



GMPHP NEWSLETTER

2021 Community Health Improvement Plan



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CHIP Kick-Off March 28th

by Carol Nicholas

After three months of emails and phone calls, the partners of the GMPHP have added their initiatives to the CHIP that will address the priorities found in the Community Health Assessment report 2021.

There are 64 organizations that have joined the GMPHP, and 34 have added their actions to the CHIP. We will be adding the CHIP to the website in May once the hospitals add their activities. In the meantime, I will email the 4 CHIP priorities to our CAB members. The quarterly priority group meetings will be starting in the near future, and we thank you for all the support shown this last year to accomplish the assessment and improvement plan. If you are interested in adding an initiative, please contact Carol at gmpHP.nj@gmail.com

Mercer County CHNA/CHIP: *Advancing health equity*

Overarching approach: Focus interventions upstream to address inequities and social determinants of health. Leverage Collaboration.

2021 Priority Areas

Chronic Disease and Life Expectancy:

Goal: Achieve equitable life expectancy for all people.

Maternal and Child Health:

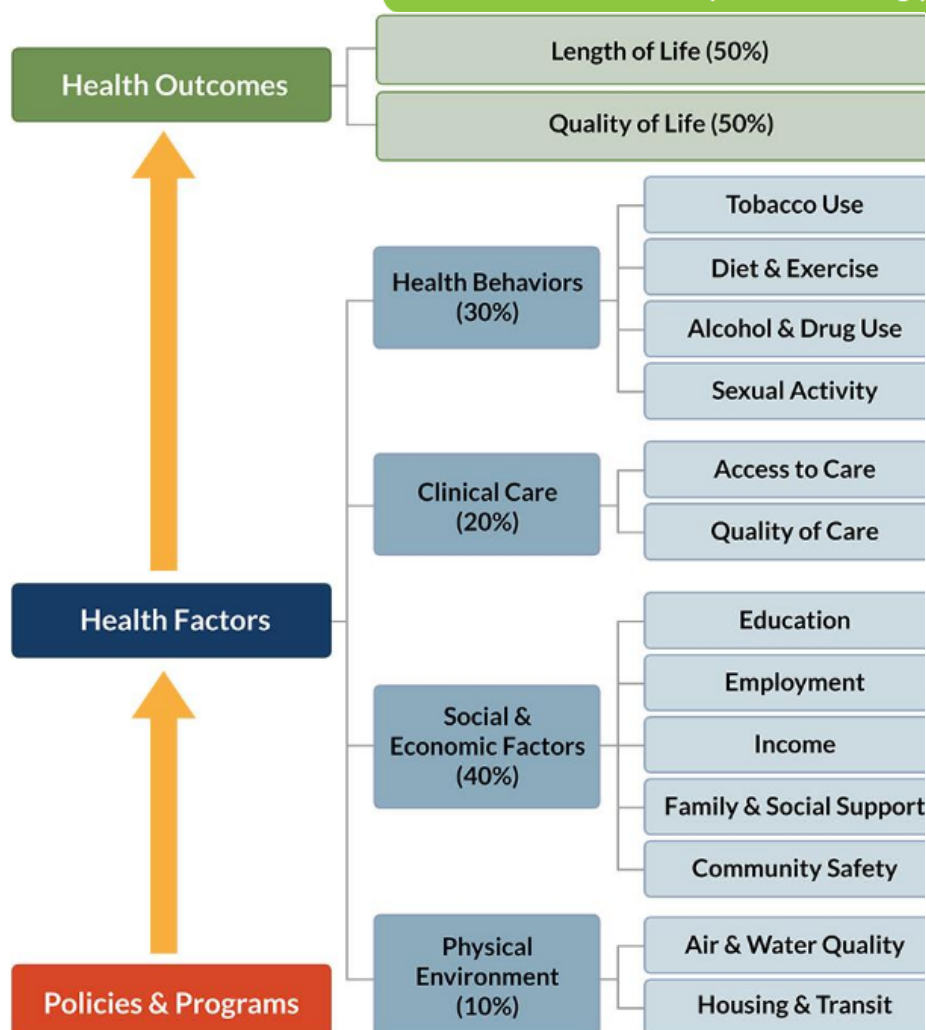
Goal: Achieve equitable outcomes for all mothers and babies.

