



GMPHP NEWSLETTER

Our News and Your Stories

CONTENTS

SPRING CAB MEETING	1
WORKFORCE DEVELOPMENT	2
LIFE EXPECTANCY REPORT	3
HEALTHY PEOPLE 2030 CHAMPION AWARD	3
MATERNAL CHILD REPORT	4
WIC ON WHEELS	4
BEHAVIORAL HEALTH/ACEs	5
KNOCKOUT OPIOIDS	6
TEEN SURVEY	6
WHAT IS TRANQ ?	6
VIOLENCE PREVENTION	7
UPCOMING EVENTS	8



SPRING CAB MEETING

The GMPHP CAB came together "in person" at the RWJ Fitness Center to review the CHIP accomplishments attained in 2022. It felt very festive as partners enjoyed networking and reuniting after post Covid restrictions.

Saif Hasan, Mercer County Epidemiologist presented the COVID workgroup statistics. It was impressive to hear that over 850 home visits were made to vaccinate homebound residents; over 11,000 vaccinations were given at 491 community locations; and 54,000 test kits are being distributed to the community. Saif noted that research shows COVID-19 vaccination hesitancy for adult Americans was 26.3%, but much higher for African-Americans (41.6%) and Hispanics (30.2%). He concluded there is a need for population surveys regarding vaccine hesitancy outside of clinic spaces. Addressing these will be crucial for improving Bivalent dose and under 5 vaccination uptake.

Videsha Joshi presented the Maternal Child Workgroup report, that has focused on reducing the Maternal Child death rate in NJ, which is 30% higher in Mercer County than the state. Last year they focused on getting more women to prenatal care in the first trimester. The wait time for an appointment was reduced from 6 weeks to 1-2 weeks. Capital Health is working towards opening another OB/Gyn Clinic at the Capital East Trenton location, and is awaiting State approval.

continued on page 4 - Maternal Child Workgroup



SPRING CAB MEETING WORKFORCE DEVELOPMENT

On March 23rd, 53 CAB members attended the Spring CAB meeting at the RWJ Fitness Center. Guest speaker Professor Mitchel Rosen, Associate Professor, Department of Urban Global Public Health at Rutgers University, presented a thoughtful discussion of current workforce trends and ideas to overcome staffing shortages. He reviewed:

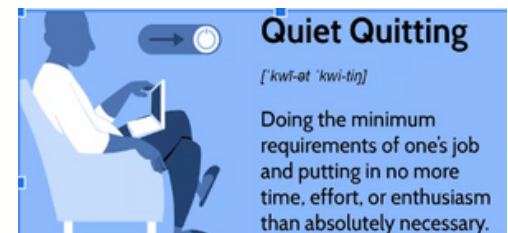
- How does work impact your health?
- Public health workforce trends
- What is Quiet quitting
- What can we do as individuals and as organizations?

He reviewed what people need for job satisfaction?

- Enjoy what you do
- Feel appreciated and valued
- Work with good people

What is important to you for your job?

- Money
- Benefits
- Time off
- Other



Developing the Public Health Workforce:

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Focus on MANAGERS <ul style="list-style-type: none"> ◦ Management and administrative skills ◦ Defining priorities ◦ Financial analysis and budgeting ◦ Marketing ◦ Time management | <ul style="list-style-type: none"> • Focus on LEADERS <ul style="list-style-type: none"> ◦ Leadership skills ◦ Mentorship and coaching ◦ Worker engagement ◦ Strategic planning/systems thinking | <ul style="list-style-type: none"> • Focus on EMPLOYEES <ul style="list-style-type: none"> ◦ Recruitment pathways ◦ Training and education ◦ Engagement and encouragement ◦ Appreciation ◦ Mobility and visibility on career progression (retention) |
|---|---|--|



Create opportunities at work to learn and grow



Encourage employee development



Value employees work product and as a person



Set and communicate expectations



Life Expectancy Workgroup Report

As you can see from this graphic, 55% of health is affected by social and economic factors. The GMPHP redefined its goals toward reducing and responding to chronic disease by refocusing on the underlying inequities that contribute towards greater risk for chronic disease and lower life expectancy.

