Community Service Plan South Oaks Hospital

2017-2018



Mission Statement for South Oaks Hospital

As a member of Northwell Health, South Oaks Hospital (SOH) strives to improve the health and quality of life for the people and communities we serve by providing world-class service and patient-centered care.

Who We Are

Founded in 1862, South Oaks Hospital is a 258-bed psychiatric hospital located on the Nassau/Suffolk border in the suburban town of Amityville, New York. South Oaks has a long-standing reputation of excellence when it comes to proven treatments for individuals of all ages living with acute mental illness and chemical dependency. The hospital provides comprehensive inpatient, partial hospitalization, and outpatient mental health and chemical dependency services. South Oaks Hospital offers an array of programs, including the Child and Adolescent Center of Excellence, comprehensive outpatient behavioral services, adult inpatient and partial hospitalization programs, senior adult programs, a chemical dependency detoxification and rehabilitation program, and job placement services. In addition, SOH provides community-based programs such as the Vocational Career and Educational Counseling Center, Challenge Activities Ropes Experience (C.A.R.E.), and Support Groups. In 2017, SOH had a total of 6,135 inpatient discharges. South Oaks Hospital, officially became a member of the Northwell Health System in July 2012.

Prevention Agenda for the Healthiest State

South Oaks Hospital, as part of Northwell Health, utilizes the US Surgeon General's National Prevention Strategy (NPS) to guide its community chronic disease prevention and wellness agenda. The Center for Equity of Care incorporated the NPS into SOH's NYSDOH Community Service Plan to impact the health of its surrounding communities. The strategic directions of the NPS include:

- Healthy and Safe Community Environments
- Clinical and Community Preventative Services
- Empowered People
- Elimination of Health Disparities

The CSP focuses on the following areas:

- Increasing screening rates for cardiovascular diseases; diabetes; and breast, cervical and colorectal cancers, especially among populations experiencing health disparities
- Increasing access to high quality chronic disease preventive care and management in both clinical and community settings
- Reducing obesity in children and adults
- Reducing illness, disability, and death related to tobacco use and secondhand smoke exposure
- Promoting mental health and preventing substance use

Examples of interventions that support these areas are:

- Robust chronic disease and cancer screening programs
- Implementation of culturally relevant evidence-based chronic disease selfmanagement education
- Prevention of childhood obesity through early child-care and school projects as well as promotion of policies and practices in support of breastfeeding
- Creation of community environments that promote and support healthy food and beverage choices and physical activity
- Elimination of exposure to secondhand smoke and prevention of the initiation of tobacco use by youth, especially among low socioeconomic status (SES) populations and the promotion of tobacco cessation, especially among low SES populations and those with poor mental health
- Strengthened infrastructure to promote mental, emotional and behavioral wellbeing

Community Benefit Programs

Community-based programs addressing both health and social needs at SOH are the key components of its Community Service Plan. Social determinants of health encompass a range of personal, social, economic, and environmental factors that influence up to 80% of health outcomes. They reach beyond the boundaries of traditional health care to include sectors such as education, housing, food, employment and environment. South Oaks Hospital, through community partnerships and coalition building, has significantly expanded the reach and impact of community health improvement services that address the NYSDOH Prevention Agenda priorities.

South Oaks Hospital, as part of Northwell Health, provides a broad array of community benefit programs, including:

- A. Access to Healthcare Services and Caring for the Medically Underserved
- B. Health Professions Education
- C. Community Health and Wellness
- D. Community Medical Support Services and Programs
- E. Support Groups



A. Access to Healthcare Services and Caring for the Medically Underserved

Financial Assistance Program

Northwell Health is a regional leader in providing financial relief to families who do not have access to the financial resources to pay for medical care. The FAP program was implemented in 2004 through the creation of a standard policy as the result of the combined efforts of the Finance Department, Community Health and the Center for Equity of Care. Developed through a collaboration of senior leadership, community members and key staff, the policy provides a uniformly-administered system of reduced fees for uninsured residents of Northwell Health's service area.

