

Greater Mercer Public Health Partnership

Sharing our news and your events



Temple and Rider Students collected surveys at several community events

CHA UPDATE

SAVE THE DATE

ATTITUDE IN REVERSE

WORLD CAFE REPORT

FOR MY BABY AND ME

MEDINA CLINIC

by Carol Nicholas

Thank you everyone for supporting the 2018 CHA data collection in April and May. We were able to collect 1701 fully completed surveys. Thanks to modern survey tracking we were able to monitor our participant demographics weekly, and ensure we were relatively close to the ethnicities of Mercer County. Several of you got anxious calls from me when we needed increased surveys of a particular demographic, and you always listened and helped. A special thank you to the public health nurses, Health Officers, WIC clinic, Temple student Jessica Bai, and Wishing Well Adult Day Center, for going above and beyond to make this a success. All of the data will be presented by New Solutions, Bruno and Ridgway, and... continued on page 2

GMPHP CHA DATA
REVEAL AND
REPORT

**SAVE
THE
DATE**

**AUGUST 6
2018
4-6 PM**

RWJ Fitness Center
3100 Quakerbridge
Hamilton, NJ

RSVP by July 23rd
gmphp.nj@gmail.com

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Curtis Analytics on August 6, 4-6 pm at the RWJ Fitness Center, 3100 Quakerbridge Rd., Hamilton NJ. It will be open to the public. Feel free to bring a friend. Refreshments will be served. **Please RSVP to Carol by July 23rd at: gmphp.nj@gmail.com**

Attitudes in Reverse Awarded People's Choice Award

CAB members Kurt and Tricia Baker founded Attitudes in Reverse in 2010 to save lives by educating students about mental health, related disorders and suicide prevention. Since 2011, they have presented to more than 70,000 students in middle and high schools, and colleges in New Jersey, New York, Vermont, Missouri, Texas and Arizona. AIR also offers Youth Mental Health First Aid instruction and includes the AIR Dogs: Paws for Minds program, bringing dogs into schools to help students de-stress and



engage in mental health conversations.

The Change Maker Awards sponsored by the Child Mind Institute, recognize people and organizations that are creating real, meaningful change for children struggling with mental health and learning disorders.

Congratulations Kurt and Tricia!

World Cafe Report



GMPHP thanks Montgomery Health Educator Devangi Patel and Intern Jeremy Szeluga, who summarized all the data from the World Cafe event in April. We had 50 CAB members rotate through 4 stations with several questions at each table. The full report will be on the www.healthymercer.org web page, but here is an overview of the strengths, weaknesses, opportunities, and threats.

STRENGTHS

- CAB member interest in learning about community health needs
- Collaboration between community partners
- Member commitment/involvement
- Shared resources
- Using CHIP to apply for grants
- Passion to support the underserved
- Members want to be actively engaged and make a difference

OPPORTUNITIES

- Conduct focus groups to identify health inequities experienced by vulnerable populations
- Collect mental health and substance abuse data to address mental health needs
- Professional development training (ex. Lean Six Sigma QI Trainings)
- Work with Priority Area Leaders to develop SMART objectives (Specific, Measurable, Achievable, Results-oriented, Time Bound)

WEAKNESSES

- Unidentified unrepresented populations
- Built environment (healthy/green spaces)
- Access to healthy affordable foods especially for underserved
- Lack of access to affordable transportation
- Significant health inequities by zip code
- Document meetings and conversations with GMPHP leadership
- Limited internal quality improvement
- Objectives weren't SMART (Specific, Measurable, Achievable, Results-oriented, Time Bound)
- Collect more localized data in vulnerable populations by priority area

THREATS

- Lack of awareness of GMPHP's CHA/CHIP process among new members
- Lack of funding for local data collection
- Funding for programs, marketing and resources
- Gaps in accountability in CHIP implementation

Check Out our Updated Website
www.HealthyMercer.org

Treatment Program "For My Baby & Me"

To help women who are pregnant and using drugs such as heroin or abusing opioid prescription pain killers, Capital Health and its long-established partners at The Trenton Health Team, the Rescue Mission, HomeFront, and Catholic Charities Diocese of Trenton now offer "For My Baby and Me," a specialized, integrated opioid treatment program that promotes long-term recovery and ongoing medical care and support for women and their children.