- Send Hunger Packing - 9,800 backpacks full of food sent home on weekends to school aged children every month.
- Office on Aging - 50,000 lunches served to 1,000 seniors in 2022.
- Mercer Street Friends - served 100,000 meals a month at 180 agencies
- HomeFront - served 700,000 lunch bags at area motels, camps, events in 2022.
- JFCS - served 10,000 Kosher Meals on Wheels
- RWJ served 120 families in the Farm to Family program
- Capital Health provided meals for 65 cancer patients on chemo, and 48 dialysis patients in need.
- Trenton Health Team, Isles, and Capital Health were awarded a grant: "Trenton Neighborhood Initiative", to teach home ownership, and financing. They are currently rehabilitating 14 homes and hope to finish 25 homes by 2026.
- Isles did lead abatement in 42 homes; installed 10 free little libraries; installed art projects; cleaned parks and vacant lots; and is installing 3 community gardens.
- Continuum of Care distributed 3 million dollars to residents in danger of losing their rental home.
- Helping Arms provided rental assistance to 18 formerly incarcerated individuals reintegrating into the community.
- RWJ launched a new electronic medical record that captures SDoH, and screens for ACEs. All staff are trained in systemic racism, cultural biases, and building a culture of trust.
- Capital Health and THT managed the Project Dulce diabetes program - a 5 week peer led diabetes management program offered in English and Spanish.
- RWJ and Capital Health offered 319 free educational health programs to the public
- Office on Aging provided 18,518 one way rides to appointment for seniors
- GMTMA secured a \$358,000 grant for Lawrence to make walking to school safer. They championed Vision Zero resolutions in Lawrence and Pennington in 2022.
- HomeFront, Rise, Isles continue to help people obtain their GED, job training, and parenting classes.

There are many more initiatives completed in 2022, and for a complete overview available in May, go to

www.healthymercer.org



HEALTHY PEOPLE 2030 CHAMPION AWARD

In January, the GMPHP was recognized by the Office of Disease Prevention and Health Promotion as a **Healthy People 2030 Champion**. Many of our CHIP and overarching goals match the national strategic plan to positively impact health outcomes. Healthy People provides a national prevention strategy, measurable objectives, data driven outcomes, program planning and collective input. The 2030 objectives are divided into 5 categories: Health Conditions, Health Behaviors, Populations, Settings and Systems, and Social Determinants of Health. Much of the work our hospital partners, our local Health Departments, County Health Department, and our non-profit partners have been working on, fits perfectly into the Healthy People models.

Champions receive information, tools, and resources to help them promote the initiatives among their networks. We will share what else we learn and benefit from this association as the year progresses.



Continued from page 1 - **Maternal Child Workgroup**

- Safer Child Birth Cities doula program served 54 patients, and TruDoulas assisted 100 families.
- Our GMPHP partners strived to increase participation in prenatal and post-partum visits in at risk families via the Nurse Family Partnership, Healthy Women Healthy Families, CJFHC Central Intake, Community Health Workers, and Parents as Teachers programs.
- CJFHC is in the process of creating a "risk alert" in the Electronic Health Records to identify high-risk pregnancies early.
- 91% of mothers are discharged from hospital breastfeeding, 64% exclusively breastfeeding. The number of lactation consultants has significantly increased to 14, and they provide 24/6 services.
- New in 2022 was the ROSE program, Reaching our Sisters Everywhere, which trains African American breastfeeding moms to mentor African American moms to support breastfeeding. 20 women participated.
- The Children's Home Society created a WIC on Wheels van that will visit communities promoting and educating about breastfeeding, and enrollment for WIC services, See article below.
- CJFHC and the Trenton Health Team launched Family Connects, and had 5 nurses visit 411 postpartum moms and babies a couple of weeks post-partum.
- For My Baby and Me treated 32 pregnant women addicted to drug substances in 2022 by housing, counseling, and providing social services, at HomeFront or Trenton Rescue Mission until they delivered.

Join us! MERCER COUNTY WIC ON WHEELS!



Stop by the John O. Wilson Hamilton Neighborhood Center to tour the new Mercer County WIC on Wheels (WOW) mobile unit!



