and other people in their lives. Partnering with NAMI Mercer, they will strive to make Mercer County a stigma-free community.

Addressing stigma takes a community wide, collaborative approach.

Get Involved! The County of Mercer invites you to sign an online pledge to help end stigma associated with mental illness and addiction. All 12 Mercer County municipalities are encouraged to adopt resolutions declaring their commitment to increasing awareness and understanding of mental illness and addiction and reducing stigma and discrimination. To review the pledge go to:

<http://www.mercercounty.org/home/showdocument?id=11168>



Mental Health CAB members
supporting the Stigma Free
Campaign

Wellness on Wheels

Wellness on Wheels brings health and wellness education directly to community-based sites in vulnerable communities and food deserts, through a mobile hydroponic greenhouse and cooking school, managed by the Director of Wellness on Wheels, Dr. Jamie Pula, Robert Wood Johnson Barnabas Hospital. Education provided includes preparing and storing food, the importance of healthy diet choices, how choices are linked to health, and detailed information to gain further access to food, programs and services. Measurable outcomes will be tracked to determine effectiveness related to food insecurity, access to health and wellness programs, nutritious foods, and positive behavior change. For more information, contact:

lauren.stabinsky@rwjbh.org



Spotlight on our Partners.....

Central Jersey Family Health Consortium

CJFHC has a wide range of experience in local community based programming, familiarity with the perinatal health system and established relationships with key maternal and child health agencies within Mercer County. Specifically, as the Central Intake and Referral Provider for Maternal and Infant Services in Middlesex County, Mercer and Hunterdon counties, the agency has extensive knowledge of health and social services and established referral agreements with home visiting programs to ensure women are enrolled into appropriate programs and avoid duplication of services. The following is a brief description of relevant agency sponsored programs.

Community Education and Support

Healthy Families-TIP: is a voluntary program that provides parenting support in the home to families receiving Temporary Assistance for Needy Families (TANF) and/or Food Stamps who have a new baby 12 months or younger. The program offers real-life parenting skills and support focusing on many areas including healthy child development, good nutrition, continuing education, and employment services.

Parents as Teachers: PAT's mission is to provide the information, support and encouragement parents need to help their children develop during the crucial early years of life. PAT is a free and voluntary home visitation program serving pregnant women and families with children 0-5 years of age. The home visitation occurs twice a month for about an hour.

Central Intake and Referral for Maternal and Infant Services: A centralized intake center designed to improve the coordination of MCH services in Middlesex and Somerset Counties through a universal prenatal risk assessment (PRA) and screening of all pregnant. This single point of entry infrastructure assists local providers to: identify the number of women and families eligible and in need of services; coordinate timely enrollment of families in home visiting programs; and prevent duplication of services within the target region.

Teen Pregnancy Prevention: (Wyman's Teen Outreach Program (TOP) TM a nationally recognized youth development program funded by the federal Office of Adolescent Health and the NJDOH Child Adolescent Health Program. (TOP) TM has been proven to lower the risk of school suspension, course failure and teen pregnancy. Service area covers: Middlesex, Monmouth, and Mercer Counties. Over 500 teens have participated in (TOP) TM club events this past year.

Syphilis and Zika Education: The Zika Project identifies women and infants infected with the Zika virus and educates professionals and the community on the risk of Zika as well as on prevention strategies. Additionally, staff screens for the eligibility of the Zika Prevention Kit and distributes as appropriate. The grant was expanded to include education and outreach on Syphilis and Congenital Syphilis.

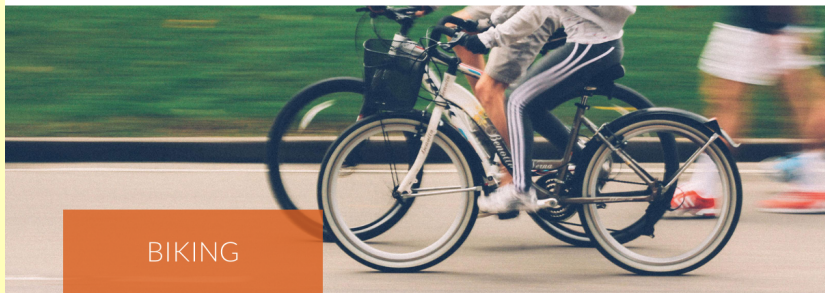
Strong Start: Strong Start for Mothers and Newborns: Established and or supported the Centering Pregnancy model of group prenatal care in Edison (JFK Family Medicine), Neptune (JSUMC Health Center), Newark (RMS) & (NCHC's), New Brunswick (St. Peter's) and Perth Amboy (JRMCC). This evidenced based comprehensive yet flexible model of group prenatal care that integrates health and physical assessment, education and support into a cohesive program within a group setting. Groups of 8 to 12 women with similar gestational ages meet together, learning care skills, participating in facilitated discussion and developing a support network with other group members. Each Centering group meets up to 10 times for 90 – 120 minute sessions during the prenatal period. Generally a post-partum celebration is held with newborns in attendance.



Wondering about healthy activities in Mercer County?...



HOME ABOUT EMPLOYERS PROPERTY MANAGERS SENIORS SCHOOLS COMMUTERS COMMUNITY NEWS CONTACT



BIKING

FUN, FITNESS AND TRANSPORTATION

Greater Mercer Transportation Management Association has everything you need to know about biking in New Jersey - trail maps, bikability maps, and interactive maps.

<https://gmtma.org/biking/>

Project Healthy Bones

Seniors at risk of osteoporosis learn the benefits of exercise, nutrition, safety, drug therapy and lifestyle factors during this exercise and education program.

The program was developed by the NJ Department of Health and Senior Services and the North Jersey Regional Arthritis Center.



