

COMMUNITY HEALTH NEEDS ASSESSMENT

Implementation Strategy

FY 2018-2021



An affiliate of University of Maryland Medical System and Johns Hopkins Medicine

Mt. Washington Pediatric Hospital

The following Implementation Strategy is required and presented to meet the needs of the community served by Mt. Washington Pediatric Hospital Pediatric Hospital (MWPH) based on the findings in the 2018 Community Health Needs Assessment (CHNA). MWPH will track the progress with long-term outcome objectives measured through the Maryland's Department of Health (MDH).

Short-term programmatic objectives, including process and outcome measures will be measured annually by MWPH for each priority areas through the related programming. Adjustments will be made to annual plans as priorities emerge in the community, or through our annual program evaluation. MWPH will provide leadership and support within the communities served at sustained and strategic response levels.

- **Sustained Response** - Ongoing response to long-term community needs, i.e. obesity and injury prevention education, health screenings.
- **Strategic Response** - Long-term strategic leadership at legislative and corporate levels to leverage relationships to promote health-related policy or reform and build key networks.

Future Community Health Needs Assessments will be conducted every three years and strategic priorities will be re-evaluated. Programmatic evaluations will occur on an ongoing basis and annually, and adjustments to programs will be as needed. All community benefits reporting will occur annually to meet state and federal reporting requirements.

**MWPH Strategic Programs and Partners
FYs '19-'21**

Maryland SHIP Vision Area	MWPH Priorities	MWPH Strategic Community Programs	MWPH Partners
Healthy Beginnings & Quality Preventive Care	Access to Healthcare	Patient Education Materials (literacy level/language), Patient Resource Guide, Prenatal and Postnatal Education, Community Events Clinical Education Program	Baltimore City Health Dept. Baltimore County Health Dept. MDH, Head Start Programs (Y of Central Maryland/Catholic Charities), Baltimore City Public Schools MWPH Leadership/Associates
Healthy Communities	Violence & Child Maltreatment Transportation Mental Health	Violence Intervention Program (VIP) Safety Baby Showers PREP Program, Car Seat Safety Program Mental Health Conference, MH Screenings, MHFA	Baltimore City Health Dept., The Family Tree, Roberta's House, House of Ruth Safe Kids, Baltimore City Fire Department, Maryland Car Seat Safety Program, KISS, Maryland Physicians Care, Amerigourp, United Health UMMS/MWPH Psychiatry/Psychology, Child Life, Baltimore City Public Schools
Quality Preventive Care	Behavioral Health & Substance Abuse	Community-wide Substance Abuse Education Program-360	MWPH/UMMS Dept of Psychiatry, Baltimore City Police

		Strategy, Parent Education Groups, Provider and Patient Education on Prescribing Practices	Dept., Community Healthcare Providers, Faith-based Organizations (local churches synagogues)
Healthy Living & Quality Preventive Care	Health Literacy & Chronic Disease Education/Prevention	Safety Baby Showers	Share Baby, Safe Kids, Baltimore City Fire Department, Maryland Car Seat Safety Program, KISS, Maryland Physicians Care, Amerigourp, United Health
Access to Healthcare & Healthy Communities	Obesity & Access to Healthy Foods	Weigh Smart/Weigh Smart Jr. Healthy Living Academy, Farmer's Markets, WIC Presentations, BMI and Blood Pressure Screenings, Chronic Disease Prevention Education	Baltimore City Public Schools, WIC, Local Farmer's Markets

**Mt. Washington Pediatric Hospital CHNA Implementation Plan
FY 2019-2021**

Priority Area: Health Literacy & Chronic Disease Education/Prevention

Long Term Goal:

- 1) Reduce the utilization of preventable emergency room visits for adults and children.
- 2) Improve the proportion of adults in Northwest Baltimore who are Health Literate

Annual Objective	Strategy	Target Population	Actions Description	Process	Resources/Partners
Reduce the utilization of preventable emergency room visits due to poor or low health literacy skills	<p>Create incentives that provide pictures and or low-literacy techniques to help families better understand how to navigate the health care system.</p> <p>Support community healthcare workers that provide education on navigating the healthcare system</p>	<p>Adults</p> <p>Adults & Children</p>	<p>Provide information at every major outreach event: - Fall Back to Health at Mondomin Mall B'More Healthy Expo Healthy City Days</p> <p>Develop resource guide to be used on website and for smaller community events as handout</p> <p>Partner with CBO's to provide education, funding and support of joint missions</p>	<p>Reach:</p> <p># of materials distributed per event and totals # of campaigns # of events featuring information # of people attending events</p> <p># of web page hits</p> <p>Amount of financial resources provided in dollars</p> <p># of joint events/activities sponsored</p>	Baltimore City Health Department

