Comprehensive services for Community health improvement

Behavioral health: High Priority, Deliberate Approach

The 2016 Community Health Needs Assessment (CHNA) process identified high priority areas for community health improvement initiatives.

Behavioral health services are a priority as evidenced by the 2016 CHNA assessment. Over the past five years, there has been a 20 percent increase in people visiting a hospital and emergency department for behavioral health reasons.

We face an epidemic of opioid and heroin use that is killing young people and destroying families throughout our community. In the past 30 years, drug overdoses have killed more people than car crashes and handguns combined. Our Addiction Treatment Center works hard to keep our community healthy. It works hard to keep our community healthy.

The Substance Abuse and Mental Health Services Administration recently released its report on the overdose epidemic, which found that in 2015, there were 42,249 drug overdose deaths. This report estimates that 1 in 100 Americans age 12 and older will die from a drug overdose in their lifetime.

Suburban Hospital remains committed to using its resources and expertise to improve health and reduce disparities in our community.

Behavioral health programs are designed to foster supportive environments where individuals can learn techniques to help them cope with stress and anxiety. The success of these programs is measured by the number of people who are stopped from taking their lives.

The 2016 CHNA identified behavioral health as a high priority area for community health improvement initiatives.

Community Benefit FY16 Update

Another diabetes focused initiative is the Diabetes Nurse Champion program, which aims to improve diabetes care and outcomes for patients who are diagnosed with diabetes. The program was implemented in partnership with the American Diabetes Association and the American Diabetes Association of the Capital Region.

Community Benefit FY16 Update

The following are several examples of community benefit programs for 2016:

- **Healthcare for Our Community**
  - **Caring for Our Community**
  - **Suburban Hospital**
  - **Montgomery County**
  - **Carpenter's Hands**
  - **Community Health Improvement**
  - **Suburban Hospital**
  - **Montgomery County**
  - **Carpenter's Hands**
  - **Community Health Improvement**
  - **Suburban Hospital**
  - **Montgomery County**
  - **Carpenter's Hands**
  - **Community Health Improvement**

Caring for Our Community

The 2016 Community Health Needs Assessment (CHNA) process identified high priority areas for community health improvement initiatives.

Behavioral health services are a priority as evidenced by the 2016 CHNA assessment. Over the past five years, there has been a 20 percent increase in people visiting a hospital and emergency department for behavioral health reasons.

**Community Benefit FY16 Update**

- **Behavioral health: High Priority, Deliberate Approach**
  - **The 2016 Community Health Needs Assessment (CHNA) process identified high priority areas for community health improvement initiatives.**
  - **Behavioral health services are a priority as evidenced by the 2016 CHNA assessment. Over the past five years, there has been a 20 percent increase in people visiting a hospital and emergency department for behavioral health reasons.**
  - **We face an epidemic of opioid and heroin use that is killing young people and destroying families throughout our community. In the past 30 years, drug overdoses have killed more people than car crashes and handguns combined. Our Addiction Treatment Center works hard to keep our community healthy.**
  - **The Substance Abuse and Mental Health Services Administration recently released its report on the overdose epidemic, which found that in 2015, there were 42,249 drug overdose deaths. This report estimates that 1 in 100 Americans age 12 and older will die from a drug overdose in their lifetime.**
  - **Suburban Hospital remains committed to using its resources and expertise to improve health and reduce disparities in our community. Behavioral health programs are designed to foster supportive environments where individuals can learn techniques to help them cope with stress and anxiety. The success of these programs is measured by the number of people who are stopped from taking their lives.**
  - **The 2016 CHNA identified behavioral health as a high priority area for community health improvement initiatives.**
  - **Another diabetes focused initiative is the Diabetes Nurse Champion program, which aims to improve diabetes care and outcomes for patients who are diagnosed with diabetes. The program was implemented in partnership with the American Diabetes Association and the American Diabetes Association of the Capital Region.**

Caring for Our Community

The 2016 Community Health Needs Assessment (CHNA) process identified high priority areas for community health improvement initiatives.

Behavioral health services are a priority as evidenced by the 2016 CHNA assessment. Over the past five years, there has been a 20 percent increase in people visiting a hospital and emergency department for behavioral health reasons.