For pregnant women, withdrawal is especially dangerous because it may bring on miscarriage or premature birth. The Medication Assisted Treatment (MAT) that is part of the program can prevent the withdrawal symptoms many drug users experience. By blocking withdrawal symptoms, MAT can save the lives of vulnerable children and allow mothers to regain their quality of life.

Funded by the New Jersey Department of Health, "For My Baby and Me" provides immediate entry into a drug treatment program (including medicine to treat withdrawal). Trained counselors help mothers choose the treatment option that they feel has the best chance of success. The program also offers mothers and families housing, food/clothing, educational support, employment readiness and training, child care, and legal assistance. The program's peer support staff are available 24 hours a day, 7 days a week at 609.256.7801.

Dr. Eric Schwartz (left,
Executive Director, Capital
Health Institute for Urban

Commissioner Dr. Shereef M.
Elnahal

Beth Mil (Director of Clinical
Integration

Susan Loughery (Chief
Operating Officer, Catholic
Charities)



Awarded Best Poster and People's Choice Award
at DOH Population Summit

Spotlight on our Partners...



**Navigator Judith Hamilton and Director
Arshe Ahmed at a flu clinic**



Medina Community Clinic is a registered 501(c)(3) nonprofit organization, serving the uninsured populations of New Jersey, based out of an administrative office in Lawrenceville, NJ. The mission of the organization is to provide specialty healthcare to uninsured adults who do not have access to specialist physicians. Medina Clinic works in affiliation with the Henry J. Austin Health Center, and the charity care departments of three major Mercer County hospitals -- RWJ-Hamilton, Capital Health Regional Medical Center, and St. Francis Medical Center. Medina Clinic relies on the primary care sites and public health nurses to refer uninsured or underinsured patients to the care of specialists.

Medina Clinic's specialist panel has 32 highly trained physicians who donate not only their time and services, but also their private practice space to serve Medina Clinic referred patients. The specialties include Gastroenterology, Rheumatology, Plastic Surgery, Cardiology, Urology, Podiatry, Infectious Disease, Allergy, Endocrinology, Oncology, Hematology, Optometry, Pain Management, Mental Health Counseling, Pulmonology, Nephrology and ENT. Since its establishment in 2014, Medina has completed over 600 office visits and life-saving procedures, completely free of charge to the patients and with no compensation to the physicians. Some notable procedures include: surgeries, colonoscopies, endoscopies, catheterizations, and stents. There are several specialty services we want to expand: ophthalmology, neurology, dermatology, and orthopedics top the list.

To learn more about Medina Clinic and to further discuss ways to serve, please visit our website: **www.medinahealthcare.org** or call: 609-270-5067 or 609-273-9488. To support us in our mission of serving the uninsured, please visit our donor page: <https://medinaclinic.networkforgood.com>

SIX + REASONS WHY PARKS MATTER FOR HEALTH



Shenandoah National Park

By Carol Nicholas

I enjoyed the Culture of Health Blog recently, which was celebrating the health benefits of our National Parks. The article reminds us that parks foster mental, physical and and spiritual health. Cornell University researchers showed if you think of exercise as being fun – like a scenic walk in the park, or just a break to relax – you will actually eat less and healthier afterwards.

A Rand study showed that 14 % of moderate exercise and 50% of vigorous heart healthy exercise takes place in nearby neighborhood parks.

Studies suggest people who live close to parks are more active, including children, and adolescents living near parks are less prone to being overweight. We all have felt the release of stress as we walk in a park after work.

Professor Floyd feels the National Parks foster a sense of community and shared identity with their American Story program which delves into history and antiquity at various sites. It builds community and sustains our identity as Americans.

Kids need space to interact with caring adults which leads to social and emotional health. Our last newsletter reviewed research that children learn from play, develop higher cognitive skills, problem solving skills, teamwork, and social skills from play. Parks provide that safe space to grow and develop.

Dr. Zarr reminds us that our habit of sitting indoors 93% of the time has increased the incidents of chronic disease and premature death. People of lower income and people of color tend to fare worse in those diseases, and they are least likely to use green spaces. There is good evidence that sitting or eating outdoors even just touching a tree, has a measurable impact on your psychological health. Exposure to sunlight is healing for medical and mental health reasons. Kids with ADHD do as well or better with outside play than they do with medication.

Parks contribute to clean air, storm water retention, flood control, and heat wave relief. Thank goodness for our parks! To read the complete article go to:

www.rwjf.org/en/blog/2016/08/6_reasons_why_parks.html