Wednesday,
April 19, 2023



11:00am-1:00pm



John O. Wilson Hamilton
Neighborhood Center,
169 Wilfred Ave,
Hamilton, NJ 08610

**All are welcome, no appointment
or registration needed!**



**Meet the WIC team and learn
about services offered.**



The Mercer Count WIC program is **ON THE MOVE! On Friday, February 24th, WIC unveiled their new WOW mobile unit**

“Our WIC Mobile Unit is a traveling, fully-equipped WIC Satellite Clinic that will recruit, enroll and serve WIC eligible participants in safe, convenient, and welcoming community locations close to their neighborhoods and within walking distance to the mobile unit,” said Maritza Raimundi-Petroski, Vice President of Strategic Initiatives, Prevention and Community Engagement for The Children’s Home Society of New Jersey.



Delivering Nutrition

and Breastfeeding

Services to our Communities

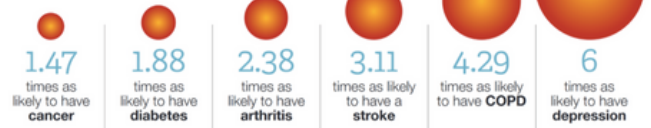
BEHAVIORAL HEALTH/ACE'S WORKGROUP

The primary goal of the Behavioral Health and Trauma workgroup is to reduce the impact of trauma on health outcomes. In recognition of the wide impact of ACEs, the GMPHP has focused on prevention, identification, and treatment of ACEs and social determinants of health. Food insecurity and housing were covered in the life expectancy report. We spoke to many of our partners about staff training in trauma informed care, and found that Catholic Charities and Mercer Street Friends have orientation programs for all staff, and have quarterly in-service education programs.

- GMPHP will partner with TCNJ in 2023 to survey our partners knowledge of ACE's awareness, trauma informed awareness, an interest in staff trainings, and the best way to implement the training.
- The GMPHP will be partnering with the Office of Resilience, Division of Child and Family Services, to explore free trainings that can be posted on the State website.
- The local health departments wrote grants to fund Local Health Outreach Coordinators, who will be available in the communities to provide resources and referrals to needed social services.
- Catholic Charities is working with Rutgers to organize a 12 week program to train Community Health Workers.
- Mercer County Human Services provided free Trauma Informed Care Training, professional inservice programs, Youth Mental Health First Aid trainings, Question-Persuade-Refer suicide prevention programs, Narcan distribution and training.
- The VA led a large suicide prevention program for 100 people; participated in 6 community events and handed out 206 gun locks.

ACE Scores and Illness

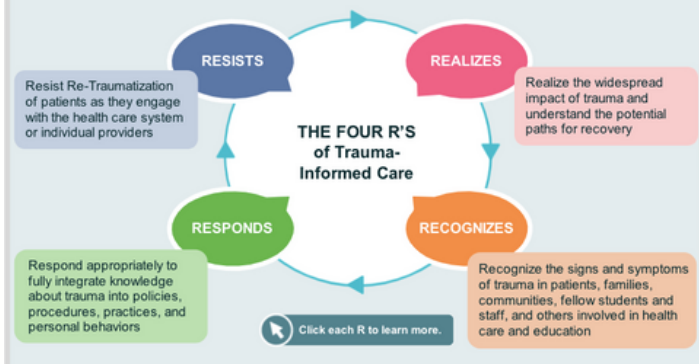
Those experiencing **four or more** ACEs compared to those with **zero** are:



Four or more ACEs indicate a significant level of childhood trauma that greatly increases the risk of poor outcomes.

RISK INDICATORS OF COMMON ADULT ILLNESSES FROM THE IOWA ACES STUDY

Becoming Trauma-Responsive



- Mercer Council on Alcohol and Drug Addiction led Alternatives to Opioids program for 200 seniors; they reached 4,000 students teaching the Life Skills program; Over 3,000 pounds of medication were collected and incinerated in 2022. The All-Recovery program helped 386 recovering people. They conducted Narcan trainings and handed out 114 Narcan kits. These are but a few of the services provided in this CHIP. In May, see the website for the full list.

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's **Center for Preparedness and Response (CPR)**, in collaboration with SAMHSA's **National Center for Trauma-Informed Care (NCTIC)**, developed and led a new training for CPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work.

