



Implementation Plan Update 2020-2021

St. Luke's University Health Network
Community Health Department
End of Year Report
Fiscal Year 2021

ROOT CAUSES

Social Determinants
of Health

Lifestyle Behaviors

SLUHN
STRATEGY

Prevention
&
Wellness

Care
Transformation

Research
&
Partnerships

HEALTH
PRIORITIES

Chronic
Disease

Mental &
Behavioral
Health

Access
To
Care

SLUHN
INITIATIVES

HEALTHY
KIDS, BRIGHT
FUTURES

FIT FOR
LIFE

HEALTH
FOR ALL

1.

Healthy Living and Chronic Disease Prevention

The **Fit for Life** initiative addresses the St. Luke's University Health Network's (SLUHN) Community Health Needs Assessment (CHNA) goals related to Improving Access to Care and Reducing Health Disparities, Preventing Chronic Disease, Improving Mental and Behavioral Health.

CHNA: Promote Healthy Lifestyles and Prevent Chronic Disease

Outcome Report Fiscal Year 2021

The goals for the promotion of healthy lifestyles and prevention of chronic disease included increasing physical activity, increasing fruit and vegetable consumption and providing lifestyle medicine services. The implementation strategy was based on these goals with focused programming and action steps.



CLINICAL/COMMUNITY POPULATION HEALTH INTERVENTION MODEL

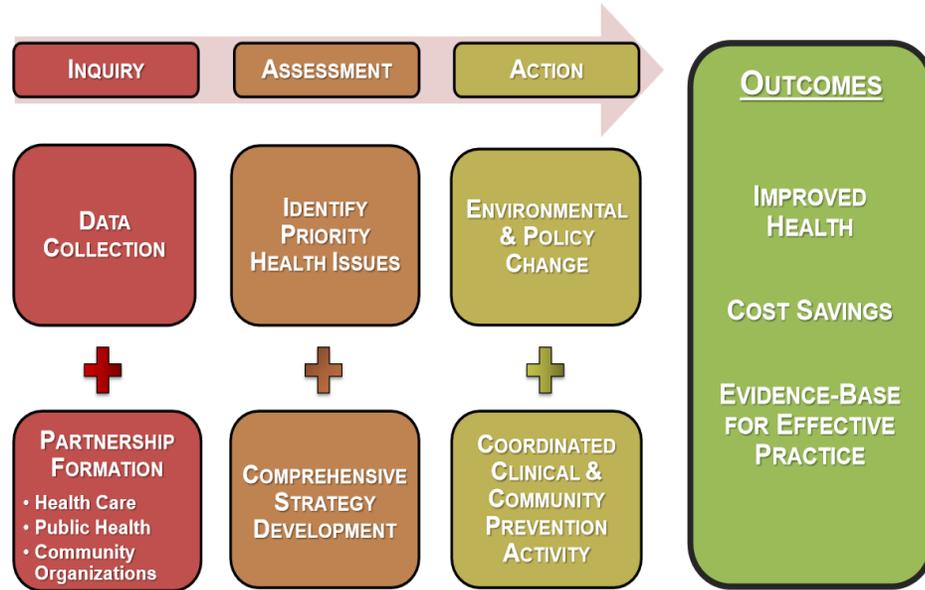


Figure. CCHH model provided by the Prevention Institute

Year	2019	2020	2021
Unique Participants	100	116	225
*Total # of Encounters	1400	1090	-- (virtual)

Table. CCHH model programs outcomes by year

Community Centered Health Home (CCHH)

St. Luke’s initiated CCHH programming at the HOPE Clinic in Easton in 2018 with full expansion into South Bethlehem in 2019. Programming includes Nutrition: farm to fork program, cooking classes, grocery store tours, and edible experiments; Exercise: total body flexibility, strength training, back to health, wellness walks such as Walk with a Doc (WWAD); Mindfulness & Mental Health: spirituality group, yoga, support groups and social events.

During Fiscal Year (FY) 2021, the monthly CCHH newsletter was distributed through email to 225 HOPE Clinic patients in Easton and Bethlehem. Newsletter resources included physical activity resources, virtual Walk with a Doc links, mindfulness and mental health resources, diabetes information and resources, and recipes.

Improving Food Access with Fresh Produce Vouchers

Total Participants - 70

HOPE - 35

Diabetes - 35

Total Vouchers - 518

HOPE - 318

Diabetes - 200

Voucher Costs - \$ 10,360

HOPE - \$6,360.00

Diabetes - \$ 4,000.00

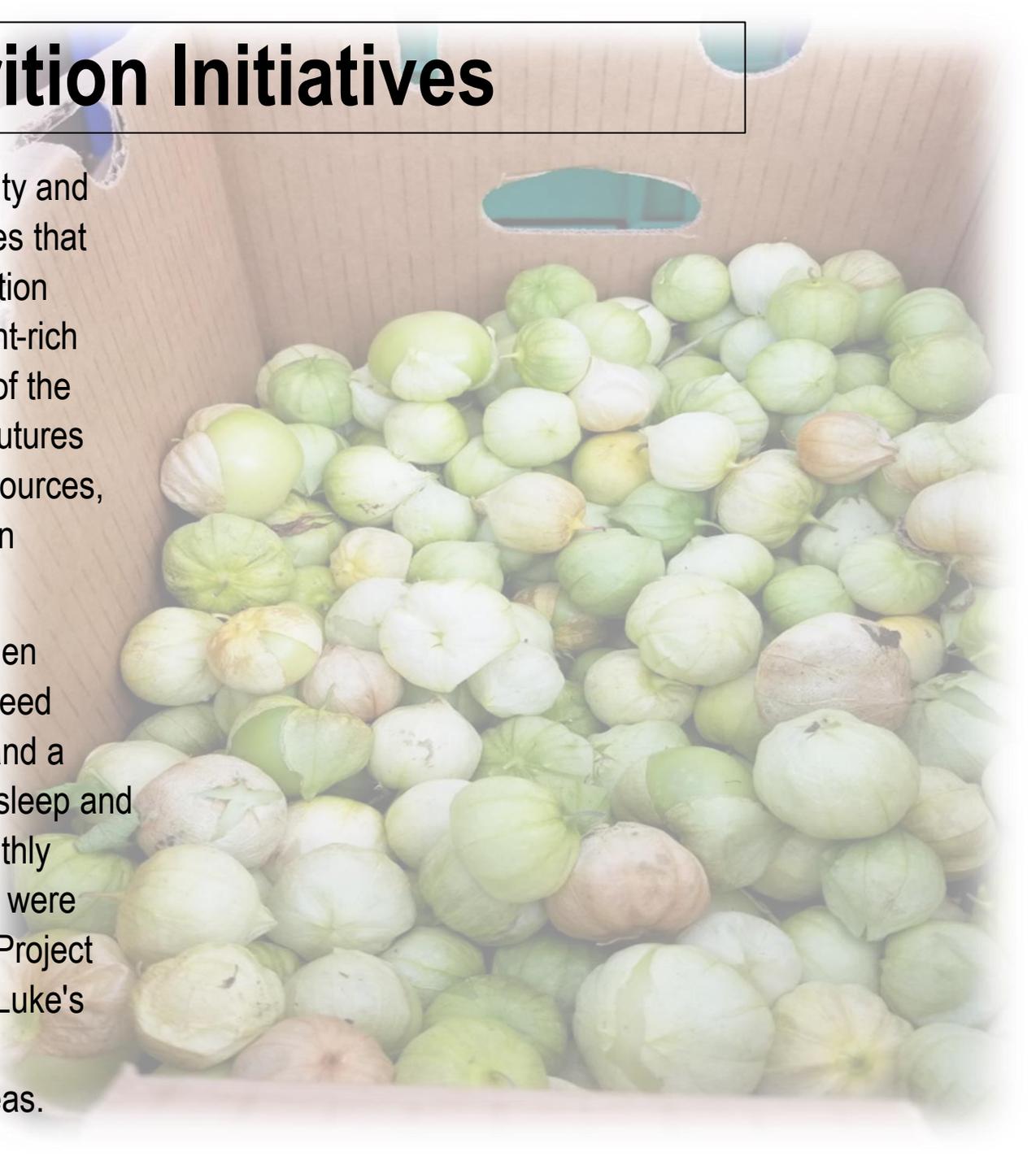
- St. Luke's partners with the Kellyn Foundation's Eat Real Food mobile market to support our patients with Type 2 Diabetes and HOPE patients to obtain whole foods, fruits, and vegetables.
- Patients were provided the option of using a weekly voucher of \$20.00 to apply towards their food purchases HOPE vouchers were funded through the Ryan White grant. Diabetes vouchers were funded through the Community Health Department.
- St. Luke's will maintain support of the program via vouchers, patient outreach, and promotion.



Fit for Life: Nutrition Initiatives

Promoting healthy eating through nutrition education has been a priority and focused on the development of skills to make healthy behavior changes that lead to improved diet and nutritional well-being. Through virtual education programs, community participants learned to grow and prepare nutrient-rich food, as well as how to shop for nutritious foods on a budget. As part of the Adopt a School Model, St. Luke's has created a Healthy Kids Bright Futures Garden Program, partnering with the Kellyn Foundation to provide resources, school garden preparation, maintenance and fresh produce distribution throughout the community.

St. Luke's Healthy Kids Bright Futures Garden Program provided garden resources for the school-aged population. These resources included seed packets with planting instructions, recipes for utilizing fresh produce, and a weekly Healthy Living Tracker to record and monitor physical activity, sleep and fruit/vegetable consumption. Additionally, the packets each had a monthly theme from the six pillars of Lifestyle Medicine. Articles and resources were provided from pediatricians, community partners such as the Shanthi Project and Community Bike Works, medical students and residents, and St. Luke's dietitians. The packets were distributed to over 20 school districts and additional schools and programs throughout the Network's service areas.



Food Access

The Summer Meals program was created in response to the Network's 2019 CHNA which revealed that the Sacred Heart and Quakertown campuses are located in school districts where over 50% of students are eligible for free or reduced meals during the academic year.

2020 Summer Meals Program - Sacred Heart

Meals Served
566

CSA Produce
234 Bags

Family Weekend Bags
513

Activity Supplies/Info
550+

St. Luke's sponsored a Summer Feeding Program at the Sacred Heart Campus on Tuesdays and Fridays from June 28 – Aug 24, 2020.

St. Luke's provided meals, CSA produce, family weekend food bags and program supplies.

Westside Hammer Electric, SLUHN Medical Staff, and individual donors supported the program.

A total of \$7,490 was funded through this program.

Food Access

2020 Summer Meals Program - Quakertown/Upper Bucks

Meals Served
542

CSA Shares
Quakertown
90 Boxes
The Open Link
522 lbs.

Family Weekend Bags
755

Activity Supplies/Info
3,400+

Quakertown Community School District sponsored a Summer Feeding Program providing 21,836 meals. St. Luke's supported this program with CSA shares, family weekend bags, and program supplies from July 1 – Aug 20. The program also provided activities and information to Quakertown Park & Rec's Camp in a Bag Program and The Open Link's Summer Feeding Program.

