

# COMMUNITY HEALTH NEEDS ASSESSMENT

## Implementation Strategy

FY 2022-2024



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
<b>Healthy Beginnings &amp; Quality Preventive Care</b>	<b>Access to Healthcare</b>  <b>Mental Health</b>	<b>Patient Education Materials (literacy level/language), Patient Resource Guide, Prenatal and Postnatal Education, Community Events</b>  <b>Clinical Education Program</b>	<b>Baltimore City Health Dept. Baltimore County Health Dept. MDH, Head Start Programs (Y of Central Maryland/Catholic Charities), Baltimore City Public Schools</b>  <b>MWPH Leadership/Associates</b>
<b>Healthy Communities</b>	<b>Violence Prevention</b>  <b>Mental Health</b>	<b>Safe Streets Program Peace in the Streets Program Bully Prevention Program Child Passenger Safety Car Seat Program</b>  <b>Safety Baby Showers PREP Program, Car Seat Safety Program</b>  <b>Mental Health Conference, MH Screenings, MHFA</b>	<b>Baltimore City Health Dept., The Family Tree, Roberta's House, House of Ruth</b>  <b>Safe Kids, Baltimore City Fire Department, Maryland Car Seat Safety Program, KISS, Maryland Physicians Care, Amerigourp, United Health</b>  <b>UMMS/MWPH Psychiatry/Psychology, Child Life, Baltimore City Public Schools</b>

<b>Quality Preventive Care</b>	<b>Mental Health</b>	<p>Pimlico Elem/Middle piolet school-based mental health program</p> <p>Strategy, Parent Education Groups, Provider and Patient Education on Prescribing Practices</p>	<p>MWPH/UMMS Dept of Psychiatry, Baltimore City Police Dept., Community Healthcare Providers, Faith-based Organizations (local churches synagogues)</p>
<b>Healthy Living &amp; Quality Preventive Care</b>	<b>Health Literacy</b>	<p>Safety Baby Showers Parenting from the Heart Seminar Series Hearing Screenings Vision Screenings Lead Blood Level Testing</p>	<p>Share Baby, Safe Kids, Baltimore City Fire Department, Maryland Car Seat Safety Program, KISS, Maryland Physicians Care, Amerigourp, United Health</p>
<b>Access to Healthcare &amp; Healthy Communities</b>	<b>Access to Healthy Foods</b>	<p>Weigh Smart/Weigh Smart Jr, Farmer's Markets, Community Gardens, WIC Presentations, School-based health, BMI and Blood Pressure Screenings, Chronic Disease Prevention Education, Parenting from the Heart Virtual Seminar Series, Safety Baby Showers (inpatient and community)</p>	<p>Baltimore City Public Schools, WIC, Local Farmer's Markets</p>

**Mt. Washington Pediatric Hospital CHNA Implementation Plan  
FY 2021-2023**

<b>Priority Area: Access to Healthcare</b> <b>Long-Term Goals:</b> 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					
<b>Annual Objective</b>	<b>Strategy</b>	<b>Target Population</b>	<b>Actions Description</b>	<b>Process</b>	<b>Resources/Partners</b>
Improve the health literacy in for adults in West Baltimore	Create training program for clinical and nonclinical personnel focused on motivational interviewing	Adults/Children	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 and physician 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 navigate the health care system  Support community Health care workers that provide education on navigating the health care system	Adults/Children          Adults & Children	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  Partner with CBOs to provide education, funding & support of joint missions.	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	Children's Hospital Association  Maryland Hospital Association  Baltimore City Health Department Baltimore County Health Dept. MDH, Head Start Programs (Y of Central Maryland/Catholic Charities), Baltimore City Public Schools

**Priority Area: Violence– 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
Reduce the rate of preventable harm to children and youth in West Baltimore	<p>Continuations and expansion of the Car Seat Program (include – installation, education, low-cost car seat program and car seat distribution)</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</p>	<p>Parents in West Baltimore ZIP codes 21215, 21216, 21217</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:</p> <p># copies of materials distributed</p> <p># of active clients</p> <p># of people attending group weekly</p> <p># of events</p>	<p>Baltimore City Police Department</p> <p>Baltimore City Fire Department</p> <p>Safe Kids/Kids in Safety Seats</p> <p>Changing Lives Ministries</p> <p>Office of Mayor – Baltimore City</p> <p>Baltimore City Public Schools</p> <p>Y of Central Maryland</p> <p>St. Vincent de Paul/Catholic Charities</p>

	<p>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 coping strategies</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>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> <p>Infant Education Development Team</p>
--	---	--	--	--	---

	Educate community youth on the importance of violence prevention				
--	--	--	--	--	--

**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**

<b>Annual Objective</b>	<b>Strategy</b>	<b>Target Population</b>	<b>Actions Description</b>	<b>Process</b>	<b>Resources/Partners</b>
<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>Partner with surrounding Baltimore County and City hospitals</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 resources as needed</p>	<p>West Baltimore Adults &amp; 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>Baltimore City Trauma Informed Care Task Force through the Mayor’s Office of Children and Family Success.</p> <p>Participate in advocacy events on State and Local levels/support policies and bills meeting the objectives</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</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>Reach: # of people screened in the community</p>	<p>Children’s Hospital Association</p> <p>UMMC Department of psychiatry</p> <p>MWPH Behavioral health services</p> <p>Baltimore City Public Schools</p> <p>MWPH psychologists</p> <p>Johns Hopkins Hospital, Sinai Hospital, St. Agnes Hospital, Mercy, MedStar, Mosaic Group, CRISP</p>

<p>on one mental health initiative</p>			<p>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>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>Outcomes: # of positive screens # of referrals</p>	
--	--	--	---	---	--

**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>Start and sustain school-based and community gardens</p> <p>School-based Bi-yearly BMI/Ht/Wt screenings</p> <p>Monthly community cooking demos through Park Heights School</p> <p>Educate &amp; engage community on the importance of daily physical activity guidelines using evidence- based research &amp; programs</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"> <li>- Sponsor community meetings</li> <li>- Advocacy</li> <li>- Food Label Sessions</li> <li>- Cooking Demos/Tastings</li> </ul>	<p>Reach:</p> <p># of materials distributed per event and totals</p> <p># of people attending events</p> <p>Pre/Post participant survey results</p> <p># of pedometers distributed</p> <p># of students participating</p>	<p>MWPH Nutrition Dept./Diabetes Program/Weight Smart Program Manager &amp; Team</p> <p>WIC</p> <p>Local Farmers</p>

	<p>Collaborate with WIC and other partners in offering Farmers Market in targeted areas with food deserts</p>		<p>Develop &amp; 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>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 &amp; distribute physical activity guidelines and resource info at every major outreach event: -</p>		
--	---	--	---	--	--



	that provide education on navigating the healthcare system				University of Maryland Medical System Maryland Physicians Care Amerigroup United Health Care Maryland Health Care Access
--	--	--	--	--	---