All medically necessary services are covered under the program. The program is promoted through:

- Multilingual signage throughout facilities
- Multilingual educational brochures at key points of patient contact
- Website (https://www.northwell.edu/ manage-your-care/financial-aid-programs/ financial-assistance-program)
- Community outreach events
- Patient bills All bills include a notice about the FAP, along with the program's toll-free number, 1-(888) 214-4065

The FAP is available for individuals earning up to five times the federal poverty level (\$121,250 for a family of four). In addition, the application process for financial

assistance has been redesigned to improve the quality and user-friendliness of the experience. Many FAP requests are now processed via telephone, relieving the patient of the burden of providing current income documentation. Additionally, the FAP application has been simplified to one page.

FAP applications are available online in 15 languages at https://www.northwell.edu/manage-your-care/financial-aid-programs/financial-assistance-program. For more information or questions, please call 1-(888) 214-4065.

Effective Communication in Healthcare

The Center for Equity of Care is a system wide resource and offers numerous educational opportunities to ensure the integration of cultural and linguistic competency into the fabric of the organization. To ensure meaningful access to healthcare services for persons with Limited English Proficiency (LEP) or persons whose preferred language is other than English, free medical interpretation and document translation services are available 24/7. Sign language interpretation services for the deaf and hearing impaired, as well as specific communication tools for visually and speech impaired patients are also available. For more information, please call the Center for Equity of Care at (516) 881-7000.



Diversity and Inclusion

Diversity and inclusion are identified as essential components for the delivery of quality, safe, patient and family centered care that support principles of equity and community.

Aligning with the National Prevention Strategy to eliminate health disparities and empower people in the communities we serve, the Center for Equity of Care implements a system wide educational curriculum and supporting programs. Northwell's "Unconscious Bias" e-Learning program and seminars raise awareness of unconscious filters and their impact on patient care and the workplace. An online cultural diversity resource provides employees information to develop their cultural knowledge and enhance the delivery of culturally competent patient care. Northwell's Business Employee Resource Group (BERG) Program enhances employee engagement; talent recruitment, retention and development; and staff serve as community ambassadors. Northwell Health was recognized as 3rd place on the nationwide 2017 Top 12 Hospitals and Health Systems for Diversity by DiversityInc.

The following Northwell Health sites and facilities were recognized as a "Leader in LGBT Healthcare Equality" in the 2017 Healthcare Equality Index (HEI) by the Human Rights Campaign Foundation: Lenox Hill Hospital, Long Island Jewish (LIJ) Medical Center and Staten Island University Hospital. Eleven other Northwell facilities were named top nationwide performers in the Healthcare Equality Index's 10th annual survey: Cohen Children's Medical Center, Glen Cove Hospital, Huntington Hospital, LIJ Forest Hills, LIJ Valley Stream, North Shore University Hospital, Northern Westchester Hospital, Plainview Hospital, Southside Hospital, Syosset Hospital and the Feinstein Institute for Medical Research. For more information, please contact the Center for Equity of Care at (516) 881-7000.

The Katz Institute for Women's Health (KIWH) Resource Center

The KIWH is dedicated to improving all aspects of a woman's health at every stage of her life. The Resource Center offers women seamless, coordinated access to all of Northwell Health's clinical programs and services

across the continuum of care. The Center is staffed Monday through Friday from 9am to 5pm. During off-hours, please leave a voice message and your call will be returned within one business day. For questions related to Women's Health, please call 1-(855) 850-KIWH (5494).

Northwell Health Physician Referral Service 1-(888) 321-DOCS (3627)

Northwell Health operates a referral service to help community residents find a perfect local match for their medical needs. Information is available for physician specialties, office locations, languages spoken, hospital privileges, and accepted health insurance plans (including Medicaid and Medicare). Bilingual telephone operators are available 24/7. Information can also be found at https://www.northwell.edu/.

MedShare

Northwell Health collaborates with MedShare, an organization dedicated to improving the environment and healthcare by connecting the surplus of medical supplies in one part of the world to a great need in another. This partnership provides critical resources to the medically underserved, both domestically and abroad. Physicians, nurses, and volunteers work collaboratively to collect, sort, ship, and distribute unused medical supplies to hospitals and patients in the U.S. and the developing world. In 2017, Northwell Health donated more than 15,135 pounds of unused medical supplies.

Positive Outreach with Integrated Resources (P.O.W.I.R.)