St. Luke's provided meals, CSA shares, family weekend food bags and program supplies daily August 24 – 28 at the Park Avenue campus.

The program continued for select days in the fall for meals, weekend food and programming; in the fall, 128 family weekend bags were provided.

Penn Community Bank generously donated \$10,000 and financial literacy books. The program was also supported by SLUHN Medical Staff and individual donors.

A total of \$10,346 was funded through this program.



Diabetes Programs

St. Luke's has members serving on the Lehigh Valley Food Policy Council Steering Committee, as well as several work groups including the Food Access and Education Committees. The Lehigh Valley Food Policy Council allows for a coordinated, collaborative effort when addressing issues related to food security across the Lehigh Valley. St. Luke's has developed partnerships with multiple agencies to promote food access and nutrition information throughout the Network. St. Luke's is also represented at the Lehigh Valley Diabetes Coalition.

Diabetes Programs

The St. Luke's Miners Diabetes Education Center expanded the Diabetes Education Accreditation Program (DEAP) throughout the Network by offering programs at eight sites. This hospital-based program provides diabetes education with one-on-one assessment, Diabetes Medical Nutrition Therapy (MNT), Diabetes Self-Management Education & Support Classes (DSMES), and programming through the Community-Centered Health Home for support groups, cooking classes, and social events.

The program was successful in reaching their goal in 2021 to increase program referrals. The program increased referrals by 56% for a total of 504 referrals in the year. Aggregate data showed participant improvements in program metrics: Body Mass Index (BMI), Hemoglobin A1C, weight, total cholesterol, low-density lipoproteins (LDL), and triglycerides. These metrics represent known risk factors and indicators of diabetes and pre-diabetes. The table below displays program metrics.

FY 2021 Data	
Referrals	504
Appointments Scheduled	405
Patients Seen	273

Fit for Life: Physical Activity Initiatives

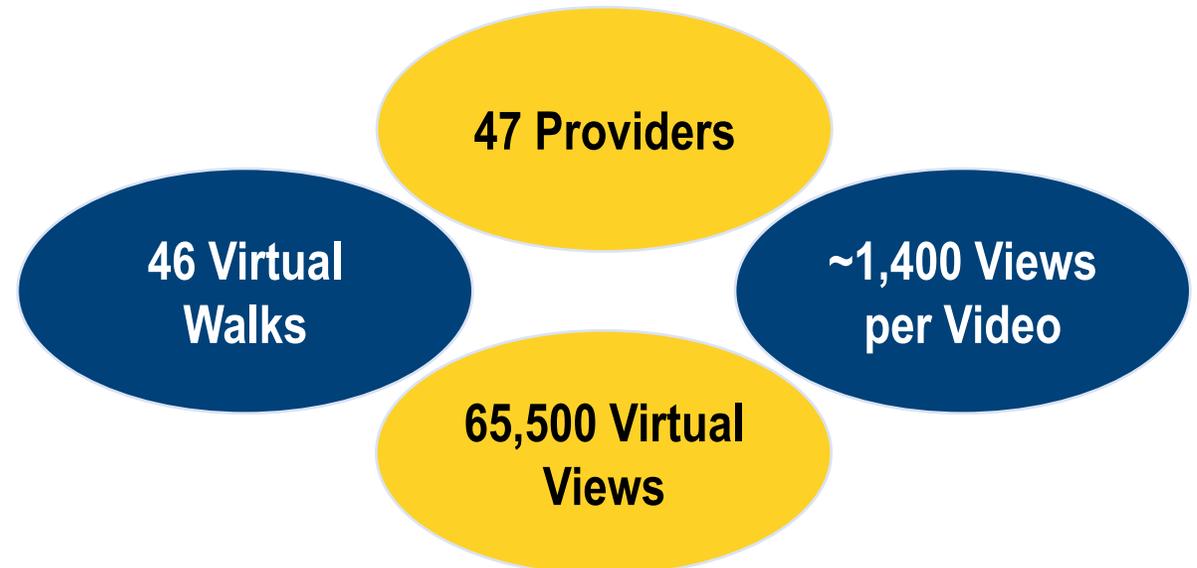
People who are physically active have a higher life expectancy and a lower risk for heart disease, stroke, Type 2 Diabetes, depression, some cancers, and obesity. St. Luke's works with partners to create safe places for physical activity throughout schools and communities. Patients are encouraged to become more physically active through programs such as Get Your Tail on the Trail (TOT) and Walk with a Doc (WWAD).

The WWAD program allows community members to engage with local providers that lead walking events while also being physically active. The program has remained active, with walks occurring in each region served by St. Luke's University Health Network. This year we expanded our WWAD program with providers from multiple service lines and St. Luke's Physician Group (SLPG) practices.

In April 2020, virtual WWAD videos began being created and shared on the St. Luke's website, social media, Tail on the Trail website (www.tailonthetrail.org) and through local partners and businesses. In April 2021, in-person walks were resumed.



Virtual Walk with a Doc (WWAD) Outcomes since July 2020



Walk with a Doc (WWAD) Walking Events

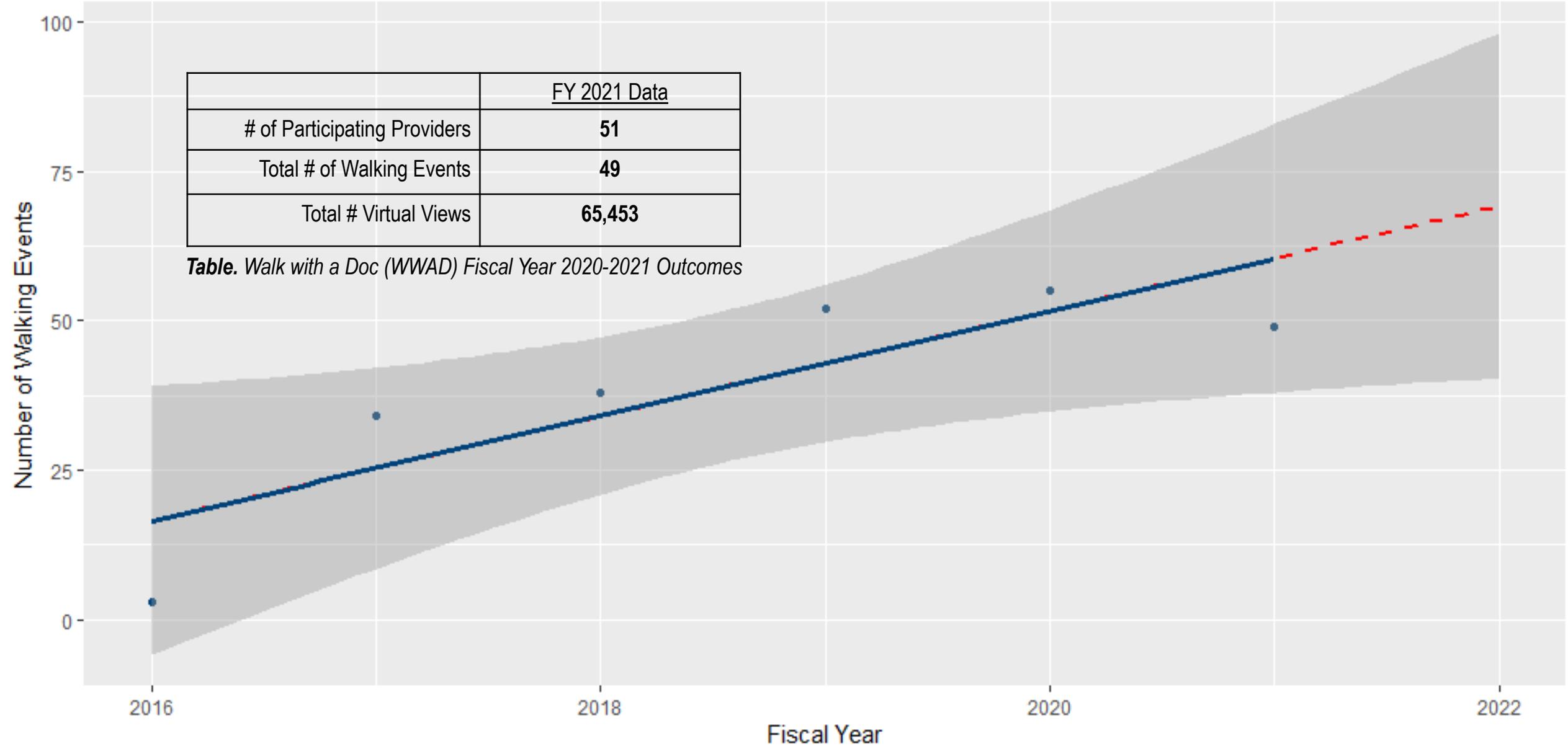


Figure. Walk with a Doc (WWAD) number of events per year

Tail on the Trail (TOT)

This was the eighth year for the Get Your Tail on the Trail Program, a partnership that St. Luke's maintains with the Delaware & Lehigh National Heritage Corridor (D&L) to encourage overall physical activity among community residents to reduce obesity while also promoting the enjoyment of nature. This year, the program's website was upgraded to a mobile platform that includes tracking miles in addition to a carousel of health information and events. A Healthy Kids Bright Futures School-Based Tail on the Trail Program continued to promote activity and healthy behaviors among school staff and children. Throughout the St. Luke's Network, there are multiple partnerships with local organizations and businesses including Girls on the Run, Scouts, and Blue Mountain Ski Resort. To encourage participation, a Scout patch was even made available to participants who reached the challenge goal and logged 165 miles.

