

Healthy Communities



A publication for people who care about improving the health of our community

Spring 2018

A Note from the Director



W. Daniel Hale, Ph.D.
Director, Healthy
Community Partnership

Although I serve as director of the Healthy Community Partnership, the person responsible for launching this program is **Richard Bennett, M.D.**, president of Johns Hopkins Bayview. I met Dr. Bennett a little over 25 years ago when I was invited to the Medical Center by **John Burton, M.D.**, clinical director for the Division of Geriatric Medicine and Gerontology. Dr. Burton had learned of my interest in developing a community health education program built around medical-religious partnerships and thought that Dr. Bennett, then a faculty member in the Division of Geriatric Medicine, might be interested in collaborating on such a project. The three of us outlined an overall plan, and then Dr. Bennett and I developed a curriculum that would be used to train volunteers from religious congregations to serve as lay health educators.

At the time, I was on the faculty at Stetson University near Daytona Beach, Florida, so we held the first lay health educator program there. The program was far more successful than we expected, and we were requested by medical and religious leaders to continue offering it in that community and in a number of other Florida communities. The early interest in and success of these programs spurred us to describe them in several journal articles and, ultimately, in our book, *Building Healthy Communities through Medical-Religious Partnerships*, published by the Johns Hopkins University Press in 2000. Nine years later, we published the second edition of our book and held a symposium at Johns Hopkins Bayview to celebrate its publication. Shortly after this symposium, Dr. Bennett, who had become president of the Medical Center, suggested we create the Healthy Community Partnership to offer the lay health educator program and other community health programs in Baltimore. I moved to Baltimore in July of 2011, and by that September we were ready to offer our first Hopkins-based lay health educator program.

With the enthusiastic support of Dr. Bennett, hospital leadership and faculty, we have been able to expand our offerings and to reach out to neighborhoods in Baltimore and beyond. We highlight many of these programs in the recently released third edition of *Building Healthy Communities through Medical-Religious Partnerships*. I am pleased to offer a snapshot of the book, as well as some of our programs in this issue of *Healthy Communities*.

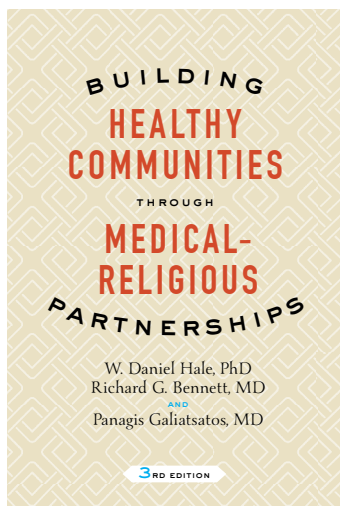
As always, I invite you to connect with us either by way of partnership or by providing feedback on how we can better serve you—our partners in care.

In faith and good health,



Dr. Richard Bennett

BUILDING HEALTHY COMMUNITIES THROUGH MEDICAL-RELIGIOUS PARTNERSHIPS



Nearly 20 years after its initial publication, the Johns Hopkins University Press has released the third edition of *Building Healthy Communities through Medical-Religious Partnerships*. The updated book gives authors **W. Daniel Hale, Ph.D.**, and **Richard Bennett, M.D.**, the opportunity to report on many of the innovative programs the Healthy Community Partnership has offered throughout Maryland. This edition also welcomes **Panagis Galiatsatos, M.D.**, as co-author. Dr. Galiatsatos became acquainted with the Healthy Community Partnership when he was a resident in Johns Hopkins Bayview's internal medicine residency program. He immediately took on a leadership role and eventually co-founded Medicine for the Greater Good (*see below*). Additionally, **Rev. Paula Teague, D.Min.**, a valuable partner in Healthy Community Partnership efforts, contributed a chapter about the development of a Community Partners Clinical Pastoral Education Program—the first of its kind.

What makes this edition of *Building Healthy Communities* so special is that it highlights the work of several key contributors to the Healthy Community Partnership's efforts, including **Rev. Dr. Donte Hickman** and **Gerardo Lopez-Mena, M.D.** Rev. Hickman is the pastor of Southern Baptist Church, a congregation that has taken the lead in transforming one of the most distressed neighborhoods in Baltimore. Dr. Lopez-Mena developed health ministries at Sacred Heart of Jesus/Sagrado Corazón de Jesús, a Catholic church that serves Baltimore's growing Latino population.

Another update to *Building Healthy Communities* is the addition of information on important medical topics, such as lung disease, kidney disease, and several child and adolescent health issues. Thanks to **Kimberly Monson**, program coordinator, the book has a companion website with downloadable resources, including an instructor's guide, Power Point presentations and ready-made handouts.

Building Healthy Communities may be purchased on jhupbooks.press.jhu.edu.