Priority Area: Violence & Child Maltreatment – Encourage safe physical environment for children
Long Term Goal: Reduce the rate of recidivism due to violent injury. (Balto City Baseline: 2014 Target: Decrease by 10%)

Annual Objective	Strategy	Target Population	Actions Description	Process	Resources/Partners
<p>Reduce the rate of preventable harm to children and youth in West Baltimore</p>	<p>External: Provide education and information at community events, with partners and events on behavior management, appropriate toys/play, baby signing, and a resource guide to parents of free resources in the community to provide parents with skills and tools required to be better and more engaged parents</p> <p>Provide materials on proper nutrition, physical activity, and stress management to assist in copying strategies</p>	<p>Parents in West Baltimore ZIP codes 21215</p> <p>Elementary and middle school youth and teens in Baltimore City</p> <p>MWPH parents/families/caregivers</p>	<p>Provide talks once a month as a community benefit. Print resource guide and edit and evaluate after 6 months to ensure accuracy</p> <p>Present Healthy Self Image Curriculum to program at Baltimore City elementary and middle schools that is focused of positive self-esteem and identifying bullying behaviors</p> <p>Attend community events</p>	<p>Reach: 200 copies of materials distributed</p> <p>50 active clients 25 people attending group weekly</p> <p>1,000 copies of materials distributed</p> <p>40 Events attended</p> <p>4,000 people attending event</p>	<p>External: Infant Education Development Team</p>

	<p>Inpatient: Provide safety baby showers to women and/or their families of active patients to educate them about injury prevention topics such as medication administration, lead poisoning safety, choking, poisoning, child passenger safety, burning/scalding, infant sleep safety, falls and other residential injuries.</p> <p>Educate community youth on the importance of violence prevention</p>				<p>Inpatient:</p> <p>Rehabilitation Therapists</p> <p>Community Outreach Coordinator</p> <p>Child Life Specialists</p> <p>Physical Therapists</p> <p>Psychologist Baltimore City Health Dept., The Family Tree, Roberta's House, House of Ruth</p>
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Priority Area: Transportation –Health Literacy/Education/Outreach
Long-Term Goals: Reduce transportation related obstacles to access to care

Annual Objective	Strategy	Target Population	Actions Description	Process	Resources/Partners
Reduce barriers to access to healthcare due to lack of transportation	<p>Conduct onsite health education seminars and workshops on various topic at local schools, community centers etc. Where need for public and transportation is either reduced or not needed</p> <p>Provide limited funding for those who do not have access to public transportation, MA transportation services, or when timely arrangement with Baltimore City/County Transit or MA Transportation services is a barrier</p>	Adults & Children	<p>Provide information at every major outreach event: - Fall Back to Health Event at Mondomin Mall - B'More Healthy Expo - Healthy City Days Develop resource guide to be used on website and for smaller community events as handout</p> <p>Partner with CBOs to provide education, funding & support of joint missions</p>	<p>Reach: # of materials distributed per event and totals # of campaigns # of events featuring information # of people attending events # of web page hits Amount of financial resources provided in dollars # of joint events/activities sponsored</p>	<p>University of Maryland Medical System Maryland Physicians Care Amerigroup United Health Care Maryland Health Care Access Baltimore City Health Department Baltimore County Health Department, Safe Kids, Baltimore City Fire Department, Maryland Car Seat Safety Program, KISS, Maryland Physicians Care</p>

	<p>to patients receiving treatment</p> <p>Work with Baltimore City to provide transportation vouchers to qualified families</p> <p>Work with department of psychology in the Telepsych Initiative</p>		<p>Provide education, counseling, clinical plan and follow up to patients needing psych services in rural areas or those with transportation difficulties</p>	<p>Reach:</p> <p># of patients attending the consult on a monthly basis</p> <p># of new patients signing up for the service</p> <p># of current patients using the service</p>	<p>Department of Psychology</p>
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Priority Area: Behavioral Health & Substance Abuse