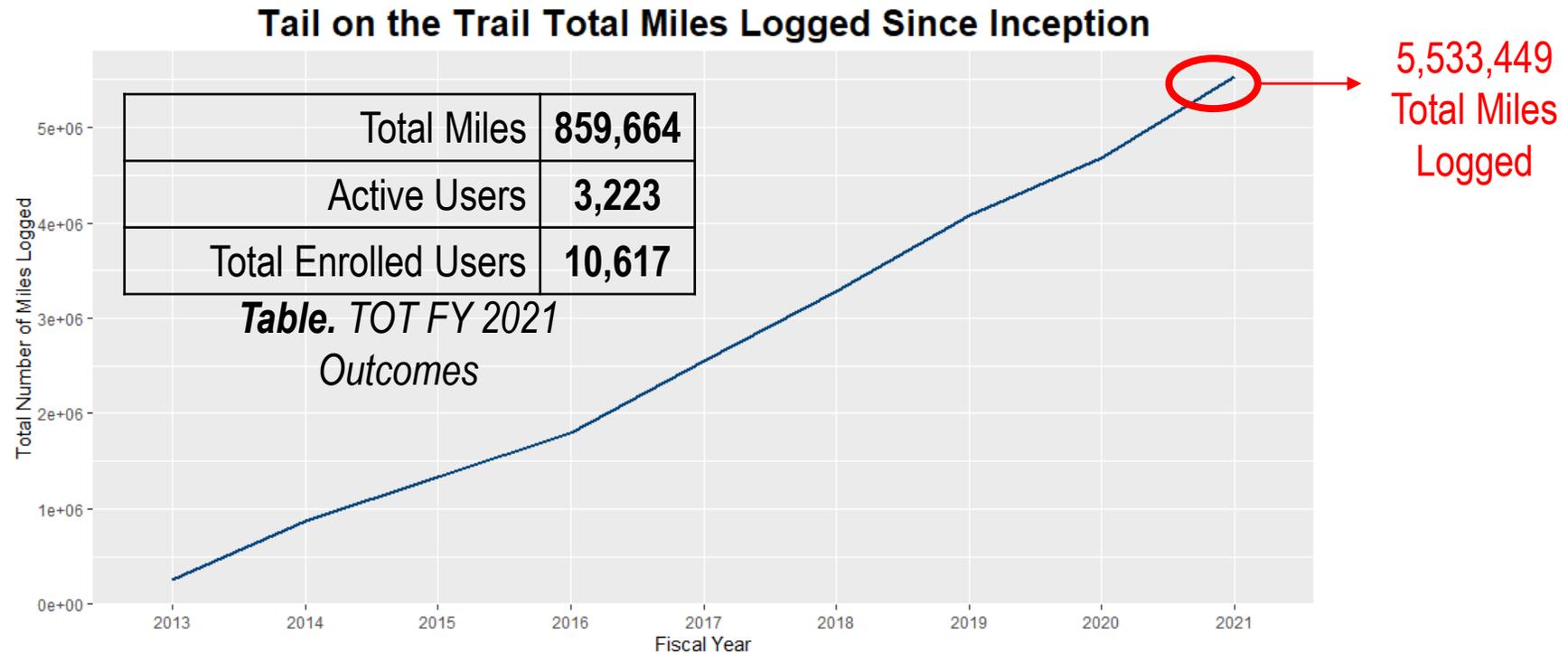
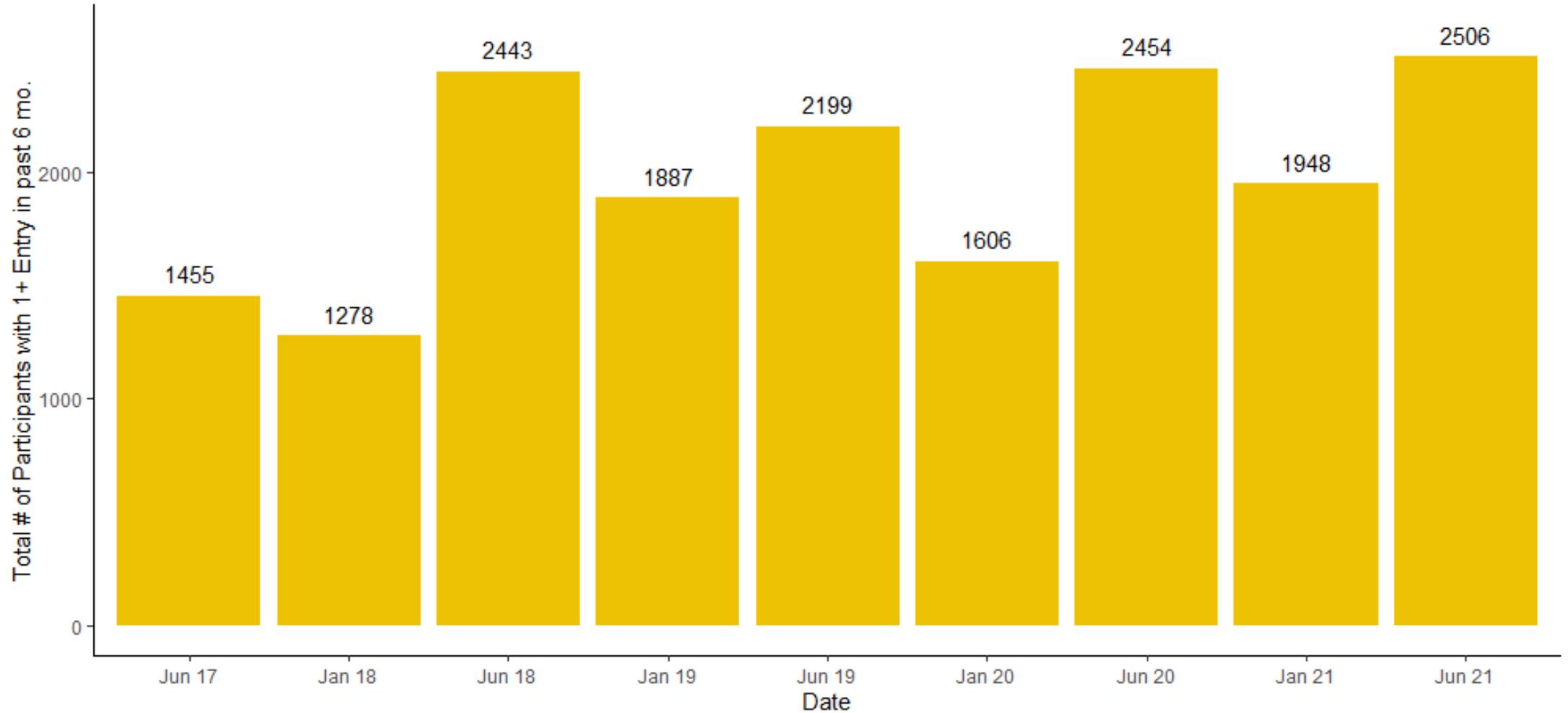


Figure. Tail on the Trail (TOT) total miles logged since inception

Tail on the Trail (TOT)

Actively Engaged Participants Since 2017 New Website Launch



[1+ Entry in the past 6 months] = Actively Engaged User

Figure. Tail on the Trail (TOT) actively engaged participants over time

Tail on the Trail (TOT)

Total Enrolled Users Since 2017 New Website Launch

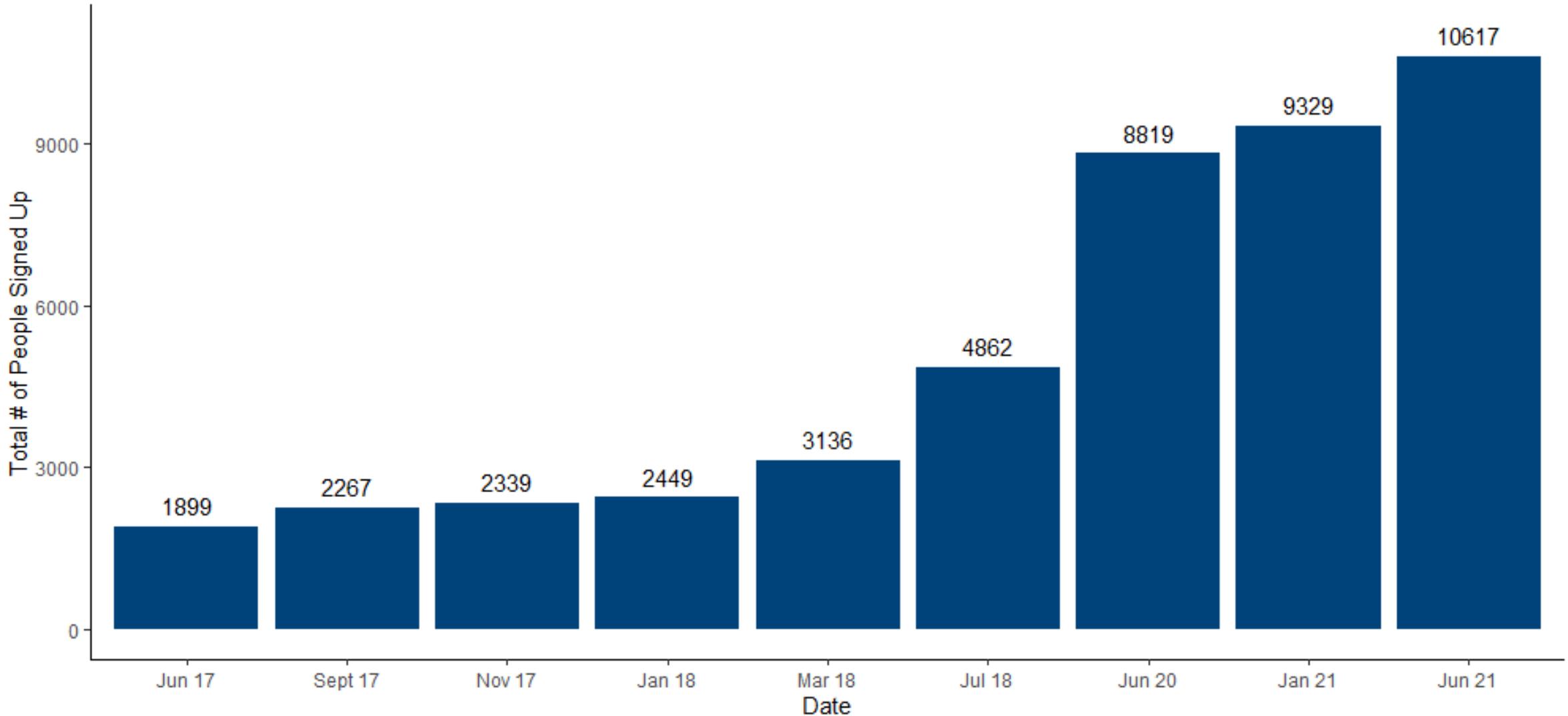


Figure. Tail on the Trail (TOT) total enrolled users since inception

Smoking Cessation Program

FY 2020

A Smoking Cessation team was created and trained to provide tobacco dependence treatment to users for the promotion of a healthier, tobacco-free lives. CHNA results showed that 11% of the community identified themselves as tobacco users (compared to 14% of adults in US and 18% in PA).

SLUHN initiated a Smoking Cessation Program with a small group of offices as the pilots in 2019. Baseline data showed that 43,577 patients across the network identified themselves as smokers. With the COVID-19 pandemic, there was an urgency to initiate the program; therefore, the program started with virtual visits across the network and expanded to face-to-face as offices reopened. From April-June 2020, there were 96 patients referred to the program for smoking and 13 for vaping, a total of 119 patients.

FY 2021

There were **1,104 patients referred** to the program reflecting an **increase of 828%**.

The smoking cessation program is operational in Pulmonary, Surgical Optimization Clinic, Easton Family Medicine, Total Family Care, and the HOPE clinics in Easton and Bethlehem with a total of **20 providers**.

Training was provided for athletic trainers and cardiac rehab staff throughout the Network.

Employee Wellness Healthy Living Initiatives

To assess and address the health needs of SLUHN employees and spouses, the Network has an established employee wellness initiative called *Caring Starts with You (CSWY)*. The annual biometric screenings and health assessments drive the development and implementation of evidence-based lifestyle programming, health education, and both general and targeted outreach. The program has continued to see positive trends in the rates of high blood pressure, poorly controlled diabetes, well controlled diabetes, and prediabetes.

The SLUHN Employee Wellness Health Education Team maintains the WellNOW website (Wellnow.SLUHN.ORG), as well as the Facebook and Pinterest social media pages, posting evergreen content to increase awareness about how lifestyle can affect health.