The P.O.W.I.R. program connects women, youth and men, from infancy to age 24, who are infected with or at risk of HIV, with health system and community resources. The program offers psychosocial and support services, including the Center for AIDS Research and Treatment (CART), the Youth Specialized Care Center, the High Risk Pregnancy Clinic and Prenatal Care Assistance Program, Case Management, and Support Groups for children, adolescents, young adults and caregivers. The program also offers Pre-Exposure Prophylaxis (PFP) and post-exposure prophylaxis (PEP).For more information on the P.O.W.I.R. program, please call (516) 622-5189.

B. Health Professions Education



Graduate Medical Education

As a major academic health system in the New York metropolitan area, Northwell Health is dedicated to excellence in patient care, teaching, and research. More than 1,600 residents and fellows are trained each year in over 120 residency and fellowship programs at 21 member hospitals, with access to state-of-the-art simulation and a BioSkills Education Center. Clinical affiliations include Donald and Barbara Zucker School of Medicine at Hofstra/ Northwell, Albert Einstein College of Medicine, SUNY Downstate College of Medicine, New York Medical College, New York University School of Medicine and New York College of Osteopathic Medicine. The Feinstein Institute for Medical Research is among the top six percent of research institutions that receive funding from the National Institutes of Health. For more information about the individual training programs at Northwell Health, please visit https://www.northwell.edu/research-andeducation/graduate-medical-education.

Donald and Barbara Zucker School of Medicine

In 2008, Hofstra University and Northwell Health entered into a formal agreement that established the School of Medicine, the first allopathic medical school in Nassau County and the first new medical school in the New York metropolitan area in more than 35 years. The academic partnership enhanced recruitment of faculty, leadership, and researchers; furthered the expansions of residencies and fellowships; and enhanced the integration of clinical and translational science.

Hofstra Northwell School of Graduate Nursing and Health Professions

Launched in March 2015, the school is well poised to become a national and global leader in preparing students to meet the growing need for qualified advanced-care nurses and physician assistants who deliver community-based health care. The

School offers several options for advanced learning: master's degrees in family nurse practitioner and adult-gerontology acute care nurse practitioner programs, as well as a master's degree and a dual bachelor's/master's degree program in physician assistant studies. The School expands the successful medical school partnership between Hofstra University and Northwell Health. It incorporates the University's diverse academic programs and infrastructure, as well as Northwell Health's significant clinical activities and educational resources, in its mission to provide an innovative inter-professional education to a new generation of healthcare leaders. For further information, please visit the Hofstra Northwell School of Graduate Nursing and Physician Assistant Studies' website at hofstra.edu/nursing or call (516) 463-7475.

Medical Scholars Pipeline Program The Medical Scholars Pipeline Program at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell was created to provide an educational pathway for underrepresented in medicine (URM) students from high schools in the five New York City boroughs, Nassau County and Suffolk County to enter into health care professions. The three-year curriculum strengthens students' academic skills, bolsters their written and oral communication skills, provides college test preparatory classes, introduces a wide variety of health care professions, and provides experiences at Northwell Health facilities.

To date, 196 students have enrolled in the program and 98 students have completed the three-year curriculum. One hundred percent of the rising first-year college students in the program have enrolled in prestigious colleges and universities including Hofstra, Dartmouth, Yale, Harvard and Columbia. Eleven MSPP graduates are enrolled in professional health care programs. In 2017, the MSPP expanded to Lenox Hill Hospital in New York City. In 2018, the MSPP will expand to Southside Hospital. These expansion

efforts will expose more URM students from underserved communities to careers in medicine. For more information, please call (516) 463-7550 or visit the School of Medicine's website at http:// medicine. hofstra.edu.

SPARK! Challenge

Northwell Health is leading the charge on career awareness by partnering with local high schools in Nassau, Suffolk, Queens, Manhattan and Staten Island to participate in the SPARK! Challenge. Thirty-one teams of employees across the health system introduced nearly 500 high school students to a wide variety of careers that require competencies in Science, Technology, Engineering and Math skills (STEM). The SPARK! Challenge engages students and showcases both clinical and non-clinical career paths available within healthcare. For more information, please email sparkchallenge@northwell.edu.