Long Term Goals Supporting Maryland

SHIP: 1) Reduce the Drug-induced Death Rate – Balt. City = 57.4/100,000 population; → MD 2017 Goal: 12.6/100,000 → HP 2020 Goal: 11.3/100,000

Annual Objective	Strategy	Target Population	Actions Description	Process	Resources/Partners
Reduce prescription drug and alcohol-induced death rate	Launch programs in the community providing education and information to on identifying alcohol and illicit drug	<p>Adult and Children in the West Baltimore community</p> <p>Partner schools</p>	Attend community events and fairs and educate the community on identifying substance abuse and community resources	<p>Reach:</p> <p># of events focusing on drug and alcohol misuse</p> <p># of people impacted</p>	<p>MWPH Department of Psychiatry</p> <p>UMMC Department of Psychiatry</p>

	Provide education to providers on the opioid crisis in both adults and children and appropriate prescribing practices	Faith-based community Hospital and community licensed healthcare providers	Partner with the Baltimore City police department in the 360 Strategy to provide education and outreach on combating heroin and prescription drug use Provide education sessions to patients and their family members on resources available for prescription drug and alcohol abuse	# of patients educated # of providers educated	BC Police Department Community Healthcare providers Faith-based community leaders
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Priority Area: Access to Healthcare

Long-Term Goals:

- 1) Reduce the utilization of adult and child emergency room visits for preventable injuries
- 2) Improve the proportion of adults in Northwest Baltimore who are Health Literate

Annual Objective	Strategy	Target Population	Actions Description	Process	Resources/Partners
Improve the health literacy in for adults in West Baltimore	Create training program for clinical and nonclinical personnel focused on motivational interviewing	Adults	Review all materials that are provided to patients for literacy levels.	Improve the health literacy in for adults in West Baltimore	Create training program for clinical and nonclinical personnel focused on motivational interviewing
Reduce the proportion of adults emergency room visits due to poor and/or low health literacy skills	Create incentives that provide infographic and or low-literacy techniques to help families better understand how to	Adults	Provide information at every major outreach event: - Fall Back to Health Event at Mondomin Mall - B'More Healthy Expo - Healthy City Days	Reach: # of materials distributed per event and totals # of campaigns # of events featuring	Baltimore City Health Department Baltimore County Health Dept. MDH, Head Start Programs (Y of Central

	<p>navigate the health care system</p> <p>Support community Health care workers that provide education on navigating the health care system</p>	Adults & Children	<p>Develop resource guide to be used on website and for smaller community events as handout</p> <p>Partner with CBOs to provide education, funding & support of joint missions.</p>	<p>information # of people attending events</p> <p># of web page hits</p> <p>Amount of financial resources provided in dollars</p> <p># of joint events/activities sponsored</p>	<p>Maryland/Catholic Charities),</p> <p>Baltimore City Public Schools</p>
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Priority Area: Mental Health

Long Term Goals Supporting Maryland SHIP: 1) Reduce the Suicide Rate – Balt. City (2016) = 8.5/100,000 population; – MD 2017 Goal: 9/100,000 & HP 2020 Goal: 10.2/100,000 2) Reduce the Emergency Department Visits related to Mental Health– Balt. City = 6,782/100,000 population; – MD 2017 Goal: 3,152.6/100,000

Annual Objective	Strategy	Target Population	Actions Description	Process	Resources/Partners
<p>Reduce the rate of suicides in the targeted serving area</p> <p>Increase mental health awareness in the community and with patients</p> <p>Connect individuals needing mental health services to appropriate resources</p>	<p>Provide education and information to community members on identifying mental health problems using the evidence-based program: Mental Health First Aid (MHFA)</p> <p>Provide mental health screenings in the community and refer to appropriate</p>	<p>West Baltimore Adults & Youth</p> <p>Community Training – Schools, faith leaders, health ministry leaders, community members in</p> <p>Providers/staff/patients and family members training</p>	<p>Mental Health First Aid (MHFA) is a course for lay public which assists the public in identifying someone experiencing a mental health or substance use-related crisis. Participants learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.</p>	<p>Reach:</p> <p># of students assisted through programs in part schools</p> <p># attending annual mental health conference</p> <p>Outcomes:</p> <p># of referrals to care</p> <p># of participants in MHFA program</p>	<p>UMMC Department of psychiatry</p> <p>MWPH Behavioral health services</p> <p>Baltimore City Public Shools</p> <p>MWPH psychologists</p> <p>Johns Hopkins Hospital, Sinai Hospital, St. Agnes Hospital, Mercy, MedStar, Mosaic Group, CRISP</p>