Flu Vaccines

According to the CDC, thousands of people in the United States die from flu each year with an overall mortality of 0.1% with many more are hospitalized. The flu vaccine can help prevent flu, make flu less severe, and keep you from spreading flu to your family or others.

While flu vaccines are mandatory for SLUHN employees, spouses are not impacted by that policy. To assist spouses with getting vaccinated, SLUHN offers free flu vaccines to spouses of employees. To comply with COVID-19 safety protocols, vaccines were administered through drive-up clinics in FY 2021 and 787 doses were provided.

**Free Spouse Flu
Vaccines, FY 2021**

787 doses

Employee Wellness Healthy Living Initiatives

Nutrition Initiatives

Research shows that regularly eating a well-balanced diet and maintaining a healthy weight can help reduce risk for many health conditions, including high blood pressure, high cholesterol, high triglycerides, diabetes, and certain cancers.

According to the CDC, 76% of the US population did not meet fruit intake recommendations, and 87% did not meet vegetable intake recommendations. The CDC also states that “substantial new efforts are needed to build consumer demand for fruits and vegetables through competitive pricing, placement, and promotion in child care, schools, grocery stores, communities, and worksites.”

Increasing employee access to locally-grown produce through the expansion of the
Community Supported Agriculture (CSA) Program
was a continued area of focus for SLUHN CSWY in FY 2021.

The CSA program delivers weekly shares of fresh fruits and vegetables to employees at their work locations. The program was offered Network-wide for the seventh year and currently serves 19 locations, including new distribution sites such as St. Luke’s Upper Bucks. The ability to provide weekly shares of produce is possible through sustained partnerships with local farmers throughout the Network’s region. At St. Luke’s Center, we also offer community shares to employees of other companies in the building.

The program has grown from 1 farmer delivering weekly to 3 locations (during and prior to 2014) to 8 farmers delivering weekly to 19 locations throughout the network.



Community Supported Agriculture (CSA) Program

The CSA program has maintained considerable membership even through the COVID-19 pandemic and its effects on distribution practices of the program and financial impact on participants. The 2021 SLUHN CSA program had 521 members. Locally grown produce was provided weekly at 19 Network locations in PA and NJ. Over \$233,000 was generated and returned into the pockets of 7 local farmers; in 2021 the program's all-time revenue exceeded \$1.3 millions. The program uses interns, residents, and volunteers at distribution sites to assist with staffing.

By the end of the 2020 season, 1,222 shares were donated to local soup kitchens and food pantries. In 2021 the program received a microgrant from the T. Colin Campbell Center for Nutrition Studies to offer subsidized CSA shares to employees experiencing financial hardship or who are unable to afford the cost of the weekly produce.