**Community Benefit FY16 Update**

- **Behavioral health: High Priority, Deliberate Approach**
  - **The 2016 Community Health Needs Assessment (CHNA) process identified high priority areas for community health improvement initiatives.**
  - **Behavioral health services are a priority as evidenced by the 2016 CHNA assessment. Over the past five years, there has been a 20 percent increase in people visiting a hospital and emergency department for behavioral health reasons.**
  - **We face an epidemic of opioid and heroin use that is killing young people and destroying families throughout our community. In the past 30 years, drug overdoses have killed more people than car crashes and handguns combined. Our Addiction Treatment Center works hard to keep our community healthy.**
  - **The Substance Abuse and Mental Health Services Administration recently released its report on the overdose epidemic, which found that in 2015, there were 42,249 drug overdose deaths. This report estimates that 1 in 100 Americans age 12 and older will die from a drug overdose in their lifetime.**
  - **Suburban Hospital remains committed to using its resources and expertise to improve health and reduce disparities in our community. Behavioral health programs are designed to foster supportive environments where individuals can learn techniques to help them cope with stress and anxiety. The success of these programs is measured by the number of people who are stopped from taking their lives.**
  - **The 2016 CHNA identified behavioral health as a high priority area for community health improvement initiatives.**
  - **Another diabetes focused initiative is the Diabetes Nurse Champion program, which aims to improve diabetes care and outcomes for patients who are diagnosed with diabetes. The program was implemented in partnership with the American Diabetes Association and the American Diabetes Association of the Capital Region.**
### Community Benefit FY16 Update

Another diabetes focused initiative is the Diabetes Nurse Champion program, which aims to improve diabetes care and outcomes for patients and families who are admitted to Suburban Hospital. Nurse Cheryl Panneerselvam facilitated a Diabetes Nurse Champion program in 2015 with colleagues who are leaders in the field, including Dr. Panneerselvam and Dr. Sudharsanam. The program’s goals are to improve diabetes care and outcomes for patients and families who are admitted to Suburban Hospital.

### Caring for Our Community

#### FY16 CHNA Priorities

<table>
<thead>
<tr>
<th>Priority</th>
<th>Percent of Total</th>
<th>Project Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral health</td>
<td>23%</td>
<td>Funded Education</td>
</tr>
<tr>
<td>Cancer</td>
<td>12%</td>
<td>Behavioral and Social Support Services</td>
</tr>
<tr>
<td>Diabetes</td>
<td>18%</td>
<td>Cardiovascular Disease Management</td>
</tr>
<tr>
<td>Obesity</td>
<td>12%</td>
<td>Medicaid</td>
</tr>
</tbody>
</table>

#### 2016 - 2017 Community Health Improvement Report

### 2016 CHNA Priorities

- **Behavioral Health**: Includes initiatives to improve mental health services, including the addition of a new residential treatment program for adults with substance use disorders.

- **Cancer**: Focused on improving outcomes for patients with cancer, including the development of a new breast cancer screening program.

- **Diabetes**: Includes the implementation of a new diabetes prevention program for high-risk patients.

- **Obesity**: Includes initiatives to improve nutrition and physical activity among residents.

### Community Benefit

- **Charity Care**: Provided $196,847 in charity care contributions to support patients who are unable to pay for their care.

- **Operations**: Provided $921,022 in contributions to support hospital operations.

- **Research**: Provided $426,160 in contributions to support medical research.

- **Education**: Provided $3,294,000 in contributions to support educational programs.

- **Charity Care**: Provided $9,104,823 in charity care contributions to support patients who are unable to pay for their care.

### FY16 Update

- **Behavioral Health**: Includes initiatives to improve mental health services, including the addition of a new residential treatment program for adults with substance use disorders.

- **Cancer**: Focused on improving outcomes for patients with cancer, including the development of a new breast cancer screening program.

- **Diabetes**: Includes the implementation of a new diabetes prevention program for high-risk patients.