Participants learned SAMHSA's six principles that guide a trauma-informed approach, including:



SAMHSA HARM REDUCTION SERVICES

- Overdose reversal education and training services
- Navigation services to ensure linkage to HIV and viral hepatitis prevention, testing, treatment and care services, including antiretroviral therapy for HCV and HIV, pre-exposure prophylaxis (PrEP), post-exposure prophylaxis (PEP), prevention of mother to child transmission and partner services
- Referral to hepatitis A and hepatitis B vaccinations to reduce risk of viral hepatitis infection
- Provision of education on HIV and viral hepatitis prevention, testing, and referral to treatment services
- Provision of information on local resources and/or referrals for PrEP

WHAT IS TRANQ?

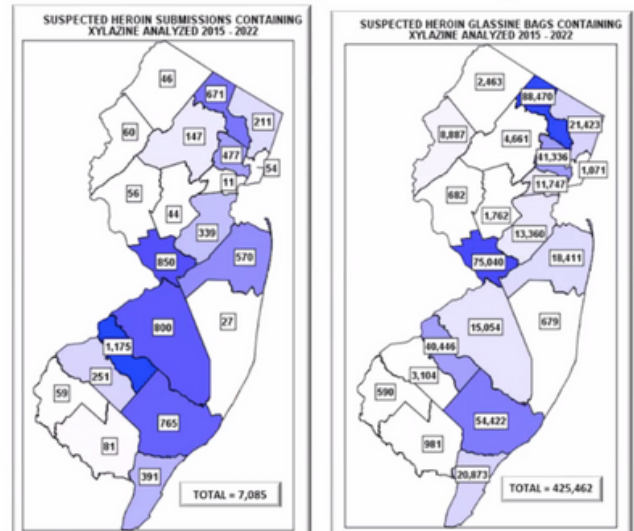
The street name for xylazine is 'tranq', and heroin and fentanyl cut with xylazine is referred to as 'tranq dope'. Xylazine, a non-opioid veterinary tranquilizer not approved for human use, has infiltrated the illicit drug supply across the country and threatens to increase overdose and worsen outcomes for people who use drugs. Xylazine presents new public health challenges and changes the landscape of the overdose epidemic. Regular injection of xylazine has been associated with skin ulcers, abscesses and lesions.

Xylazine- Local Impacts

From 2015 through 2022:

- There were 7,085 submissions of suspected heroin involving xylazine, with a total of 425,462 glassines
- 97% of submissions and 98% of glassines involved xylazine in combination with fentanyl or fentanyl analogs.
- Xylazine-related pills involved 67 total cases, with 4,472 pills; 90% of both cases and total pills were found in combination with fentanyl or fentanyl analogs.
- Camden County reported the highest number of suspected heroin submissions containing xylazine, 1,175.
- Passaic County reported the highest number of glassine bags of suspected heroin containing xylazine, 88,470.
- Xylazine was present in 36% of all suspected heroin submissions in 2022, and 29% of total glassine bags.

Statewide Overview: Locations of Xylazine-Related Suspected Heroin



TEEN SUBSTANCE USE SURVEY

VAPING NICOTINE:

- 12% of eighth graders
- 20.5% of 10th graders
- 27.3% of 12th graders

CANNABIS USE:

- 8.3% of eighth graders
- 19.5% of 10th graders
- 30.7% of 12th graders

ALCOHOL USE:

- 15.2% of eighth graders
- 31.3% of 10th graders
- 52% of 12th graders



Partnership for a
Drug-Free New Jersey
in Cooperation with the Governor's Council on Alcoholism
and Drug Abuse and the NJ Dept. of Human Services



OPPIOID
EDUCATION FOUNDATION
OF AMERICA



NJCARES.gov
New Jersey's Department of Human Services and Division of Child Protection

** To register for continuing education for today's webinar, visit KnockOutDay.DrugFreeNJ.org/credit. **

UPCOMING WEBINAR

The Collateral Impact of Opioid Misuse

11 a.m. Thursday, April 27, 2023

Register at KnockOutDay.DrugFreeNJ.org/events

A PUBLIC HEALTH APPROACH TO FIREARM VIOLENCE

ASTHO BY CAITLIN LANGHORNE, TANYA BAKER

In 2022, **ASTHO** established the **Catalyst Center for Firearm Injury Prevention**

It provides health agency leadership and their staff, partners, and communities with:

- Meetings to learn from leading firearm injury prevention researchers.
- Peer-to-peer networking to strategize on how current community resilience building, health equity, and shared risk and protective work can, directly and indirectly, prevent firearm injuries.
- Resources on effective communication strategies and a public health roadmap to addressing and preventing firearm injury.