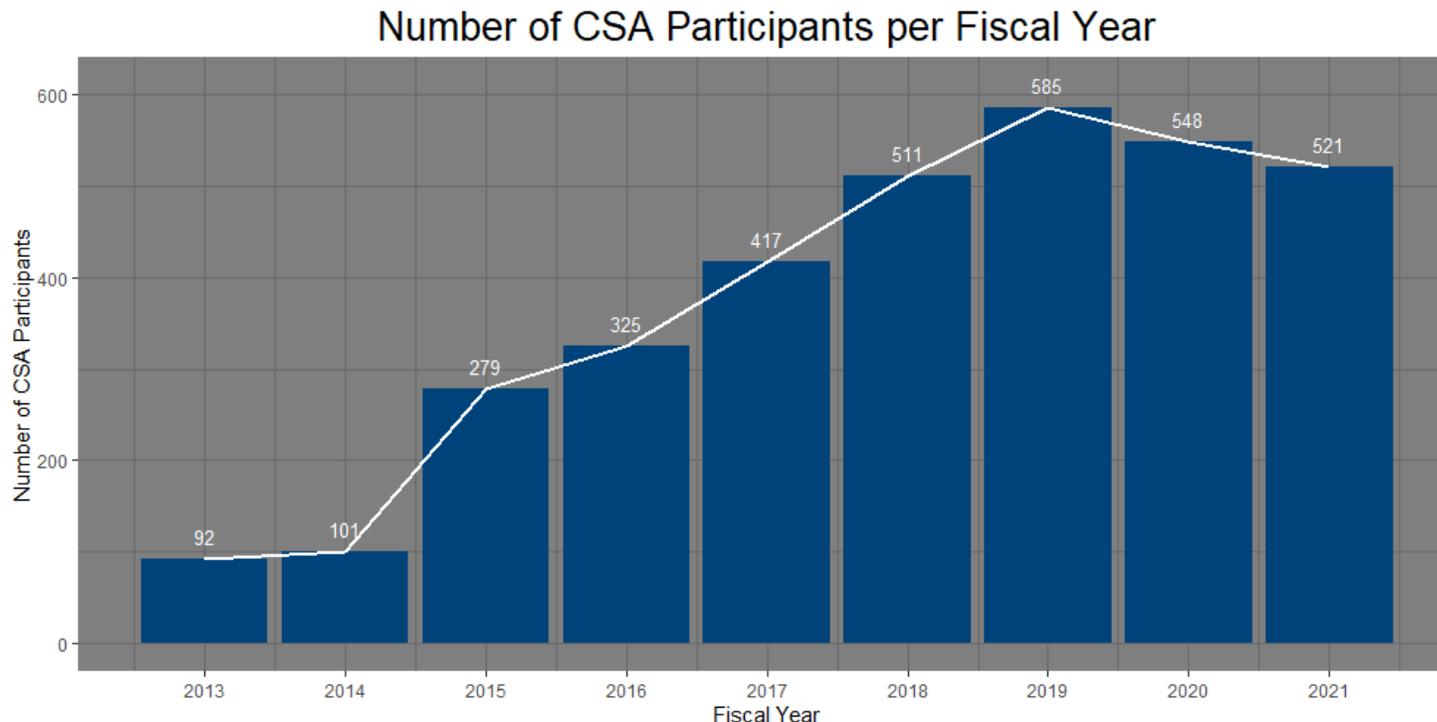


Figure. CSA participants by fiscal year since 2013 inception

FY 2021 Data Summary

521 total members

442 half shares and **79** full shares

\$233,276 of income generated

Annual CSA Income Generated to Local Farms

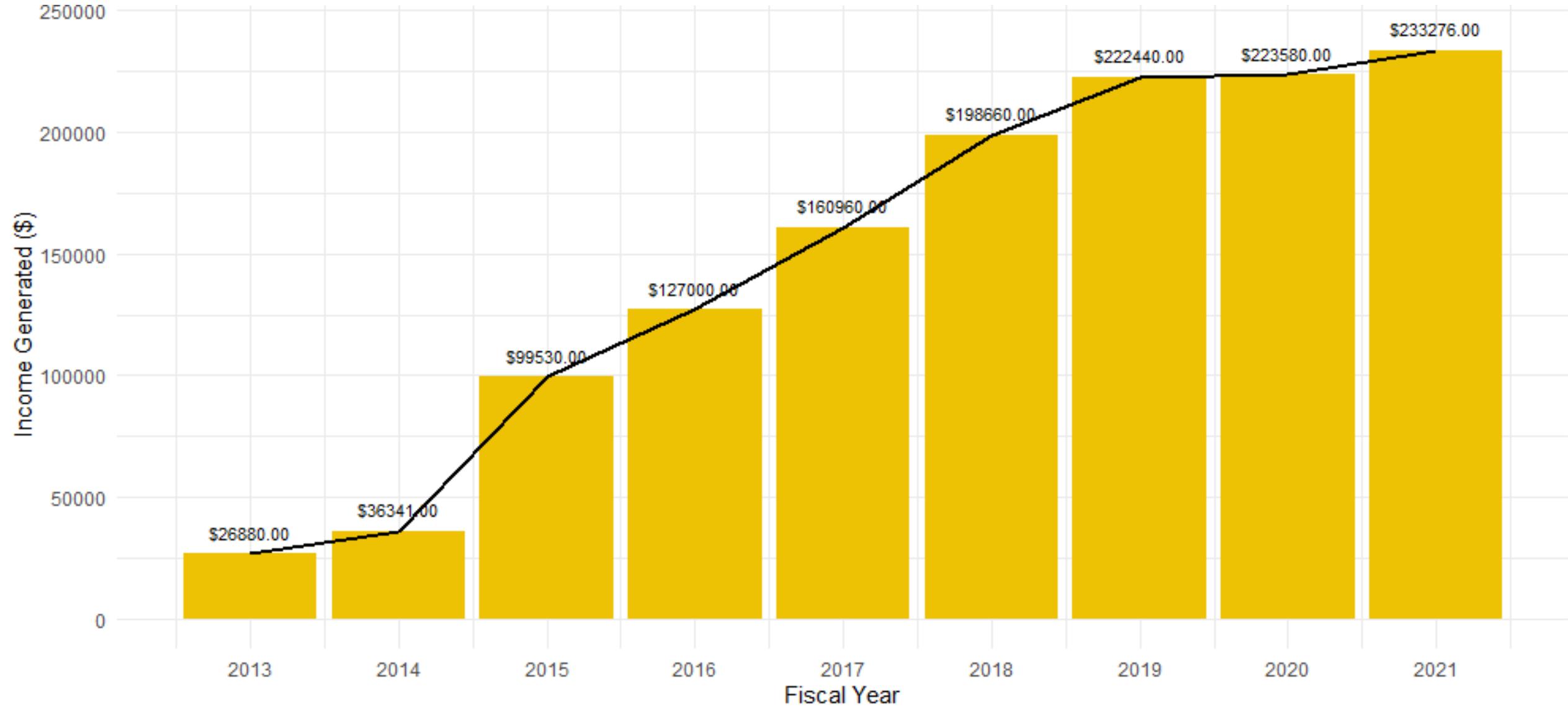


Figure. CSA income by fiscal year since 2013 inception

Cumulative CSA Income Generated by Year

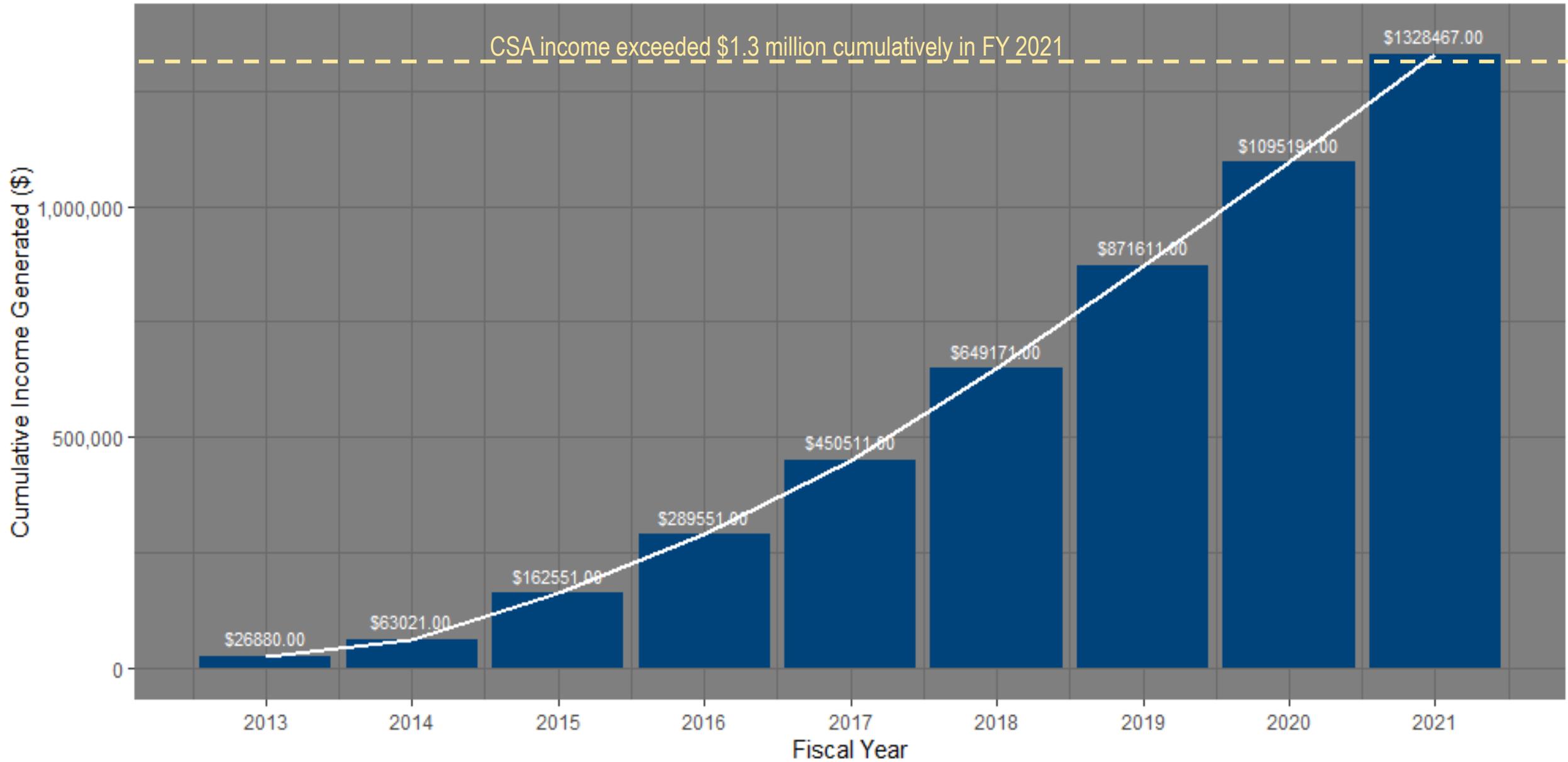


Figure. CSA cumulative income by fiscal year since 2013 inception

Employee Wellness Healthy Living Initiatives

Whole Food, Plant-Based and Healthy Eating

SLUHN offers **Whole Food, Plant-Based Eating Classes** for employees. The Employee Wellness Team has a plant-based dietitian who leads the classes and is supported by several other health education staff. The 6-week sessions include weekly classes consisting of a didactic component, recipe demonstrations, food sampling, group support, learning objectives, behavioral goals and weekly ingredient bags so participants can prepare class recipes at home.

Evaluations show high levels of participant satisfaction, increases in knowledge, and positive changes in health behaviors (reductions in processed foods plus increases in fruits, vegetables and whole, plant-based foods). A Level 2 class has been developed, and alumni are invited to regular reunion events to support long-term behavior change and connectedness amongst plant-strong, like-minded people. Given COVID-19 safety guidelines, the reunions and classes were offered virtually in 2020 and 2021.

Good Food, Healthy Hospitals is a grant-funded initiative aimed at improving the food environment in hospitals at all venues where food is served (cafeterias, patient meals, vending, catering, and purchasing). SLUHN is the first health system outside Philadelphia to sign the Good Food, Healthy Hospitals pledge, and baseline scans have been performed at each of our 10 campuses. We achieved Bronze Status for meeting the standards for Patient Meals and Catering. In collaboration with our food service and vending vendors, we are making changes to our food environment to meet additional standards.

COVID Response for SLUHN Employees

In Spring 2020, the Employee Wellness team transitioned or suspended several programs due to COVID-19 and developed a Critical Event Employee Care Schedule. Below are services and support provided:

- Behavioral Health, Employee Wellness, Pastoral Care, and Mindfulness Coordinator collaborated to develop an Employee Care Page on our intranet's COVID resources site. It offers self-access to resources from each department including a behavioral health hotline email, the Employee Assistance Program (EAP), online support groups, substance use assistance, mental health crisis support and crisis phone hotline. In fall of 2020, on-demand video content was added.
- In-Person Wellness Rounds/Debriefings with Palliative Care and Pastoral Care staff while stay at home orders were in place.
- Safe Spaces and Quiet Rooms on all campuses with soft music, diffusers, snacks, hydration beverages for breaks were available to staff
- Virtual Wellness Rounds/Defusing Calls- for all employees and a separate group for managers. General content included normalizing emotional and physical responses, making space for participants to share their experiences, as well as identifying stressors and helpful coping mechanisms to reduce and mitigate long-term impact of trauma.
- On-demand emotional support video sessions led by Pastoral Care, Behavioral Health, and other subject matter experts.
- Online Cognitive Behavioral Therapy (SilverCloud) with specific content for Challenging Times, supported by an MSW, which is anonymous, confidential, and free for employees and spouses.
- Online Mindfulness Based Stress Reduction sessions by our Mindfulness Coordinator
- Free meals for all workers, including vegetarian options
- Free Virtual Nutrition Support sessions
- Free Virtual Tobacco Cessation
- Social media targeting self-care during a crisis – Pinterest and Facebook (SLUHNWellNOW)
- 2020/2021 CSA program modified to ensure employee access to fresh food and to support our local farmers during pandemic. Guidelines for farmers and farmers markets were followed to ensure food, farmer, and member safety.
- Level 2 Whole Food Plant-Based Eating Class piloted to virtual format, virtual reunions, and creation of virtual Level 1 class

2.

Mental and Behavioral Health

Our goal is to improve the mental and behavioral health for residents in our region through prevention and access to appropriate, quality mental and behavioral health services while building infrastructure across our SLUHN communities through the Community Health Department and Network service lines.

In order to address the mental and behavioral health outcomes of residents, our first step was to assess the mental health needs of the community using the CHNA and identify major challenges. Our 2019 CHNA revealed that approximately one-third of our population experiences one or more poor mental health days when asked about the last 30 days. The 2017 PA Youth survey independently reported elevated rates of mental health issues among adolescents. 38% of all students felt depressed or sad most days in the past twelve months, with Monroe County having the highest rate (44%) in the Network. There has been a 600% increase in synthetic opioid (fentanyl) deaths in the U.S. since 2013.



Mental and Behavioral Health

Public health research has effectively indicated that changing the environment for communities can create effective behavior change. St. Luke's Community Health and Network has built infrastructure to support this as we continue to collaborate to include antibullying, mindfulness, and yoga practices for staff and students into the behavioral health component of our Adopt a School Model in Bethlehem, Allentown, Bangor, and Panther Valley School Districts. Districts such as Bethlehem and Allentown School are embarking on trauma-informed care models with community partners such as SLUHN, the United Way, and Schuylkill County VISION.

St. Luke's Sports Medicine has assembled a team of highly qualified licensed athletic trainers that work within our schools setting a new standard for comprehensive training and sports medicine services. These services include 18 local high schools, 12 school districts, 5 colleges, and over 28 youth organizations. Over 100 of the St. Luke's Athletic Trainers have been trained in Mental Health First Aid (MHFA). MHFA is an evidence-based training operated under The National Council for Behavioral Health that provides the skills to identify and respond to someone who is experiencing a mental health crisis. MHFA is endorsed by the US Department of Health and Human Services Substance Abuse and Mental Health Service Administration (SAMHSA). Community Health works closely with the Sports Medicine Department and is planning on expanding MHFA trainings through our collective efforts and programs.

Trainers provide training and sports medicine services to schools

100+ Athletic Trainers trained in Mental Health First Aid (MHFA)

25+ St. Luke's Community Health Workers (CHW)

Employee Wellness Mental Health Initiatives

Employee Wellness launched **SilverCloud**, an online behavioral health program for employees and their spouses to provide cognitive behavioral therapy content relating to anxiety, depression, and stress. To date there are 3,126 SilverCloud users, and the program has demonstrated results and cost-effectiveness for the Network. After being awarded a 1st place SLUHN Quality Award in 2019 and being selected for the President's Award, it was used as a case study for the Network's HIMSS7 revalidation and as a case study in our application for a Davies Award.

We have begun expanding the program into additional patient populations. Mindfulness Based Stress Reduction (MBSR) is a ground-breaking, scientifically researched program that offers intensive mindfulness training proven to reduce stress, anxiety, and burnout. In 2020, SLUHN's Mindfulness Coordinator offered virtual MBSR info sessions and courses with 100 people participating in the sessions.

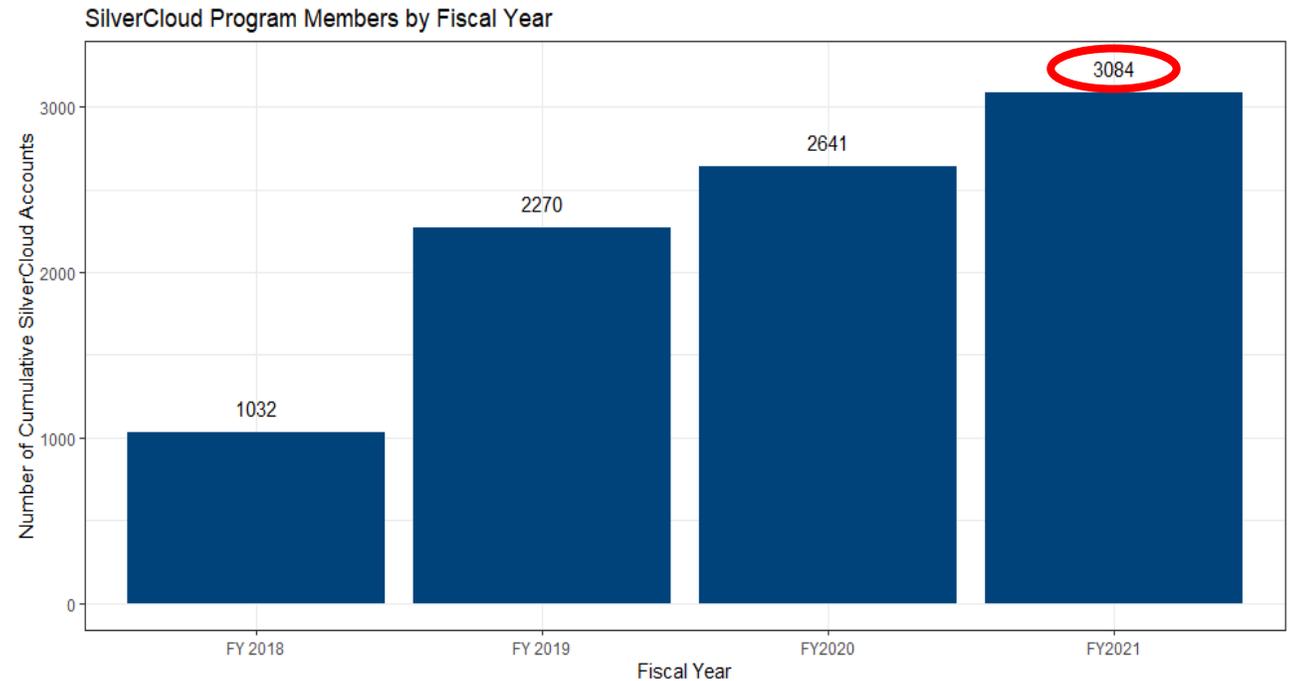


Figure. SilverCloud Membership by fiscal year

Mental Health and Substance Use Disorder Initiatives

Mental Health and Substance Use Disorder (SUD) Response during COVID-19 Response: Highlights

SLUHN is committed to identifying new models of care to more effectively address mental health, including routine screening of all patients for behavioral health concerns through PHQ-2/9, using Integrated Behavioral Health models, and through collaboration with other community agencies throughout the year and during COVID-19 Response. In order to enhance the nature and scope of mental health interventions to fill gaps, improve effectiveness, reduce stigma, and identify and address problems early, behavioral health services are being offered on the mobile vans.