- **Obesity**: Includes initiatives to improve nutrition and physical activity among residents.
Healthy Behaviors
Foster social and emotional support

How?
By supporting aging in place of our seniors through educational and community-based programs and by providing positive parenting resources that will nurture stronger families

Behavioral Health
By the Numbers

- 16.2% of adults experienced mental illness in the past year
- 1,720 deaths per 100,000 are related to behavioral health
- 8.9% of adolescents and adults use illegal drugs each month

A Collective Approach
As an integral stakeholder in the local health care system, Suburban Hospital addresses behavioral health needs with the support of strong and long-standing partnerships in Montgomery County. These partners work across sectors to address the complex health and social challenges of behavioral health by aligning their individual agendas into one with a clear, common, and measurable outcome.

The Change We Want to See:
Healthy Behaviors

- Foster social and emotional support

How?
By supporting aging in place of our seniors through educational and community-based programs and by providing positive parenting resources that will nurture stronger families

Access to Healthcare Services

- Increase knowledge of behavioral health resources in Montgomery County and facilitate access to available services

How?
By linking patients in need of behavioral health services to appropriate community resources

Health inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work, and age. – WORLD HEALTH ORGANIZATION
Behavioral health includes mental health, addiction and crises intervention and transcends race, culture, socioeconomic status and life stages in Montgomery County. With this expansion of health issues comes a multitude of challenges that Suburban Hospital is dedicated to addressing.

A Collective Approach

**Healthy Behaviors**

- Foster social and emotional support

**How?**

By supporting aging in place of our seniors through educational and community-based programs and by providing positive parenting resources that will nurture stronger families.

**Activities**

- Art Therapy
- Village On Call
- Alcohol and Other Drug Education Seminars
- Meditation Classes
- Suburban On Call
- Parenting Seminars
- Senior Fitness Programs
- Support Groups
- Magellan Care Coordination Services
- Behavioral Inpatient/Intervention Services
- Mindful/Mediation for Behavioral Health Challenges
- The Mindfulness Center
- Witnessing Exchange Program (WEP)

**CHALLENGES**

- Health Inequities
- Behavioral Health
- By the Numbers

Health Inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age.

---

**Healthy Behaviors**

- Foster social and emotional support

**How?**

By supporting aging in place of our seniors through educational and community-based programs and by providing positive parenting resources that will nurture stronger families.

**Activities**

- Art Therapy
- Village On Call
- Alcohol and Other Drug Education Seminars
- Meditation Classes
- Suburban On Call
- Parenting Seminars
- Senior Fitness Programs
- Support Groups
- Magellan Care Coordination Services
- Behavioral Inpatient/Intervention Services
- Mindful/Mediation for Behavioral Health Challenges
- The Mindfulness Center
- Witnessing Exchange Program (WEP)

**Access to Healthcare Services**

Increase knowledge of behavioral health resources in Montgomery County and facilitate access to available services

**How?**

By linking patients in need of behavioral health services to appropriate community resources.

---

**Strengthening a Culture of Health**

By the Numbers

- 16.2% of adults experienced mental illness in the past year
- 1.720.3 of adults related to behavioral health-related conditions
- 8.9% of adolescents and adults use illegal drugs each month
- 7.0 deaths per 100,000 are due to suicide

---

**The Change We Want to See**

- Healthy Behaviors
- Access to Healthcare Services

---

**SUBURBAN HOSPITAL EXPERTISE**

- Addiction Treatment Center
- ED Crisis Intervention
- Inpatient Services

---

**13 PARTNERS**

- National Alliance on Mental Illness of Montgomery County
- Montgomery County Department of Behavioral Health
- Montgomery County Police Department
- Montgomery County Sheriff's Association
- YMCA Youth and Family Services
- Washington Area Village Exchange (WAVE)
- Montgmery County Narcotics Anonymous
- OASIS Montgomery County
- Healthy Management
- Montgomery County Department of Behavioral Health
- The Mindfulness Center
- Witnessing Exchange Program (WEP)
- Life Language Access to Care

---

**How?**

- By linking patients in need of behavioral health services to appropriate community resources.