Behavioral Health and Trauma:

Goal: Reduce and prevent the impact of ACES and trauma on health outcomes.

COVID -19:

Goal: Reduce death disparities among population groups.



County Health Rankings model © 2016 UWPHI

SOME OF THE CHIP ACTIONS 2022-25

- More actions targeted to people of color to vaccinate against Covid-19
- Increase tele-health and broad band access to vulnerable populations
- Increase involvement in healthy affordable housing
- Increase involvement in access to care
- Increase postpartum care by visiting nurses
- Increase opportunities to breastfeeding support groups
- Increase support for pregnant women of color by doulas
- Increase opportunities for cancer screenings
- Increase suicide prevention programs
- Increase ACE resiliency programs offered in schools and to families

Up to 80% of health outcomes are determined by social and economic factors, and not strictly "medical" issues

GO TO WWW.HEALTHYMERCCER.ORG
FOR MORE DETAILS

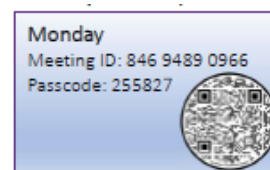


1st and 3rd
Monday
@6PM

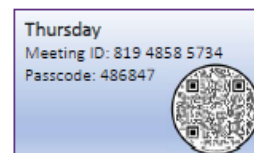
2nd and 4th
Thursday
@6PM

Hope and Healing Virtual Support for Post-COVID Patients

The Institute for Prevention and Recovery's Hope and Healing program offers virtual workshops in self-care and emotional support for patients recovering from COVID-19 and those experiencing long-term effects of the virus.



Monday
Meeting ID: 846 9489 0966
Passcode: 255827
hopeandhealing@rwjbh.org
833-795-HOPE (4673)
rwjbh.org/hopeandhealing



Thursday
Meeting ID: 819 4858 5734
Passcode: 486847
Institute for Prevention and Recovery | RWJBarnabas HEALTH

The Substance Abuse and Mental Health Services Administration is the lead federal agency in partnership with the Federal Communications Commission and the Department of Veterans Affairs, working to make the promise of "988" a reality for America. The Lifeline is a national network of over two hundred local, independent, and state funded crisis centers equipped to help people in emotional distress or experiencing a suicidal crisis. Moving to "988" will not replace the Lifeline, rather it will be an easier way to access a strengthened and expanded network of crisis call centers. Beginning July 16, 2022, people can call, text, or chat with the Lifeline via "988".

COMING SOON...



DID YOU KNOW...

- 50% of all mental illnesses present by age 14
- 75% of all mental illnesses present before the brain is fully developed (mid 20s)
- The age of a person's first use of substances can impact their risk for developing a severe Substance Use Disorder. The younger they are, the higher the risk.
- The average age of first use for alcohol is 14, other substances 16 (for those that later develop a severe SUD).
- Since the pandemic, suicide attempts, eating disorders, anxiety, depression, overdose deaths, and problematic substance use rates have increased in all ages, but especially in adolescents.
- Only 10% of people that need treatment for severe SUD receive it.
- Only 1/3 of adolescents with mental health issues receive professional help.






ROSE COMMUNITY TRANSFORMERS CAN:

- Provide you with one to one support on your breastfeeding journey.
- Connect you with a Certified Lactation Consultant for additional help.
- Assist you in making informed choices about how to feed your child.

FREE BREASTFEEDING SUPPORT AVAILABLE

We are here for You!

Reaching our Sisters Everywhere (ROSE) has community transformers that are available to assist you in your parenting and breastfeeding experience.

