

Behavioral Health and Trauma 2022-2024

Guiding Goal: Reduce the impact of trauma on health outcomes.	
Key CHNA Findings:	CHNA Page
▶ COVID-19 has become one of the top five leading causes of death; In NJ, it is the third leading cause of death for White, non-Hispanic residents and the number one cause of death among Black, Asian, and Latinx residents.	10
▶ Approximately one-third of all Trenton residents across all race and ethnicities live in poverty; another 20.4% of all Mercer residents are asset limited. These data are prior to COVID-19.	22
▶ A marker for trauma, Mercer County (5.7) has among the highest Infant Mortality rates in the state (4.3) and higher than US (5.8). Infant mortality among Black babies is higher than any other racial or ethnic group across the state (9.2), Mercer County (11.9) and Trenton (13.9).	80-81
▶ HUD documented housing problems exist in higher than NJ and US proportions for renters in Trenton, Hightstown, Pennington; Renters and Homeowners are Housing Cost Burdened	41
▶ The most common reason for experiencing homelessness is being asked to leave a shared residence, suggesting high-undetected housing cost burdens.	44
▶ As of 2018, nearly 1 in 10 Mercer County residents were food insecure; anecdotal evidence supports this percentage has increased significantly with COVID-19.	37

Strategies
Adopt Substance Abuse and Mental Health Service Administration (SAMHSA) National Center for Trauma Informed Care (NCTIC) 6 Principles for Trauma Informed Care E X
Incorporate social and emotional support and resources with all services. X
Explore models to increase access to affordable housing options within Mercer County. X
Train and hire staff from diverse communities to work as community health workers, patient navigators, case managers, care, and support staff. E X
Partner with social services, employers, housing, faith-based, and other community-based organizations that serve BIPOC populations to host vaccination clinics. E X
Screen for trauma and behavioral health needs and provide “warm hand off” to connect patients to social support services. X
Increase capacity and availability to integrated healthcare and behavioral health services. X
Increase availability and knowledge of using telehealth for behavioral health management. X
Provide school-based health and wellness education for students in grades K-12. X
Equity strategies E are identified where there is an opportunity to address social determinants of health.
Cross cutting strategies X are identified where there is an opportunity to make investments in initiatives that can impact multiple goals or objectives.

Measurable Objectives:		
3.1 By 2024, reduce the proportion of people in Mercer County living in poverty to align with New Jersey state average of 10%. (HP2030 Goal: 8%)		
3.2 By 2024, reduce premature age adjusted death rates among Black African American residents in Mercer County to more closely align with the combined Mercer County rate (300). (p. 8)		
3.3 By 2024, increase the proportion of Mercer County households that exit the homeless system to permanent housing by 5%. (p.47)		
3.4 By 2024, reduce household food insecurity and hunger across Mercer County to 7%. (HP2030 Goal: 6%) (p.43)		
3.5 By 2024, increase number of households that has a computer and broadband access to at least 90%. (p.88)		
3.6 By 2024, promote resilience focused activities and supports to address Adverse Community Environments and combat the impact of Adverse Childhood Events (ACEs).		
Actions		
Initiative	Performance Indicator	Participant
3.1(a) Incorporate social and emotional support and resources with all services.	BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019, NJ Funders ACES Collaborative (2019)	Jewish Family Child Services (JFCS) VPOC's from each town HomeFront Catholic Charities Veteran Affairs
3.1(b) Train and hire staff from diverse communities to work as community health workers, patient navigators, case managers, care, and support staff. Within 6 months, bilingual clinicians at Family Access Center in Hightstown/E. Windsor location will have served at least 80 children, youth, and families with a dedicated focus on culturally competent services for the large Latin population as documented by intake records and EMR.		JFCS HomeFront Catholic Charities
3.1(c) Increase capacity and availability to integrated healthcare and behavioral health services, by utilizing the 32 structured measures of SAMHSAs' CCBHC for several services.	Services measurable by increases over baseline of # served for each population. Additionally, the Infrastructure Development, Prevention and Mental Health Promotion (IPP)	JFCS HomeFront Catholic Charities

	report, and National Outcome Measures (NOMS) report	
3.1(d) Provide a warm handoff from primary care providers to an on-site Catholic Charities behavioral health provider.		Capital Health Medical Center(3.1)
3.1(e) Link patients to other Catholic Charities services based on acuity, social determinants of health need and clinical fit.		Capital Health Medical Center(3.1)
3.1(f) Utilize social determinants of health metrics in EPIC to determine patient barriers to accessing care and maintaining healthy behaviors and make referrals for support.		RWJ (2.4)
3.2(a) Connect clients to Opioid Overdose Recovery Program (OORP) and to treatment and recovery resources.		MCADA HomeFront Catholic Charities Veteran Affairs JFCS
3.2(b) Provide a minimum of 260 boxes (2 doses) of Narcan through outreach activities and events, targeting vulnerable individuals and areas in Mercer County.		MCHS
3.2(c) Promote Narcan trainings, provided by Rutgers virtually, at a minimum of 6 trainings per year.		MCHS
3.2(d) Provide technical support, sample policies, and research to the community and advocates for policies that prioritize prevention and harm reduction especially in the fields of substance use, addiction, and mental health.		MCADA
3.2(e) Train community members to feel better prepared to talk about suicide through Mental Health First Aid programs, and QPR training.		Veteran Affairs Mercer County Human Services
3.2(f) Promote medication collection programs in each community and increase annual collection weights from previous year. NTBI October 2021: New Jersey Total: 14,029 lbs.		MCHOA MCADA Veterans Affairs