Narcan Distribution in the Allentown community

Mental Health and Substance Use Disorder Initiatives

Efforts have begun across SLUHN to increase the proportion of primary care facilities that provide mental health treatment through a collaborative care or medical home/case management model. There has been increased depression screenings by primary care providers for adolescents and adults and work is being done to build capacity for communitywide approaches to address mental health needs in the communities served by SLUHN through a psychiatric residency program and with our Behavioral Health Department and community partners.

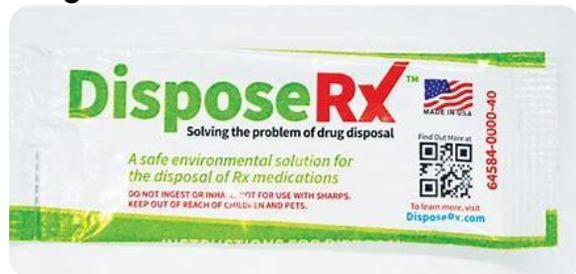
In 2018, we partnered with the Northampton Suicide Task Force with the bold goal to reduce suicide rates in Northampton County by 20%. The multidisciplinary team highlighted how partnering and engaging the community assists in reducing these rates and improving collaboration and coordination is vital for overall impact and sustainability. Additionally, the Task Force partners with Northampton Community College to provide Question, Persuade, Refer “train the trainer” trainings. The Master trainers are then asked to hold 6 trainings during the year in Northampton County which can include SLUHN staff, community members and/or schools partners. There were 53 suicides reported in Northampton County in 2018; after the Suicide Task Force partnership, there were only 40 suicides reported in 2019, a reduction of almost 25% that was [highlighted in the local news](#).

National Prescription Drug Takeback Days

According to the 2015 National Survey on Drug Use and Health, 6.4 million Americans misuse controlled prescription drugs. The study shows that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet. In addition to overdose and abuse, unused or expired prescription medications are also a leading cause of accidental poisoning. Too often, unused prescription drugs find their way into the wrong hands and can lead to dangerous and tragic situations.

Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision. The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug misuse in America. Unused prescription drugs thrown in the trash can be retrieved and misused or illegally sold; if flushed, they can contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.

Harm Reduction Measures such as National Drug Take Back Day, Dispose Rx, and safe medication drug disposal provides everyone an opportunity to do your part to help prevent drug addiction and overdose deaths. It can also be a method for all to clean out their medicine cabinet and safely and anonymously turn in old prescription drugs.



Substance/Opioid Use Disorder Response Description, Evidence, Baseline Data

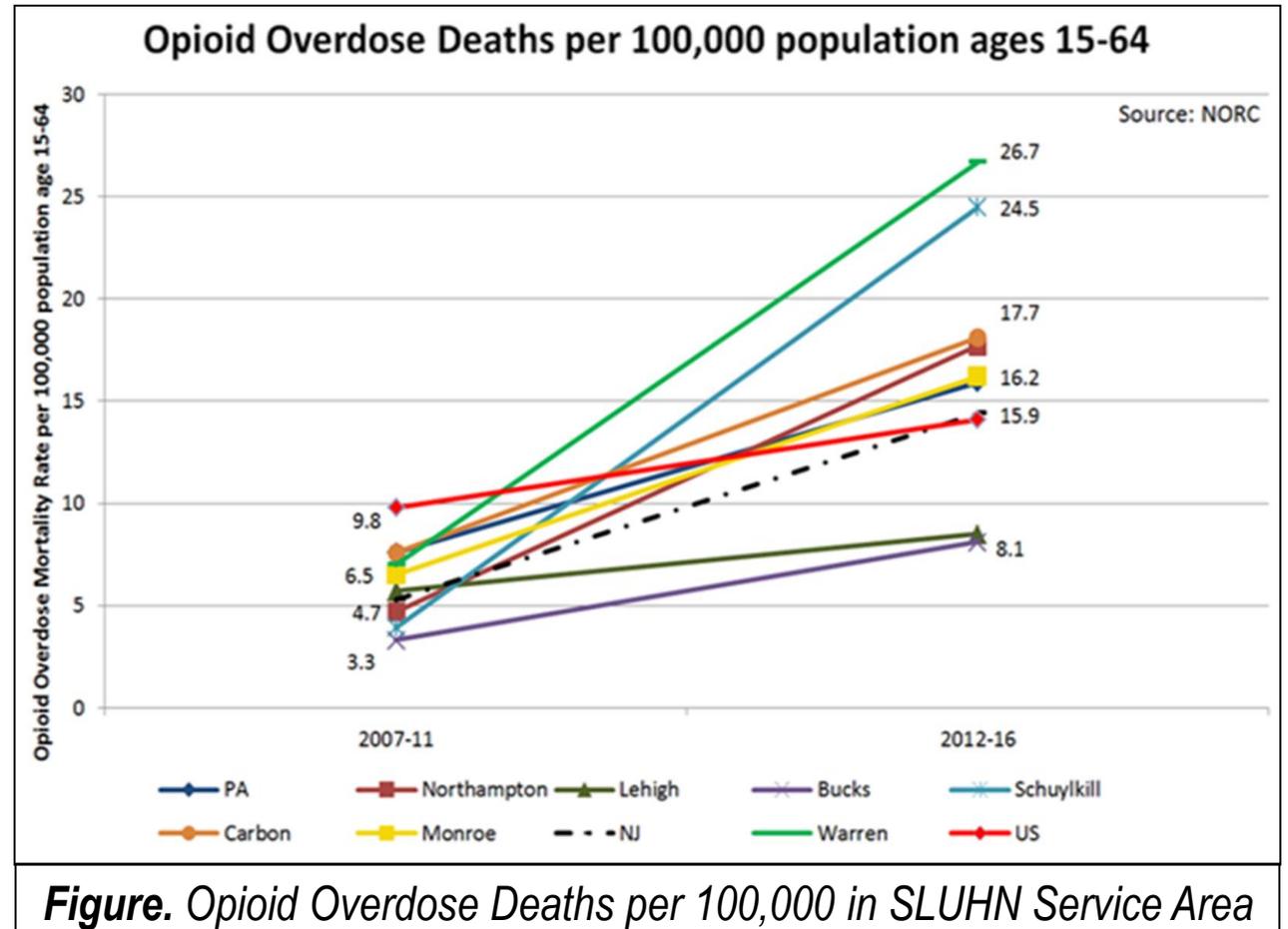
SLUHN Substance Use Disorder (SUD) Interdepartmental Committee has taken steps to build a comprehensive and sustainable model for effective Network opioid/substance use response. This includes: 1) strategic planning and integrating evidence-based best practices and trainings through the Network and communities we serve and 2) leveraging national, state and local partners, including those with lived experience, to measurably improve prevention, treatment, and recovery outcomes and impact.

A project was piloted at the Sacred Heart Hospital (SHH) and St. Luke's Miner's (SLM) campuses as these represent high overdose areas; the rate of overdose mortality in Schuylkill County from 2015-19 was 39.9% which is substantially higher than the state (29.7%) and national (20.2%) rates. The Lehigh County Opioid task force, which meets monthly, consistently reports that most overdoses and overdose mortalities occur in Center City Allentown. The CDC and the American Medical Association (AMA) report the rates of overdose increased through the COVID-19 pandemic, increasing the urgency for this life saving medication to reach our communities in need. According to our St. Luke's Rural Family Medicine Website, the pandemic also allowed us to experiment with more self-directed learning experiences, including but not limited to: completion of experiences in disaster management and opioid addiction.

During the 2016-19 CHNA cycle, each county within the Network saw increases in the rate of opioid overdose deaths. Out of all admissions, 66.2% of those who received treatment were unemployed, compared to 15.3% who worked full-time and 6.5% who worked part-time. An overwhelming 37.8% of admitted individuals listed heroin as their primary drug of use, followed by 29.5% using alcohol, 12% using marijuana, and 11.2% using other opiates and synthetics. These percentages of heroin and alcohol usage have seemed to switch since initial 2009-10 data, wherein 38.66% listed alcohol and 20.9% listed heroin as their primary drug of use. When comparing demographic data in the Department of Drug and Alcohol Program (DDAP) data dashboard, it was found that men used alcohol more than women, and women used heroin more than men. People who identified as Black used marijuana more than those who identified as White, and those who identified as White used heroin more than those who identified as Black. Similarly, those who identified as Hispanic used marijuana more than those who identified as non-Hispanic, and those who identified as non-Hispanic had a higher rate of using opiates.

Substance/Opioid Use Disorder Response Description, Evidence, Baseline Data

The hospital counties most affected are Carbon, Schuylkill (rising from the 39th highest rate of drug-related overdose deaths in 2017 to the 6th highest in 2018), and Lehigh. These counties are the pilots for comprehensive SUD coordination of evidence-based, integrated healthcare and community trainings and programs. According to data from the National Center for Health Statistics through the CDC, Schuylkill County had 19 total deaths from opioid overdoses between 2007 and 2018. This equates to 3.9 opioid deaths per 100,000 residents over that time. Between 2012 and 2016, this rate rose to 24.5 per 100,000 residents, equaling 109 opioid overdose deaths. Carbon County had 16 total deaths from opioid overdoses between 2007 and 2011, and 32 between 2012 and 2016. This changes the rate from 7.6 per 100,000 residents to 18.1 per 100,000 residents. The state and national averages were 15.9 and 14.1, respectively.



Intervention of National, State and Regional Strategies

In 2018, the Network's rural hospital applied for and was awarded a \$200,000 Federal Office of Rural Health Policy, Health Resource Service Administration (HRSA) Rural Community Opioid Response Planning (RCORP) grant to work within a consortium to improve Opioid Use Disorder (OUD) prevention, treatment and recovery responses. The deliverables consisted of an assessment, strategic, workforce and sustainability plans. This grant allowed the opportunity for the hospital system to align with best practices as part of the Department of Health and Human Services five-point strategy and the Surgeon General's Report call to action on opioids and substance use disorder. Following successful completion and progress of the planning grant, in 2019 the rural hospital applied for and was awarded a 3-year, \$1-million implementation grant to measurably improve OUD/SUD prevention, treatment, and recovery services.