#TRENTONIANSLATCH

For more information or to connect with a Community Transformer, scan this QR code with your phone



ROSE PROGRAM

GMPHP partner Central Jersey Family Health Consortium recently launched the "Reaching our Sisters Everywhere" (ROSE) program. Reaching Our Sisters Everywhere (ROSE), Inc. seeks to enhance, encourage, support, promote, and protect breastfeeding throughout the USA, by working to reduce the breastfeeding disparities among African American women, and to strengthen the health of their babies and families through, mentoring, training, breastfeeding support groups, social support, outreach, education, legislation, health policies, and social marketing. For more information contact Judith Francis, EdD jfrancis@cjfhc.org

CJFHC CENTRAL INTAKE

What is Central Intake?

- Connects families and caregivers to community resources and referrals
- A 24 hour warm line to simplify and streamline the referral process, call 1-888-551-6217
- Assists in identifying individual and family needs and provides linkages to appropriate services such as
 - health insurance, medical providers, primary and prenatal care
 - housing, child care, early childhood programs
 - educational information on prenatal /parenting, WIC applications and community programs
 - Home Visiting Programs



CENTRAL INTAKE

- Central Intake Specialists link women and families over the phone to health care providers, resources and support in their community
- Centralized Referral and Resource Program in every county throughout New Jersey
- Serve as the Single Point of Entry for Home Visiting Programs
- Universal Tracking System for services in each county



HOME VISITING PROGRAM

- Free and voluntary for families
- Provide education, support and resources to women and families with young children through regular home visits
- Work with the family to promote a healthy pregnancy
- Education on childbirth, raising a healthy child, developmental milestones



COMMUNITY HEALTH WORKERS (CHWs)

- CHWs act as a "bridge" connecting women and their families to programs, agencies, or doctors who can provide health services, screening, and interventions to help improve health outcomes
- Face to face assistance and follow up
- Assistance with applications for WIC, health insurance, food stamps, and other resources
- Education about health before, during and after pregnancy



**HEALTHY WOMEN
HEALTHY FAMILIES**

TOLL FREE LINE 1 (888) 551-6217

ABOUT US

Healthy Women Healthy Families focuses on providing women of childbearing age and their families access to resource information and referrals to local community services that promote child and family wellness.

- * Reducing health disparities and infant mortality for African American women
- * Central Intake Hub for Hunterdon, Mercer, Middlesex and Somerset Counties

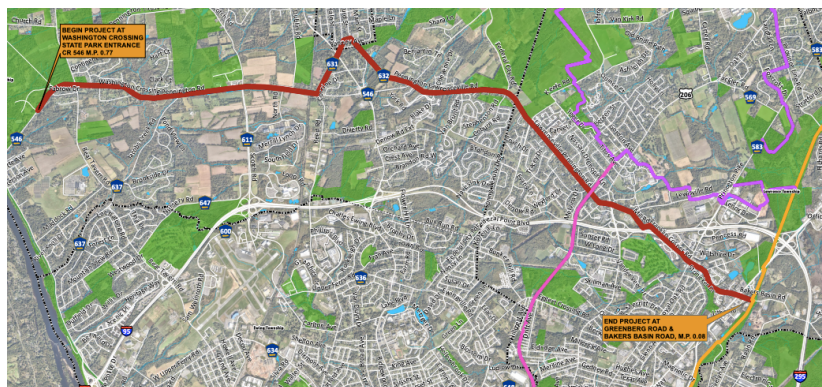
SERVICES

✓ Family Planning	✓ WIC Assistance
✓ Child Care Resources	✓ Educational Training
✓ Early Childhood Programs	✓ Home Visiting Programs
✓ Community Health Worker Case Management	✓ Primary & Prenatal Care Services



Central Jersey Family Health Consortium

Central Jersey Family Health Consortium
@info_cjfhc
Main Number
(732) 521-5437



GREAT WESTERN BIKEWAY

Mercer County received a \$2,365,900 competitive federal Regional Transportation Alternatives Program (RTAP) grant through the New Jersey Department of Transportation (NJDOT) for design and construction of the **Mercer County "Great Western Bikeway."** This is a bicycle route along County Route 546 — variously known as Washington Crossing–Pennington Road, Pennington–Lawrenceville Road and Franklin Corner Road. This project will provide bicycle access to many neighborhoods and recreational facilities in Ewing, Hopewell Township, Pennington, and Lawrence.