Mercer County Total: 1,309 lbs.		
3.2(g) Increase access to safe firearms storage options by providing up to 200 locks and education in 2022.		Veterans Affairs
3.2(h) Provide at least 2 sessions of professional continuing education units (CEUs) to Mercer County professionals, promoting areas such as best practices for mental health and substance use disorders, cultural competency and ethics.		MCHS
3.2(i) Implement Violence Intervention for the Community through Outreach Recovery a program that aims to break the cycle of violence through social service intervention. Reduce the recidivism rate of re-injury due to community violence through community outreach, utilizing approved program services, and completing appropriate referrals.		Capital Health Medical Center (2.1) Catholic Charities of Trenton Millhill Child and Family Development
3.2(j) Include a comprehensive continuum of voluntary care, from crisis response and emergency planning to case management that addresses mental health and/or substance abuse treatment and other needs.		Capital Health Medical Center (2.2)
3.2(k) Conduct Healthy Outlooks programs to teach elderly populations about alternatives to opioid use, and healthy alternatives ranging from mindfulness to acupuncture.		MCADA
3.2(l) Provide inpatient and outpatient psychiatric services that restore the individual to function in the community, home, and job in the shortest amount of time.		St Francis Medical Center (3.1)
3.2(m) Incorporate review of the tenants of the High Reliability Organization hospital initiative in Staff meetings and signing of the		RWJ (2.5)

commitment in staff review process each calendar year.		
3.3(a) Explore models to increase access to affordable housing options within Mercer County		Isles MCHS Helping Arms HomeFront Trenton Housing Stakeholder Collaboration Arm in Arm
3.3(b) Provide up to two weeks of temporary emergency housing assistance and/or permanent relocation funds by providing one month of rental assistance for individuals who have been approved for an apartment by a verified landlord.		Capital Health Medical Center (2.3) Catholic Charities
3.4 (a) Coordinate and serve the most vulnerable populations in Mercer County a range of food programs, including Mercer County Nutrition Program for Older Adults, on-site food pantries, Mobile Food Pantries, Meals on Wheels, The Kosher Cafe and Healthy@Home Senior Nutrition program.	NJ State Health Assessment Data Quarterly Reports	Mercer Street Friends Trenton Food Stakeholders JFCS HomeFront Meals on Wheels Office on Aging Catholic Charities Mercer County Office on Aging/ADRC
3.5(a) Increase availability and knowledge of using telehealth for behavioral health management		JFCS Catholic Charities Trenton Rescue Mission El Centro LALDEF Henry J Austin Health Center
3.5(b) Increase computer and broadband access by Wiring the Escher Street homeless housing project to provide WIFI access for telehealth to all the residents.		Helping Arms
3.6(a) Integrate a long term opioid treatment program for pregnant mothers – For My Baby and Me, to promote long term recovery as well as on going medical care and support for their social determinants of health.	Capital Health Annual report	Capital Health Medical Center (3.6) HomeFront Rescue Mission Catholic Charities THT
3.6(b) Facilitate training in the	BRFSS 2015-2017, 25 states, CDC Vital Signs,	Mercer Council on Alcohol and Drug Addiction

Nurtured Heart Approach	November 2019, NJ Funders ACES Collaborative (2019)	
3.6(c) Provide a minimum of 3 trainings annually to address trauma related issues. Facilitate community conversation specific to trauma and suicide prevention in addition to brief trainings at the Traumatic Coalition meetings with a focus on Culture, LGBTQ+, BIPOC, Faith and Socio-economic factors.	BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019, NJ Funders ACES Collaborative (2019)	Mercer County Human Services (MCHS) Traumatic Coalition
3.6(d) Screen for trauma and behavioral health needs and provide “warm hand off” to connect patients to social support services.		JFCS VPOC’s HomeFront Catholic Charities
3.6(e) In year one, assess which higher education pre-professional programs include ACE’s and Trauma education in their curriculum. In year two promote including this information in pre-professional higher education curriculums		GMPHP
3.6(f) Present the importance of including ACE’s and Social Determinants of Health/Equity in nursing education to the NJ Board of Nursing in 2022.		NJ Action Coalition GMPHP
3.6(g) Request that nursing license renewal will include ACEs & SDOH/equity as a mandatory educational requirement for license renewal by 2023.		NJ Action Coalition GMPHP
3.6(h) Work with the Healing Trenton Coalition to advance Trauma awareness and how to refer clients.		Trenton Human Services Department Healing City Coalition Trenton Public School
3.6(i) Promote Stigma Free messages via community events, training, and the Stigma Free Mercer newsletter in collaboration with the Stigma Free Mercer Task Force.		MCHS

3.6(j) Provide children and their families with the tools they need to cope with life challenges through the CARES program team.		St Francis Medical Center (3.1b)
3.6(k) Evaluate whether to pilot trauma informed care at a clinic, training of physicians or nursing residents, and/or training of select staff.		Capital Health Medical Center (4.1)
3.6(l) Identify opportunities to incorporate elements of trauma informed care into other health system programs as they are being developed, such as into customer service training materials, "Capital Health Culture" materials, high reliability organization training materials, or equity, diversity and inclusion training materials.		Capital Health Medical Center (4.2)
3.6(m) Change waiting area to a sensory-friendly space at behavioral health practice in Bordentown to relieve anxiety.		Capital Health Medical Center (4.3)
3.6(n) Provide the Miss Kendra trauma prevention program to 1,000 Trento School Students as part of the Trenton Neighborhood Initiative.		Capital Health Medical Center (4.4) Trenton Health Team
3.6(o) Implement the utilization of trauma informed mental health screening as a component of care for all patients by 10% each year.		RWJ (2.2.)
3.6(p) Ensure at least 65% of staff have participated in the Ending Racism Initiative and can name one way they have incorporated the lessons learned in their work.		RWJ(2.3)