In order to gain progress and quality standards, our network aligned with effective partners and models. On a federal level, we applied and received a HRSA grant planning to improve prevention, treatment, and recovery response and services. During this time we brought together a Network SUD team to review best practices and decide how to best partner to improve and operationalize Network and hospital campus efforts.

Naloxone Education and Distribution & SUD Response Pilots

As part of the HRSA planning and implementation grants, naloxone education and distribution began being piloted in September 2019 in the rural region. Additional Lehigh County Drug and Alcohol funding allowed us to continue to implement this program at the urban campus with high SUD and overdose rates.

Rural Pilot

Local CHNAs have identified that this rural, medically underserved service area is at high risk for substance use disorder. The prevalence rate of opioid use disorder, opioid overdoses, and opioid overdose mortality are all higher than national rates and population to provider ratios are worse than the state and nation. Stigma, transportation, and cost of treatment prevent most from accessing treatment and recovery.

Intervention of National, State and Regional Strategies

Family Medicine (FM) Residents are provided opportunities to participate in both the rural monthly steering meetings (with internal and external partners) and Network SUD meetings (internal departments directors and providers) to identify barriers and opportunities and connect their hands-on learning to continuous and collaborative process improvement. In both pilots, internal and external partnerships were leveraged to provide maximum guidance and experience for improved outcomes. The secondary and tertiary benefits of this initiative include enriching the residency experience by having practical and hands-on knowledge of what is happening on the streets before they enter the emergency room. Additionally, medical students who rotate through the Community Health Department are also included in these OUD/SUD monthly meetings and community medicine opportunities which not only enriches their didactics and academic learning but also aligns with the comprehensive approach St. Luke's is taking to address OUD/SUD with the Lehigh County Recovery Center, the St. Luke's Detox Center and St. Luke's Penn Foundation Partnership.

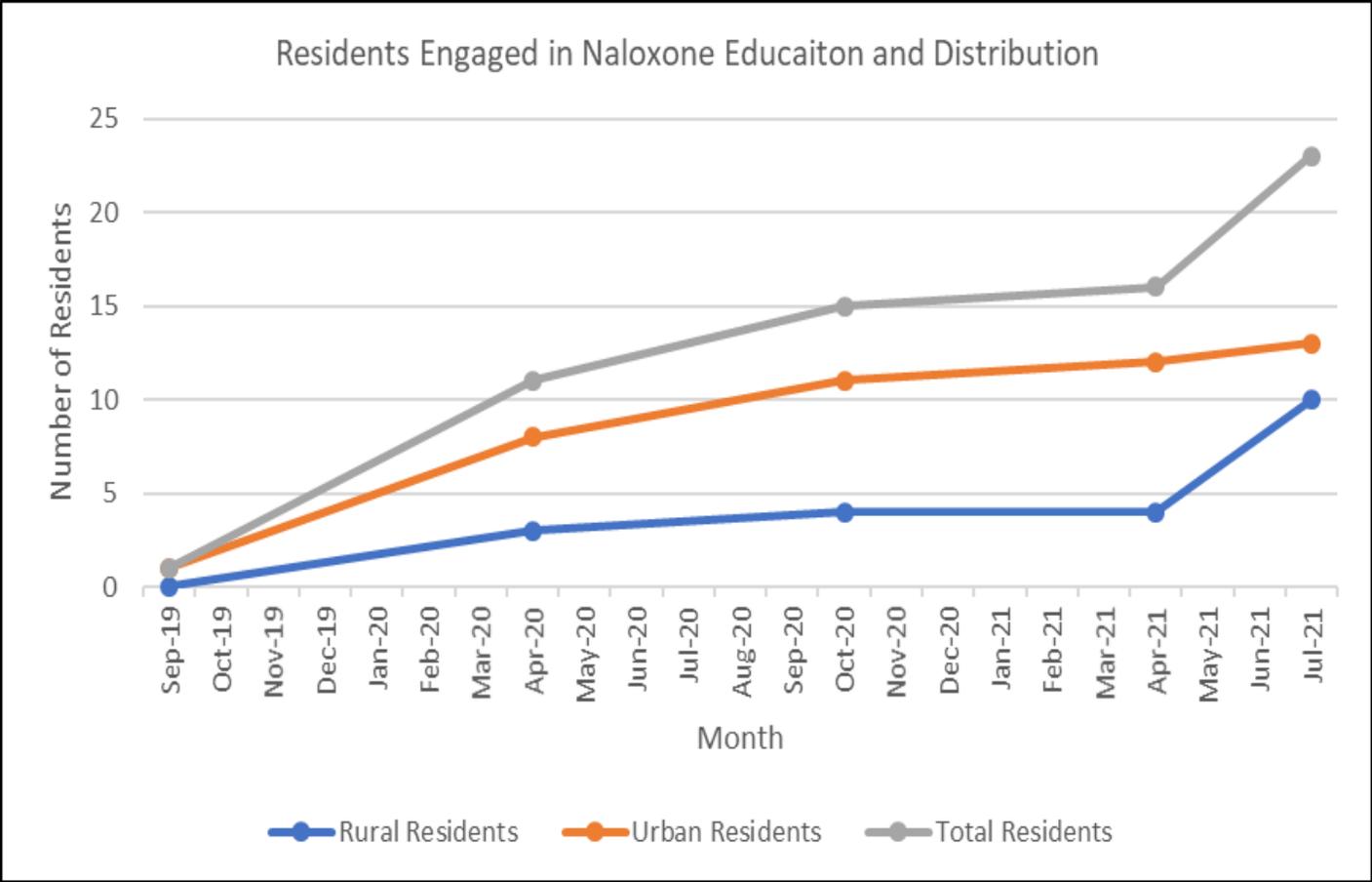
The rural SUD steering committee guides the comprehensive interventions and consists of local and grassroots partners, including those with lived experience. Together, their efforts provide energy to our rural community and the healthcare network in improving our continuum of care model. This includes integrating SUD response as a standard of comprehensive quality care while working with schools, head start and local faith partners to improve life skills, trainings and education as identified through our strategic and sustainability planning. Strategic planning objectives include increasing individuals screened for OUD/SUD, healthcare and community trainings and education and patients received SUD services including MAT (Medication-Assisted Treatment).

Intervention of National, State and Regional Strategies

Urban Pilot

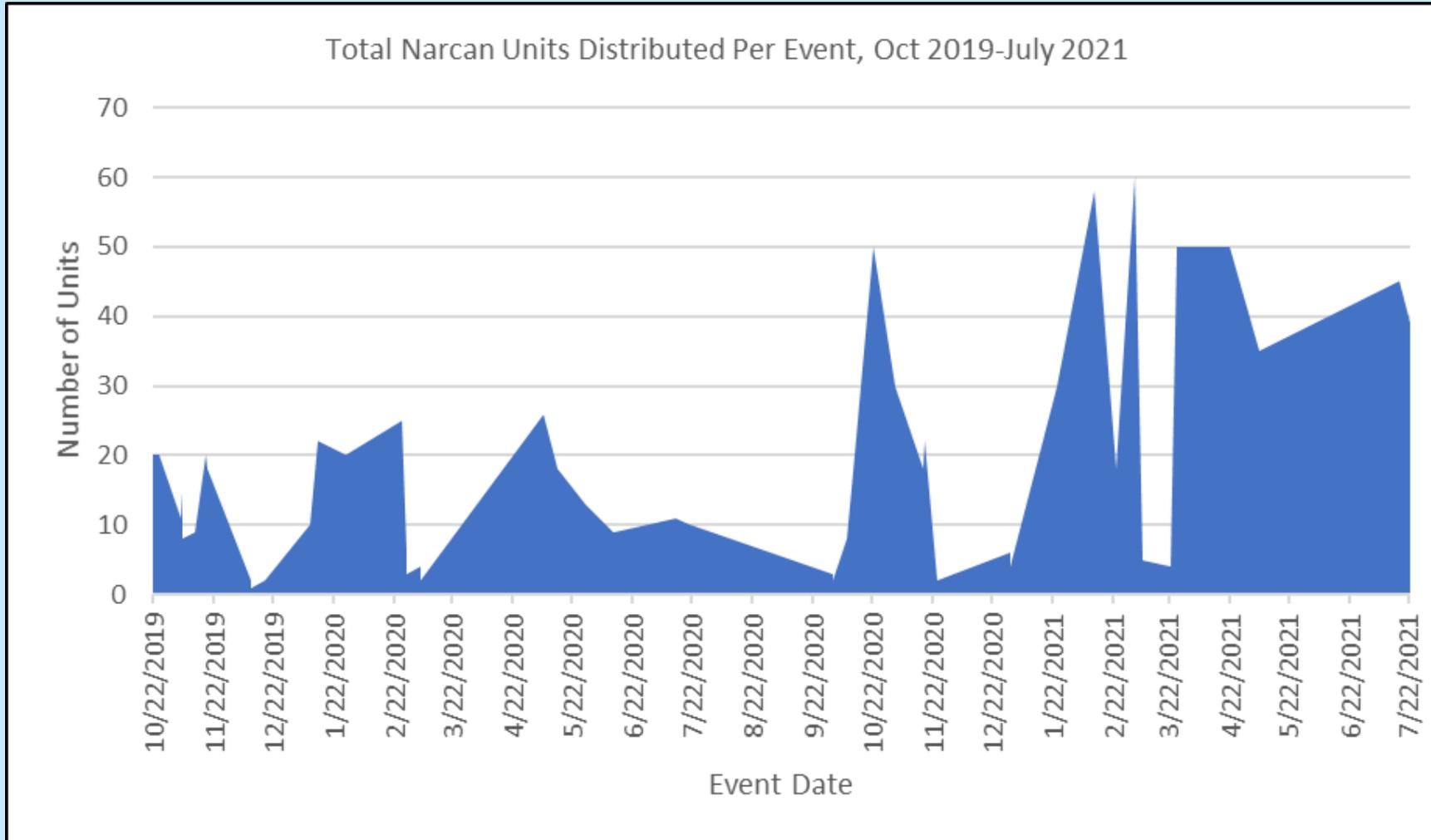
Understanding and gaining the trust of the community is imperative to the SUD response in the Network. Therefore, Family Medicine Residents from the Sacred Heart Campus have worked very closely with the community. They are not just treating patients inside the clinical setting but have made it a priority to get out into the community to educate and deliver naloxone. *“I would estimate 15% of the people we met said they have already used naloxone on an acquaintance and needed a new supply”* says Hospitalist who does community outreach and distributes naloxone while educating individuals on how to use it. Family Medicine Residents have been actively involved in the Medication-Assisted Treatment (MAT) waiver trainings and are partnering with community and local grass root organizations such as a laundromat frequented by those in need and Certified Recovery Specialists (CRS’s) who are employed by a local Center of Excellence (COE) treatment center. As part of our urban SUD pilot, we are responding to the identified need around addiction, but we also understand how working on other Social Determinants of Health that have been identified in the CHNA will have an impact on the SUD rates in the community.