The Greater New York Hospital Summer Enrichment Program (SEP)

Northwell Health participates in the SEP, an internship program for undergraduate and graduate students pursuing a degree or concentration in health services management. Students work with members of Northwell Health leadership to gain firsthand experience in the major issues, skills, and responsibilities involved in day-to-day management of healthcare facilities. The program seeks to promote diversity in healthcare management, and members of underrepresented communities are strongly encouraged to apply. For more information, please contact the Center for Equity of Care at (516) 881-7000.

C. Community Health and Wellness

In 2015, **South Oaks Hospital** participated in health awareness events at the following health fairs and community events: Medical Career Day at Bay Shore, Islip, East Islip and Central Islip High Schools, Mercy Haven, First Baptist Church of Brentwood, Hands Across Long Island, Long Island Council on Alcoholism and Drug Dependency, Suffolk County Police Department; The Ugly Truth, Transition Fairs in both Nassau and Suffolk Counties, Nassau County Department of Social Services as well as various health fairs that took place at libraries, schools, community centers, senior centers and faith based organizations.

Community Health Programs and Screenings

Northwell Health provides community residents with free health screenings in conjunction with national campaigns (heart health, blood pressure, prostate cancer, and skin cancer) and throughout the year at educational events, all of which are open to the public. Individuals may be referred for follow-up care at Northwell Health. Uninsured individuals who require followup care can utilize the services of South Oak Hospital's sliding fee scale program, with services starting at \$0. In 2017, Northwell Health participated in more than 13,000 community health programs and provided approximately 32,000 health screenings and immunizations.

Long Island Health Collaborative (LIHC)

Northwell Health is a founding member of the LIHC which was established in 2013. LIHC's goal is to help Long Islanders understand why prevention and primary care are important, why each patient must play a more active role in their own health, what resources and services are available here on Long Island, and how these resources and services can be accessed. LIHC is a working group of hospital members, local health department personnel, representatives from social service organizations, public health specialists from colleges, and others who form the core of health and human services for all Long Islanders. The LIHC focus areas are: obesity, chronic disease and mental health. For more information contact Community Health at (516) 600-1494 or visit http://nshc.org/ long-island-health-collaborative.

Healthy Food Access

The Northwell Health service area contains over 1.5 million food insecure individuals. Increasing access to healthy affordable food improves individual and community health. The Northwell Food as Health Program impacts our patients, communities and employees. Northwell Health partners with local community Farmer's Markets to bring fresh affordable produce to food



desserts and food swamps and increase Supplemental Nutrition Assistance Program benefit redemptions. The health system has begun to implement food insecurity screening and in collaboration with regional food access partners has established hospital-based and community programs providing on site and home delivered emergency food supplies and meals, nutrition education, entitlement enrollment and navigation to community food and social service resources. Northwell Health has also engaged in a Farm to Bedside initiative of increasing local, organic and hormone free meats, chicken, fish, dairy and produce for patient meals as well as launching a comprehensive employee wellness program focusing on Healthy Choice meals, beverages and snacks at all of our facilities. For more information, please contact Community Health at (516) 600-1494.

FollowMyHealth

To help patients take a more active role in their health and wellness, Northwell Health rolls out a web-based patient portal that allows patients to access their personal health information anywhere and anytime. FollowMyHealth™ is available to patients who have received care from Northwell Health hospitals and physician practices. To access the portal, please visit https:// www.northwell.edu/manage-your-care/ patient-portal/followmyhealth or call (844) FMH-8108..

Disability Awareness Conference

For the past 19 years, SOH has hosted an annual Disability Awareness Conference, providing valuable complementary training, workshops and innovative programming for healthcare professionals and individuals within the community. Recently, the conference theme centered on "Treating the Whole Person; A Wellness Approach" and was attended by more than 100 individuals. Topics included: Negative Effects of Social Media, ADA Compliance and Assistive Technology, Police Department Disability Training for New Recruits and Robotic Seals:

A Demonstration of the Human/Animal Bond. For more information about the Disability Awareness Conference, please call Community Relations at (631) 608-5012.

Annual Superintendents Day Workshop

South Oaks Hospital hosted their 3rd Annual Superintendents Day Workshops on November 7, 2017. The SOH staff shared their expertise on two challenging topics within the districts: Suicide Prevention: Keeping our students safe and South Oaks; Overview of Services and Referral Process. More than 60 school professionals attended, representing 6 different school districts.