Partner with surrounding Baltimore County and City hospitals on one mental health initiative	resources as needed		<p>Trauma Informed-Care/Specific Interventions – Utilizing evidence-based programs to address specific needs identified in partner schools in West Baltimore.</p> <p>Co-sponsor two semi-annual Mental Health Conferences for the community at large.</p> <p>Provide free mental health screenings using the PHQ2 (then PHQ9 if +) tool in the community. Provide education and information about mental health</p>	<p>Reach: # of people screened in the community</p> <p>Outcomes: # of positive screens # of referrals</p>	
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Priority Area: Obesity & Access to Healthy Foods

Long Term Goals:

Healthy People NWS 9 (LHI) – Reduce the proportion of adults who are obese Healthy People 2020 NWS 10 (LHI)

- Reduce the proportion of children and adolescents who are obese Healthy People 2020 NWS 14 & 15
- Increase the variety & contribution of fruits & vegetables to the diets of the population aged 2 yrs and older Healthy People 2020 PA 2.4
- Increase the proportion of adults who meet the objectives for aerobic physical activity and for muscle- strengthening activity

1) Maryland SHIP # 30 – Increase the proportion of adults who are at a healthy weight (Balto City Baseline: 33.1% » 2017MD Target: 35.7%)

2) Maryland SHIP #31 – Reduce the proportion of youth (ages 12-19) who are obese (Balto City Baseline: 17.4% » 2017 MD Target: 11.3%)

3) Maryland SHIP #25 – Reduce deaths from heart disease (Deaths/100,000 age-adjusted) (Balto City Baseline: 259.7 » 173.4)

4) Maryland SHIP #27 – Reduce diabetes-related emergency department visits (Balto City Baseline: 823.7 » 2017 MD Target: 330.0) who met the demographic

Annual Objective	Strategy	Target Population	Actions Description	Process	Resources/Partners
<p>Increase the proportion of adults who are at a healthy weight</p> <p>Reduce the proportion of youth who are obese</p>	<p>Weigh Smart/Weigh Smart Jr. and Healthy Living Academy.</p> <p>Educate & engage community on the importance of daily physical activity guidelines using evidence- based research & programs</p> <p>Collaborate with WIC and other partners in offering Farmers Market in targeted areas with food deserts</p>	<p>Adults and children in property targeted zip codes</p>	<p>Nutritional Rehabilitation Program- A coordinated holistic approach to management of diagnoses that have a nutritional component. Program is for children with food allergies and developmental issues such as cerebral palsy</p> <p>Engage targeted communities on healthy lifestyles:</p> <ul style="list-style-type: none"> - Sponsor community meetings - Advocacy - Food Label Sessions - Cooking Demos/Tastings <p>Develop & distribute healthy food information at EJP Day at the (Northeast) Market</p> <p>Provide info on healthy weight resources at every major outreach event: - Fall Back to Health Event</p>	<p>Reach:</p> <ul style="list-style-type: none"> # of materials distributed per event and totals # of people attending events Pre/Post participant survey results # of pedometers distributed # of students participating 	<p>MWPH Nutrition Dept./Diabetes Program/Weight Smart Program Manager & Team</p> <p>WIC</p> <p>Local Farmers</p>

			<ul style="list-style-type: none"> - B'More Healthy Expo - Diabetes Rally Week - Healthy City Days - Nurses' Week Lexington Market Fair - Fall Back to Health – Mondomin Mall Event <p>Weigh Smart/Weigh Smart Jr. and Healthy Living Academy (HLA)</p> <p>Provide (HLA) to at least 3 elementary and middle schools annually</p> <p>Provide pedometers (similar resources) to key community physicians for children 10-18 yrs</p> <p>Develop & distribute physical activity guidelines and resource info at every major outreach event: -</p> <ul style="list-style-type: none"> - Fall Back to Health Event at Mondomin Mall - B'More Healthy Expo - - Diabetes Rally Week - - Healthy City Days 		
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