The Great Western Bikeway will ultimately establish 17.5 miles of bikeable shoulders, bike lanes, buffered bike lanes, two-way cycle tracks, and multi-use paths on Mercer County highways that are already relatively well-suited for bicycle travel. Project limits of the GWB run primarily on Mercer County Route 546, paralleling I-295 with eastern and western termini at the Delaware and Raritan State Park Towpath trails near US 1 and NJ 29.



GMPHP partner **Greater Mercer TMA** is a non profit, public private partnership dedicated to promoting and providing transportation choices that are designed to reduce congestion, improve mobility, increase safety and further sustainability in Mercer and Ocean County. Established in 1984, our association consists of large and small employers, local governments, authorities and state agencies who share a commitment to providing transportation choices that are good for commuters, good for business and good for the environment.

In 2006 **RideProvide** was established with the goal of providing an affordable transportation option to keep seniors and visually impaired adults safe, engaged, independent and active when they were no longer capable or comfortable driving. For more information, call: 609-452-5140

STATE ANNOUNCES NEW PROGRAM FOR HOMEOWNERS

The State announced the upcoming launch of the **Emergency Rescue Mortgage Assistance Program** (ERMA), administered by the New Jersey Housing and Mortgage Finance Agency (NJHMFA). This program will provide up to \$35,000 in assistance to cover mortgage arrearages, delinquent property taxes, and other housing cost delinquencies for eligible homeowners negatively impacted by the COVID-19 pandemic.

The ERMA application portal will open for applications at: www.njerma.com on Feb. 8, 2022 at 9 a.m. Visit www.njhousing.gov/dca/hmfa/covid19/haf to review program eligibility and sign up for program updates.



Help may be available for renters affected by COVID-19

As New Jersey winds down the COVID-19 eviction moratorium, the State has introduced critical protections to renter households who experienced economic hardships during the pandemic. In addition, the Centers for Disease Control and Prevention (CDC) has issued a temporary eviction moratorium. To take advantage of state and federal protections, you should complete both the State's self-certification form and the CDC declaration. To fill out these forms and find more information, visit the State's web page dedicated to this. You also may call 609-490-4550 for assistance.

In addition, the Mercer County Department of Human Services may be able to help renters and landlords. For more information, visit the County's Emergency Rental Assistance Program web page.

<https://www.mercercounty.org/departments/human-services/office-on-homeless-services/emergency-rental-assistance-program-erap>

FREE IN-HOME NURSE VISITS
FOR FAMILIES OF NEWBORNS

FAMILY CONNECTS
NEW JERSEY
Mercer County

FOR MERCER COUNTY RESIDENTS WHO GIVE BIRTH AT CAPITAL HEALTH

Family Connects Mercer County provides free, in-home care for families at three weeks postpartum regardless of a Mercer County family's household income, health insurance status, or citizenship status.


- Parenting and infant education
- Parent-child interaction coaching
- Breastfeeding support
- Assistance finding childcare options
- Maternal and newborn health assessments
- Support enrolling in social services and health insurance or Medicaid

FAMILY CONNECTS PROGRAM LAUNCHED

Family Connects Mercer County launched at the end of 2021! Family Connects, a partnership between **Trenton Health Team, Central Jersey Family Health Consortium, and Capital Health**, provides free at-home nurse visits (conducted virtually at the moment) for families of newborns. Nurses from CJFHC spend over an hour with each family and are able to provide education on infant care, lactation support, screen for family needs, and provide referrals to local resources. The program is fortunate to have staff and nurses bilingual in English and Spanish; families that speak other languages are served with the use of an interpreter service. Families are enrolled in the program before they are discharged from Capital Health. If you are interested in learning more about Family Connects Mercer County, please contact:

FamilyConnects@TrentonHealthTeam.org

NJCEED



CERVICAL CANCER

WHAT IS CERVICAL CANCER?
Cervical cancer is cancerous cells growing rapidly in an area of the body called the cervix, which is located in the lower portion of the uterus.