With support from federally funded Injury and Violence Prevention Programs, health agencies are protecting the public's health and aiming to improve outcomes by addressing all forms of violence, including firearm violence.

Safe storage, reducing access to lethal means, and recognizing warning signs of persons at risk for using firearms for suicide and other violent acts are all examples of strategies currently being implemented as part of a spectrum of solutions.

For the complete article go to: [https://www.astho.org/communications/blog/a-public-health-approach-to-reducing-and-preventing-firearm-violence/?](https://www.astho.org/communications/blog/a-public-health-approach-to-reducing-and-preventing-firearm-violence/?utm_source=informz&utm_medium=email&utm_campaign=asthophw&utm_content=NPHW&utm_term=GunViolencePrevention)

[utm_source=informz&utm_medium=email&utm_campaign=asthophw&utm_content=NPHW&utm_term=GunViolencePrevention](https://www.astho.org/communications/blog/a-public-health-approach-to-reducing-and-preventing-firearm-violence/?utm_source=informz&utm_medium=email&utm_campaign=asthophw&utm_content=NPHW&utm_term=GunViolencePrevention)

VA SUPPORT 24/7

Ongoing crisis support through your local VA health care facility or regional office is available:

- Our specially trained suicide prevention coordinators—available in each VA medical center across the country—can help you get the counseling and services you need.
- Find your nearest VA medical center : <https://www.va.gov/find-locations/?zoomLevel=4&page=1&address=&facilityType=benefits>
- Our Vet Centers can help you—and your family—readjust to life at home after you've returned from serving in a combat zone.
- Provide trainings across the state to promote lethal means safety (Gun locks and safety tips)
- Our Veterans Benefits Administration offices can help you access benefits for disability compensation (monthly payments), job training, home loans, and more.
- If in crisis: Dial **988** and **Press 1**
- [Chat online](#)
- Text **838255**



VICTORY PROGRAM

Violence Intervention for the Community Through Outreach Recovery (VICTORY) is a collaboration that includes Capital Health, Catholic Charities Diocese of Trenton and Millhill Child & Family Development. It is a hospital-based intervention program, that aims to break the cycle of violence by:

- Identifying and connecting victims of violence to appropriate social support services
- Reducing the reoccurrence of violence and the need for repeat trauma/emergency care.

Capital Health's VICTORY program expands the flexibility and availability of community-based mental health/substance use services offered regardless of participants' ability to pay. From the initial connection at the time of crisis in the trauma center, VICTORY participants benefit from a comprehensive continuum of voluntary care, from crisis response and emergency planning to case management that addresses mental health/substance abuse treatment and other needs. To date, greater than 200 patients have been enrolled in the program and more than 1000 patients and their families have been screened.

BIKE RODEO 2023

April 29th 10:00 am to 2:00 pm
Lawrence High School Parking Lot

Bring your kids and their bike:

- **The Lawrence Police** will set up the bike trail and help young riders navigate the route safely.
- Bikes will be checked for good breaks and seat levels.
- **Capital Health** and **Safe Kids** will hand out new bike helmets and fit them properly while supplies last.
- There will be an opportunity to donate used bikes which will be taken to the **Trenton Bike Exchange** to raise funds for the **Boys and Girls Club**.
- **Kona Ice truck** and the **Fine House food truck** will keep everyone happy.
- A fire engine and ambulance from Lawrence will be fun to explore and learn about.
- A wonderful new large map of Lawrence Township, one showing sidewalks and one showing bike trails. Come and see if you can **find your address**.
- For the "older" kids there will be an **Electric Car Meet Up**. Come and hear from car owners how they like their cars. Many types of cars, 30 plus cars to investigate.
- There will be tables with information about what the **Sustainable Committees** are doing as well as the **Lawrence Health Department** and **Shade Tree Committee** with free tree seedlings.

No Registration required!



"Life doesn't always get better.

But you do.

You get stronger.

You get wiser.

You get softer.

With tattered wings you rise.
And the world watches in wonder
at the breathless beauty of
a human who survived life."

Author : L.R. Knost