Speakers Bureau

The SOH's Speakers Bureau develops and presents community lectures on a variety of topics to promote health, healing, prevention, and recovery. Last year, the Speaker's Bureau reached more than 12,500 individuals in schools, hospitals, assisted living facilities, senior centers, civic organizations, businesses, employee assistance programs, counseling centers, and government agencies. For more information on our Speakers Bureau, please call Community Relations at (631) 608-5111.

Vocational and Career Counseling Program

The SOH Vocational and Career Counseling Program celebrates 25 years of providing vocational guidance and transitional services to a broad range of individuals. Over time, services have expanded to include transitional planning, job coaching and development, travel training, life skills programming, vocational and educational testing, resume preparation, and interviewing skills for adolescents and adults. The program .maintains ongoing partnerships in the community with school districts, employers, and employees. For more information about the Vocational and Career Counseling Program, please call (631) 608-5052.

Living Healthy

Living Healthy, Northwell Health's Chronic Disease Self-Management Program (CDSMP), is a 6-session, evidence-based health education program for people with any type of ongoing health problems. This program is designed to help people gain self-confidence in their ability to control their symptoms and manage how their health condition affects their lives. To date, 33 programs have been held in English and Spanish, reaching more than 300 community members. For more information, please call the Center for Equity of Care at (516) 881-7000.future health care. For more information, please call the Office of Community and Public Health at (516) 881-7000.

Stepping On

More than one out of four adults aged 65 or older falls each year, leading to both fatal and non-fatal injuries, and threatening safety and independence. Stepping On is an evidence-based community prevention program that empowers independent, older adults to carry out health behaviors that reduce the risks of falls. More than 500 people have attended the 7-week program which is based on adult education and selfefficacy principles. In a small group setting, older adults learn balance and strength exercises and develop specific knowledge and skills to prevent falls. Workshops are facilitated by trained leaders. For more information, please call the Center for Equity of Care at (516) 881-7000.



D. Community Medical Support Services and Programs

Blood Donor Services

Each year, employees of SOH help to ensure an adequate blood supply for New Yorkers in need by donating blood. In 2017, more than 6,989 pints of whole blood were donated by employees of SOH and Northwell Health.

American Heart Association (AHA) Training Center

The AHA Training Center provides trainings in Basic Life Support (BLS), Pediatric Advanced Life Support (PALS), and Advanced Cardiac Life Support (ACLS) to healthcare professionals who require certification. Additionally, this training site offers numerous (CPR, AED, Emergency First Aid) programs to community members, including schools, faith-based organizations, expectant parents, childcare providers, community children's sports league volunteers, and the general public. More than 8,050 hours of training have been provided to more than 14,975 individuals through more than 2,049 programs. Please call (516) 881-7000 for more information. Please call (516) 881-7000 for more information.

Public Access Defibrillation Program (PAD)

The PAD program is designed to increase the availability of automated external defibrillator (AED) devices in the community as well as empower people within the community to use them through AED/CPR training and education. The PAD staff assists local organizations with establishing an emergency response that includes the use of an AED, as well as both initial and refresher training in CPR and AED use. For more information, please call (516) 881-7000.

Center for Tobacco Control (CTC)

Northwell Health's Center for Tobacco Control provides tobacco cessation treatment and support, including individual and group counseling, and support groups, reaching 3,450 individuals in 2017. The CTC also provides preventive services to community members and employees, as well as comprehensive evidence-based tobacco dependence treatment education to healthcare providers and healthcare students, educating 850 providers last year. The CTC provides tobacco control educational programs to the community in the form of health fairs, classroom presentations, expos, and other events, reaching more than 12,000 children and adults in 2017. The CTC guides leaders in healthcare organizations to develop policies that mandate tobacco dependence treatment for all tobacco users, in both the inpatient and outpatient settings. Please visit northwell.edu/stopsmoking, call 1-(866) 697-8487/(516) 466-1980, or email tobaccocenter@northwell.edu for more information.