WHAT IS A CERVICAL CANCER SCREENING?
The most common Cervical cancer screenings are pap (papanicolaou) smears and human papillomavirus (HPV) tests. Both exams can detect changes in cervical cells. Detecting these abnormal cells early is the first step in halting the possible development of cervical cancer.

WHEN SHOULD I GET SCREENED?
Most patients are recommended to start screening at age 21, and get re-screened every 3-5 years. If a screening result is abnormal, the provider will recommend follow-up steps.

January is Cervical Cancer Awareness Month



In the United States...

1 in 3 men
1 in 2 women

will develop cancer
in their lifetime.

Early detection saves lives.

Call 609-888-6189
to schedule your free screening appointment today.





Early detection can save your life.

GET SCREENED WITH NJCEED!

Call 609-888-6189
to check your eligibility and to schedule your free screening appointment today.

NJCEED offers FREE breast, prostate, cervical and colorectal cancer screenings for qualifying uninsured or under-insured Mercer County Residents.



Services provided include education, outreach, early detection, case management, screening, tracking, and follow-up, all at no cost to eligible participants.

Persons eligible for these services must have income at or below 250% of the Federal Poverty Level for their household size, and be uninsured or under-insured.

For more information or to schedule an appointment, call 609-888-6189 or email NJCEED Nurse Care Manager Shelby Guzman.