---

**World Health Organization**

Health inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age.
Behavioral health includes mental health, addiction and crisis intervention and transcends race, culture, socioeconomic status and life stages in Montgomery County. With this expansion of health issues comes a multitude of challenges that Suburban Hospital is dedicated to addressing.

### CHALLENGES

- **Health Inequities**
- **Stigmatization**
- **Language Access**
- **Cost**
- **Lack of Information**
- **Lack of Intergenerational Support**
- **Health Inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age.**

### By the Numbers

- **16.2%** of adults experienced mental illness in the past year.
- **1,720.3 ER visits per 100,000 are related to behavioral health related conditions**.
- **7.0 deaths per 100,000 are due to suicide**.
- **8.9% of adolescents and adults use illegal drugs each month**.

### A Collective Approach

**SUBURBAN HOSPITAL EXPERTISE**

- **Addiction Treatment Center**
- **ED Crisis Intervention**
- **Inpatient Services**

**13 PARTNERS**

- **OSIS Montgomery**
- **Institute on Mental Health of Montgomery County**
- **National Alliance on Mental Illness of Montgomery County**
- **YMCA Family Services**
- **South Montgomery County Health and Wellness**
- **Montgomery County Police Department**
- **Montgomery County Stroke Association**
- **Montgomery County Narcotics Anonymous**
- **Montgomery County Department of Behavioral Health**
- **Montgomery County Dept of Recreation**
- **National Alcoholics Anonymous**
- **Girls on the Run Montgomery County**
- **Healthy Management**

**Community Health and Wellness**

**Outpatient Behavioral Mental Health Services**

### The Change We Want to See

**Healthy Behaviors**

- Foster social and emotional support

**How?**

- By supporting aging in place of our seniors through educational and community-based programs and by providing positive parenting resources that will nurture stronger families

**Access to Healthcare Services**

- Increase knowledge of behavioral health resources in Montgomery County and facilitate access to available services

**How?**

- By linking patients in need of behavioral health services to appropriate community resources

### Activities

- **Support Groups**
- **Senior Fitness Programs**
- **Alcohol and Other Drug Education Seminars**
- **Parenting Seminars**
- **Meditation Classes**
- **Behavioral Inpatient/Outpatient Services**
- **Medicaid/Insurance for Behavioral Health Services**
- **Suburban On Call**
- **Village Ambassador Alliance**
- **Art Therapy**
- **Suburban Girls on the Run Montgomery County**
- **Suburban Montgomery County Police Department**
- **Institute on Mental Health of Montgomery County**
- **Montgomery County Department of Behavioral Health**
- **Montgomery County Dept of Recreation**
- **Montgomery County Stroke Association**

Health Inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age.
The 2016 Community Health Needs Assessment (CHNA) identifies behavioral health as a top community priority and a significant concern for our community, our hospital, and for our patients. As a result of this assessment, we are highlighting this issue as the top health priority among stakeholders, and for those reasons, we are prioritizing behavioral health. A as a result of these efforts, we are identifying programs to foster social support, and we are addressing behavioral health concerns.

Some of our initiatives include:

- Comprehensive services for parents and adolescents with emotional problems, mental illness and diabetes, as well as those exposed to domestic violence and children;
- Support groups for community members who are recovering from chronic illness and during pregnancy and childbirth;
- Community health improvement programs to foster social support, particularly among the senior population.

There is such a significant need for these services in our community and I am proud of the approach Suburban Hospital takes in providing behavioral health care,” states Suburban Hospital President Judy Schlotz.

Our programs are recognized across the region, because we emphasize respect for the patient and family while also providing the most effective and cost-effective care. We have a strong commitment to our patients and our community. In the process of expanding our services to meet the needs of our patients, Behavioral health services are a priority at Suburban Hospital.

To see the entire 2016 CHNA and associated implementation plans for all five health priorities, log on to suburbanhospital.org/CHNA.

### Community Benefit FY16 Update

Another diabetes focused initiative is the Diabetes Nurse Champion program, which aims to improve care and outcomes for people with diabetes who are admitted to Suburban Hospital.

### FY16 Update

Another diabetes focused initiative is the Diabetes Nurse Champion program, which aims to improve care and outcomes for people with diabetes who are admitted to Suburban Hospital.