Queens World Trade Center (WTC) Health Program

Northwell Health is home the Clinical Center of Excellence funded through the James Zadroga 9/11 Health and Compensation Act to provide annual monitoring and treatment for WTC related health effects to 9/11 responders. Eligible members receive confidential physical and mental health monitoring and treatment within the Center and through referrals to the Northwell Health network of providers. In addition to monitoring and treatment examinations, the Center provides outreach and education, social services, benefits counseling, work related benefits counseling, and case management. All WTC Health Program services are federally funded and provided at no cost to responders. For more information, contact the Queens Clinical Center at (718) 267-2420, or the WTC Health Program at 1-(888) WTC-HP4U /1-(888) 982-4748, or http:// www.cdc.gov/niosh/topics/wtc/.

The Mildred and Frank Feinberg Division of the Unified: Behavioral Health Center for Military Veterans and Their Families Unified is an unprecedented collaboration between Northwell Health and the U.S. Department of Veterans Affairs, in which clinicians from both organizations work together to provide the best evidence-based behavioral healthcare possible to military personnel, veterans, and their families, including children. Care includes therapy for individuals, couples, and the family. Unified's goal is to ensure a successful homecoming and reintegration for military families into the community and to help them heal from the invisible wounds of war. For more information, please call (631) 647-2530.

Project Challenge Activities Ropes Experience (C.A.R.E.) Project C.A.R.E. is an adventure based program model that provides groups with a non-traditional, experience of working, thinking, and learning together. Our customizable workshops are designed to meet the specific needs of a group promoting both individual and team growth. Utilizing group initiatives, cooperative and problem solving activities, and high ropes course elements, Project C.A.R.E. works to strengthen relationships, enhance self-esteem, inspire confidence and build trust amongst team members. Since 1994, our program has been serving local businesses and community organizations including school districts, clubs, sport teams, and corporate staff. For more information, please visit us at longislandhome.org/care or call (631) 608-5342.

E. Support Groups

Support groups offer people with similar medical conditions and life challenges an opportunity for discussion, a sharing of experience and knowledge, and a place to ask questions. South Oaks Hospital offers free, ongoing support groups for the community in the following areas: 12 Step meetings, coping and social skills for teens, family groups, dual diagnosis groups, and specialized groups for men, women, adolescents, and healthcare professionals. For additional information about support groups at SOH, please visit http://south-oaks.org and click on support groups.



Awards and accomplishments

- Northwell Health is the 2018 recipient of the American Hospital Association Quest for Quality Prize.
- Northwell's Clinical Call Center becomes 2nd center worldwide to earn Center of Excellence accreditation by the International Academies of Emergency Dispatch.
- Northwell Health is among only three healthcare organizations in the nation to be designated a Center of Excellence in Nursing Education by the National League for Nursing.
- John M. Einsenberg Patient Safety and Quality Award from The Joint Commission and the National Quality Forum for its work since 2009 to lower sepsis mortalities.
- John Q. Sherman Award for Excellence in Patient Engagement for efforts to empower consumers with Eight Patient Rights by The National Patient Safety Foundation and EngagingPatients.org,
- The Unified Behavior Health Center for Military Veterans and their Families recognized by RAND Corporation as "the only national program that targets both veterans and their family members in a collaborative, family-centered care model".
- Northwell Health received high marks for LGBTQ inclusion in the Human Rights Campaign Foundation's 2017 Healthcare Equality Index.
- One of the nation's top 5 hospital systems for diversity and inclusion practices in 2017 by DiversityInc.
- The Ethisphere Institute's names Northwell Health in the top 10 of The World's Most Ethical Companies for superior achievements in transparency, integrity, ethics and compliance.
- 150 Northwell Health physicians were listed in the 20th edition of New York Magazine's "New York's Best Doctors" issue.
- U.S. News and World's Report's "Best Graduate Schools" issue ranks the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell among the top medical schools for primary care.
- Northwell Health ranks 55 nationally out of 100 organizations on Fortune's annual Best Workplaces for Diversity and the only one in New York State.
- Northwell was ranked as one of the top 10 companies for Veterans by Diversity Inc.
- The Center for Learning and Innovation (CLI) received the Global Council of Corporate Universities silver trophy for "Best Corporate University."

South Oaks Hospital

- Awarded North Star 90 award, which is awarded to hospitals, service lines and related business units that have achieved the 90th percentile nationally in patient experience.

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This report was prepared by Community Health. For more information, please call (516) 600-1494.