From skating, biking, maple syrup, birding, hiking, lectures and crafts - Mercer County has it all, so go out and have some fun.

For more information go to:

<http://www.mercercountyparks.org/#!/activities/nature-programs>



Thank you for supporting the Lawrence Hopewell Trail!

[View this email in your browser](#)

Lawrence HS Student Blogs for the LHT!



Meet Cassie. Lawrence HS sophomore and new LHT blogger.

<https://lhttrailsnaps.lhtrail.org/>

Don't know where to walk or bike this weekend? Check out Cassie's blog on <https://lhtrail.org/>

Seniors can take advantage of this free 24 week program at 5 different locations in Mercer County. To register, contact Evita Giron, 609-393-9922 or evita@icgmc.org



Public Skate

National Healthcare Decision Day

April 16, 2019

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning.

"Conversation of Your Life" (COYL) is a program of the New Jersey Health Care Quality Institute's Mayors Wellness Campaign that focuses on engaging communities in fruitful dialogue to let individual's families, friends, and providers understand and respect their end-of-life wishes through advance care planning. In honor of NHDD, COYL task forces throughout New Jersey are planning public signing events throughout the month of April in collaboration with local community leaders. The Mercer County COYL Task Force will hold an event on April 16 at the Trenton Public Library.



For more information about Conversation of Your Life and National Healthcare Decision Day, email:
Adrian Diogo, adiogo@njhcqi.org



Librarians!

Whether you want to address health literacy, engaging health, emergency preparedness, or summer health programs - be sure to check out the National Network of Libraries of Medicine funding
<https://news.nlm.gov/mar/2019/02/08/funding-is-available-for-2019-2020-health-information-outreach-projects/>

FEB
08

Funding is Available for 2019-2020 Health Information Outreach Projects

Posted by [Kate Flewelling](#) on [February 8th, 2019](#) Posted in: [@ the RML](#), [All of Us](#), [Consumer Health](#), [Funding](#), [Health Professionals](#), [Outreach](#)

Trenton Health Team Launches NowPow

The THT officially launched NowPow on January 30th. With NowPow, providers at social service and healthcare organizations in Trenton will be able to conduct screenings to generate a customized list of social services tailored to a patient's specific needs and geography. In addition to providing information to patients about these services via text message, email, or print, providers using the NowPow platform can send a tracked referral directly to a community organization such as a food pantry or a homeless shelter, allowing the healthcare and social service provider to coordinate individualized care for that person and ensure the referred services were actually received. For more information contact Natalie Terens nterens@trentonhealthteam.org or 609-256-7748.



Mental Health First Aid Training



TCNJ received a grant of \$375,000 from the Substance Abuse and Mental Health Services Administration to create a local Youth Mental Health First Aid project in collaboration with a variety of community partners in Trenton and Ewing. "It will allow us to saturate the community with trained mental health first aid providers, develop connections with social service agencies around the city of Trenton, and better prepare our students to address mental health issues in their personal and professional lives."

The project will include training sessions for over 1,800 individuals. It also will serve as a clearinghouse for the mobilization of 20 certified YMHFA trainers, assist with logistical details, provide financial support, and develop recruitment plans to ensure project goals and objectives are met.

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. To find a course in your area go to: <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

Early Intervention Service Coordination: Service Coordinator's work to enhance the capacity of families to meet the developmental and health related needs of children birth to age three who have delays or disabilities by providing quality services and supports to families and their children.

Postpartum Depression Initiative and Follow-up Program: A telephone follow up program for women who are at risk for postpartum depression to provide information and resources for them and their families. In addition, training and education to physicians, nurses, social workers, and other healthcare professionals

Mid Jersey Cares for Special Children: the largest Regional Early Intervention Collaborative in New Jersey. coordinates early intervention services for over 3,000 families of children with special needs in Middlesex, Mercer, Hunterdon, Somerset, Ocean and Monmouth counties. Funded by the NJDOH.

Safe Kids NJ: founded by Johnson & Johnson, Safe Kids NJ brings together health and safety experts, educators, corporations, foundations, governments and volunteers to educate and protect families from accidental childhood injuries. The Program Coordinator oversees local coalitions and chapters throughout New Jersey.

Perinatal Addictions Program: educates the region's professionals to conduct universal screening of pregnant women utilizing the 4P's Plus screening tool or the enhanced PRA. Staff conducts onsite training for providers and encourages appropriate referrals to pregnant women with a history of substance use, including tobacco, drugs, and alcohol use.

Collaborative and Coalitions

County Maternal and Child Health Networks: the Consortium has successfully coordinated MCH coalitions of health/social service providers, outreach workers, and consumers, who meet quarterly and work collaboratively to address gaps and barriers to health care in Middlesex, Monmouth, Mercer, Somerset, and Hunterdon Counties. The Networks also serve as the county based advisory boards for the local EBHV programs and Central Intake in Middlesex and Somerset County.

FIMR

Maternal Mortality Review

Maternal Mortality Review: A statewide initiative that systematically reviews all pregnancy-associated deaths occurring to NJ residents. Data is abstracted from hospital records, death certificates, medical examiner reports and autopsy reports. Each case is written up in detail and presented to a multi-disciplinary team that meets five times/year. The multi-disciplinary team examines each case and identifies systems issues that can be improved upon to improve outcomes. The recommendations from the team are disseminated through a variety of systems including clinical practice settings and community advisory boards and committees. Maternal- child health programs sponsored by the Department of Health use this information for program planning and for dissemination to healthcare professionals.

Statewide Coalition of Opioid Dependency & Pregnancy: established as a recommendation of the Perinatal Addictions Advisory Board, the Coalition provides the opportunity for developing and enhancing communication among professionals providing care at methadone clinics and at perinatal addiction programs.