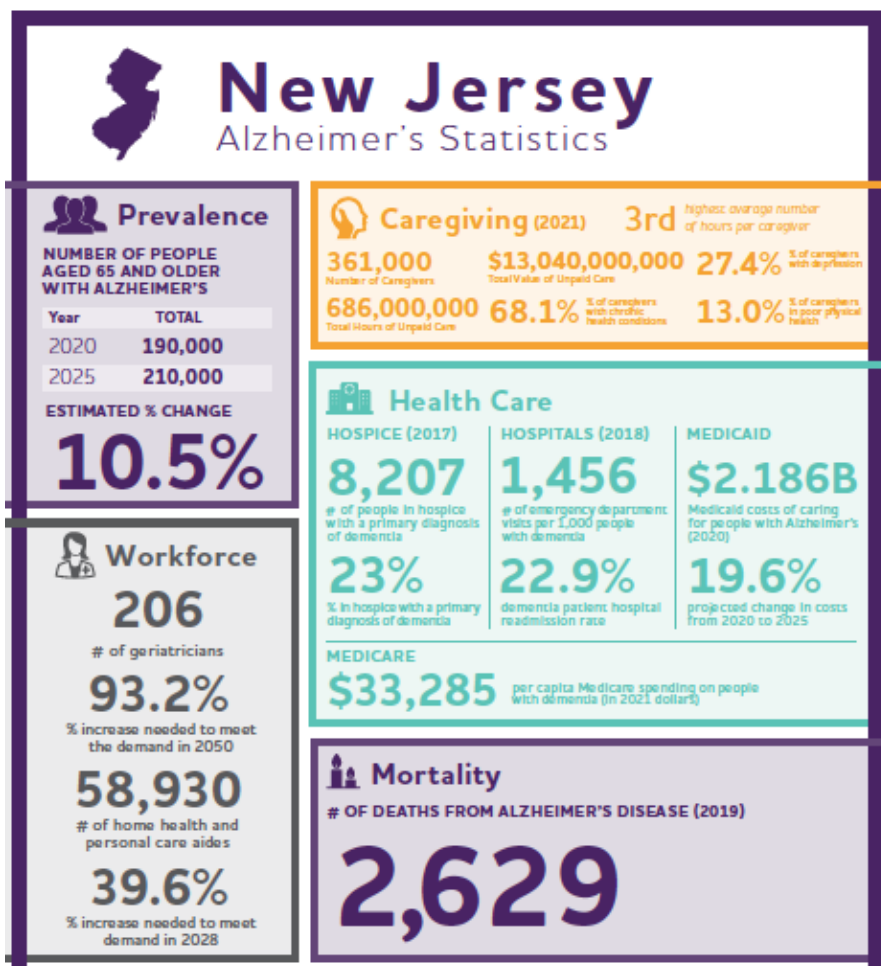
sguzman@trentonhealthteam.org

MILD COGNITIVE IMPAIRMENT

To learn more about mild cognitive impairment, and the impact it will have on families and our communities, go to the Alzheimer's "More than Normal Aging" 2022 report:

https://mail.google.com/mail/u/0/?tab=rm&ogbl#search/rmkohn%40alz.org/_ILTbPZwNjqZsPjDbxDVGsgGZspdcMxDSbSMnKDjPTJgWZdnrBwdHLBLrClGQdtKsjDptlKDq?projector=1&messagePartId=0.2

For more information on programs for your community, reach out to CAB member Robyn Kohn, Program Director Alzheimer's Association
rmkohn@alz.org



DID YOU KNOW?

Plastic Bag and Polystyrene Ban Goes Into Effect May 4th, 2022

Starting May 4th, 2022, New Jersey retail stores, grocery stores, and food service businesses may not provide or sell single-use plastic carryout bags and polystyrene foam food service products. Single-use paper carryout bags are allowed to be provided or sold, except by grocery stores equal to or larger than 2,500 square feet, which may only provide or sell reusable carryout bags.



To learn more about the new law, visit [Get Past Plastic](#).


DONATE YOUR BAGS

Consider donating your plastic bags to the food pantries, as they are scrambling to prepack their food donations. 115 thousand pounds of food was distributed in March 2022. The effects of Covid are still impacting families in Mercer.

More work needs to be done to prevent childhood obesity in Mercer County. In America, 56% are still eating nutritionally poor quality foods. Encourage those fruits, vegetables, and non-sugar drinks. The healthiest foods are provided in school.

Young children who are obese are at high risk for later obesity

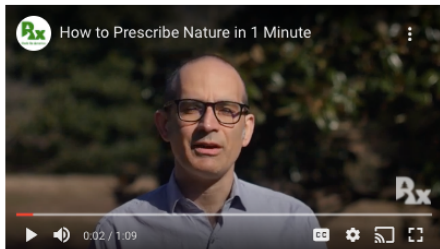
- Children who are overweight as 5-year-olds are four times more likely than their normal-weight counterparts to become obese by eighth grade.
- 1/3 of obese preschool children will go on to become obese adults, and 1/2 of obese school-age children will go on to become obese as adults.


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For Health Professionals

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How to Prescribe Nature in 1 Minute



What do you get in return?

- Low cost intervention to connect your patients to Nature.
- Ability to track park prescription and patient adherence/follow through.
- Opportunities for quality improvement in your practice.
- Networking among a Nationwide group of providers focusing on prevention and wellness.

Create a Prescriber Account

*First Name:

*Last Name:

*Email:

*Password: (8-20 characters)

*Country: United States

*State/Province: Select

*City:

Contact Preference: (OPTIONAL)

PARK RX

Park Prescription programs are diverse and ever-evolving, often including collaboration between park and public land agencies, healthcare providers, and community partners. Check out the Institute at the Golden Gate's innovative **Park Prescription toolkit**, which models the steps needed to create and maintain a Park Prescription program. Which town in Mercer wants to start this program?