MEDICINE FOR THE GREATER GOOD

A program for medical residents at Johns Hopkins Bayview Medical Center is working to bridge the gap between the hospital and the community by bringing the doctor to the patient. Called Medicine for the Greater Good (MGG), the program was established in 2011 as a series of workshops that encouraged trainees and experts to discuss non-clinical topics, such as health policy, behavioral counseling and social determinants of health. Two years later, it expanded to the internal medicine residency program at Johns Hopkins Bayview, requiring residents to complete at least one project that benefits the community. MGG also attracts undergraduate and graduate students from across Johns Hopkins, even though they are not required to participate.

The program is a unique partnership between Johns Hopkins, the City of Baltimore and its citizens. A "medical peace corps," MGG volunteers work with schools, churches and community centers to promote good health practices. Their involvement includes, but is not limited to: asthma education in local schools, operating blood pressure monitors at health fairs, challenging churchgoers to eat more fruits and vegetables, and attending palliative care workshops. MGG volunteers have even pushed policy changes to benefit lesbian, gay, bisexual and transgender people.

For more information about the program, visit medicineforthegreatergood.com.

At A Glance

 **5,000**
Baltimore
citizens
impacted



248
residents and students

 **5**
Hopkins
schools

(Peabody, Homewood, Schools of
Medicine, Business and Nursing)



4 popular health topics
(Lung Health, Heart Disease,
Weight Loss, Refugee Health)

HONORING YOUR WISHES: YOUR VOICE MATTERS

Conversations about end-of-life care are not easy to have. Most of us don't want to think about tragedy or death, so it's good to start these discussions in a safe and nurturing environment.

Thanks to a grant from the Maryland Department of Health, the Department of Spiritual Care and Chaplaincy and the Healthy Community Partnership are offering "Honoring Your Wishes: Your Voice Matters," a free workshop about advance directives. The primary goal of this class is to encourage individuals to be a partner in one's health by having a voice through wellness, chronic illness and end of life. Participants also will learn:

- What advance directives are
- How to write an advance directive
- How to communicate final wishes

If your congregation or community organization is interested in hosting a free workshop, contact **Andrea Fitz** at afitz@jhmi.edu or **410-550-1197**.

What is an Advance Directive?

An advance directive is a written document that tells your health care providers who should speak for you and what medical decisions they should make if you become unable to speak for yourself.

An advance directive is important if you become unconscious or otherwise too sick to make your wishes known.

LAY HEALTH EDUCATOR PROGRAM: PARTICIPANT SPOTLIGHT



Angela Hall, Franciscan Center

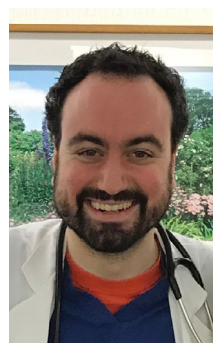
Tell us about your experience with the LHE program.

My experience with the LHE program was gratifying and helpful. My classmates were delightful to work with, and the instructors passed on a wealth of needed information. The setting where the program happened was convenient and comfortable. What I

enjoyed most about the program was the information that resolved many of the mysteries of the unknowns in my journey as a minister.

How have you used what you learned from LHE?

I helped Johns Hopkins Centro SOL have an "Ask a Doc" table at their health fair. I also have been able to set up information packets to hand out at my place of employment, which is an outreach center for the homeless and disadvantaged citizens of Baltimore.



James "Jimmy" Miller, M.D., Internal Medicine Resident, Pediatrics, Johns Hopkins Hospital

Dr. Miller presented information about sleep disorders to a group of women at St. Rita Catholic Church in Dundalk.

What was your experience at St. Rita's?

I facilitated the discussion and encouraged people to share stories. It was very interactive—there was a lot of sharing. I watched people teach others rather than me telling them what to do.

Why do you feel that it's important for physicians to go out into the community?

Any time you go out in the community, it gives you a sense of what the issues really are. It's challenging to determine the issues in a structured atmosphere. I take what I learn in the community and incorporate these concerns with my patients one-on-one.

The Lay Health Educator Program is a 10-week program for leaders and members of faith communities. Participants receive training, materials, access to resources and ongoing support that enable them to organize meaningful programs on important health matters for their congregations and communities. No prior training or experience in health care is required. For more information about upcoming sessions, contact **Kimberly Monson** at **410-550-1118** or kmonson1@jhmi.edu.

CALENDAR OF EVENTS



7th Annual William S. Perper Symposium *Depression, Trauma, Addiction: Demystifying Demons*

Thursday, November 8

Preston Hall

25 W. Preston Street, Baltimore, MD 21201

This free conference provides a forum for community members, faith leaders and mental health providers to connect with each other and learn about the connection between faith and mental health.

Featured speakers include:

–**W. Daniel Hale, Ph.D.**

Healthy Community Partnership, Johns Hopkins Bayview Medical Center

–**Anita M. Wells, Ph.D.**

Department of Psychology, Morgan State University

–**Michael I. Fingerhood, M.D.**

Division of Chemical Dependence, Johns Hopkins Bayview Medical Center

Registration details to come.



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