Urban and Rural Family Resident Engagement



Over twenty five St. Luke’s Family Medicine Residents and Medical Students were involved and provided opportunities to gain experience in managing mitigation efforts while brainstorming with partners at the monthly meetings to learn more on additional network SUD/ODD integration and standards of care such as the Detox Center and Penn Foundation, our newest member to the St. Luke’s Family.

Allentown Narcan Distribution and Education Tracking Sheet, October 2019-June 2021



Naloxone Education and Distribution

Campus	Naloxone Education/Distribution Sites and Events	#Naloxone Education/Distributed
<p>Rural Campus Pilot 2019-2021 (SLUHN Miners Campus with Rural Community Opioid Response Partners)</p>	<p>Drug and alcohol expo, opioid symposium, food pantries in high overdose area, mock bedroom in community center, Recovery Walks, Valor Clinics</p>	<p>450</p>
<p>Urban Campus Pilot 2019-2021 (SLUHN Sacred Heart Campus)</p>	<p>Soup kitchens, laundromat ministries, community center, street outreach</p>	<p>506</p>

Table. Naloxone Education and Distribution Pilots

In 2019, our network joined the Hospital Association of PA Opioid Learning Action Network (LAN) and we have successfully linked with our state colleagues in collecting and reviewing key data points for OUD encounters, overdoses, MAT in emergency departments, prescriptions for home inductions, patients engaged by a certified peer specialist and naloxone prescriptions upon discharge. This aligns with our network toxicology hub and spoke model expanding inpatient detox for patients along with connection to care. Referrals are coordinated internally with our departments and externally with our COE's, treatment centers, and local organizations with the goal to encourage, support, and sustain recovery.

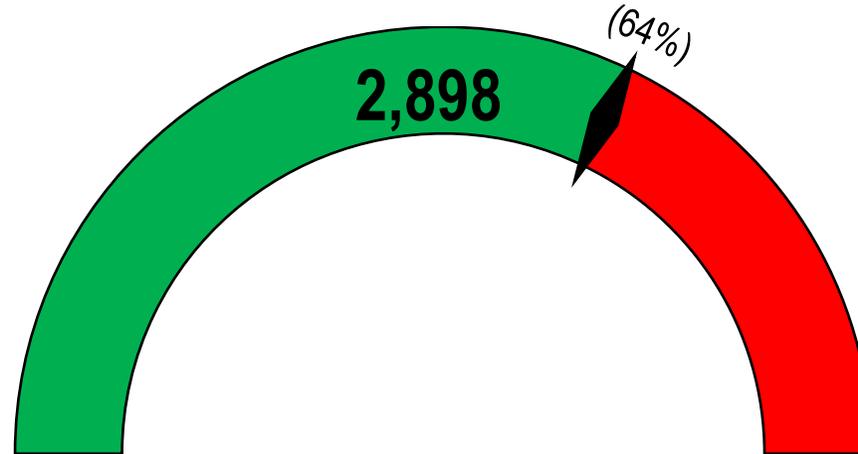
Strategic planning utilizing evidence-based trainings and best practices are being integrated into the hospital system and the communities we serve. This includes increasing the providers waived for Medication Assisted Treatment while working in tandem with counseling and support and increasing trainings for stigma reduction in healthcare and the community. Screening, Brief Intervention, Referral to Treatment (SBIRT); Question, Persuade, Refer (QPR); naloxone education and distribution; school and Community Health Worker (CHW) connection to care and resources are also being successfully implemented. In addition to our national HRSA partner, our state partners include The University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (PERU) and the Hospital Association of Pennsylvania. Regional opioid task forces and coalitions work closely with our Single County Authorities (SCA) and Center of Excellences (COE), local Drug and Alcohol, and with those with lived experience to inform planning and effective response. On a network level we developed a SUD Response Committee that meets monthly to operationalize and communicate efforts throughout our network and with our partners to measurably improve outcomes and impact.

Additionally, collaborations with area institutions of higher education to build a strong provider base continue to grow and develop with Lehigh University, DeSales University and the Lewis Katz School of Medicine at Temple University. Community Health and Behavioral Health at SLUHN have been actively involved in county and health bureau suicide and opioid taskforces to combat the opioid epidemics currently being faced by our communities. There are opioid task forces in communities serving Bethlehem, Allentown, Anderson, Lehigh, Quakertown, Miners, Monroe, Warren, and Quakertown campuses. The intent is to build better collaboration between systems and measurably improve and sustain outcomes and impact.

Network Trainings

In Fall 2019, a stigma reduction survey was sent to all employees directly at the campuses related to SUD as part of the Opioid Stewardship Program. Nearly 3,000 Network staff completed the survey including medical doctors, advanced practitioners, nurses, support staff, educators, and front desk staff. Community Health, paTechnical assistance for MAT, SBIRT trainings and integrating with the Network Electronic Health Records System for improved outcomes tracking and reporting, has been successful in identifying barriers, opportunities and progress.

2898 inpatient and outpatient network providers, nurses, and support staff completed the anonymous survey out of the **4500** who received the survey in October 2019



4,500 Providers Received Survey

Stigma Reduction Survey Respondents by Role

Physician or Resident	Advanced Practioner*	Nurse	Assistive Personnel*	Administration*	Educator	Other*
9.9% (287)	7.4% (213)	51.2% (1479)	30.5% (880)	0.4% (11)	0.3% (10)	0.2% (7)

3.

Access to Care and Reducing Health Disparities



The **Health For All** initiative addresses CHNA goals related to Improving Access to Care and Reducing Health Disparities, Preventing Chronic Disease, & Improving Mental and Behavioral Health



The **Healthy Kids, Bright Futures** initiative addresses CHNA goals related to Improving Access to Care and Reducing Health Disparities, Preventing Chronic Disease, Improving Mental and Behavioral Health and Improving Child and Adolescent Health.

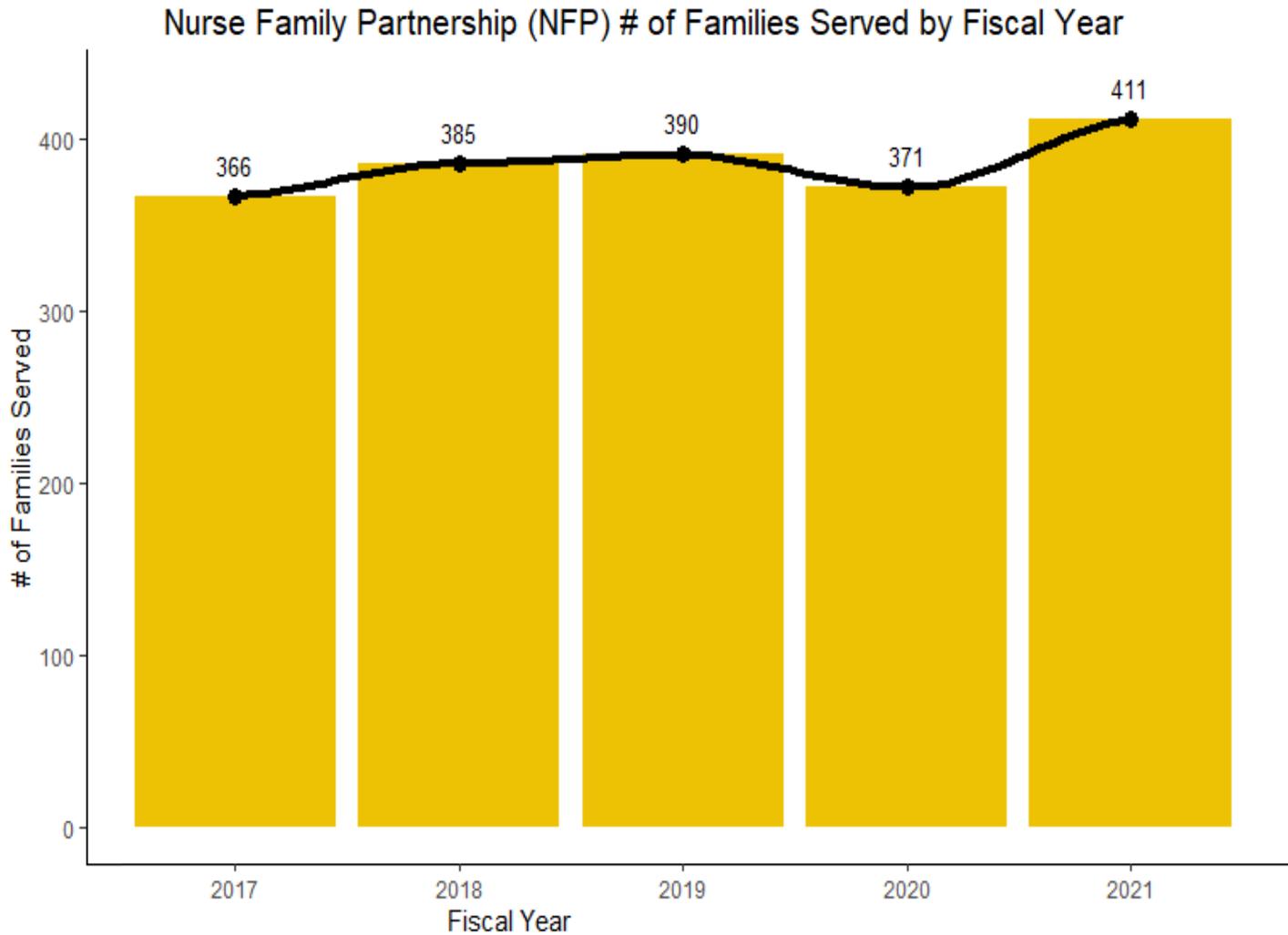


Maternal Child Health Initiatives

The VNA of St. Luke's implements two different nurse home-visitation programs that focus on vulnerable children and families: Nurse-Family Partnership (NFP) and the Visiting Nurse Advocate for the County (VNAC). NFP is a prevention program that works to improve prenatal outcomes, child health, development, and the family's economic self-sufficiency. VNAC is a specialized program that works with families who are already involved with the Children and Youth System. Nurses work with families to provide safe environments for their children, increase parenting knowledge and skills, and to ensure parents meet their child's health and medical needs.

The delivery of both Maternal Child Programs was impacted by the COVID-19 pandemic. In mid-March 2020, NFP transitioned to remote delivery of the model using telephone and virtual video visits. The NFP team has resumed in-person delivery as of June 2021 and 51% of visits were in the home the first month back in the field. VNAC completed virtual visits as appropriate but given the nature of their work, most visits continued to be in person through the fiscal year.

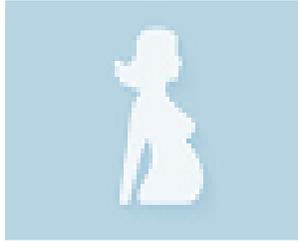
Nurse Family Partnership (NFP)



# of Families Served	437
# of Visits Completed	4,427
Graduation Rate	76.0%
Employment Rate @ 24mo.	71%

Table. NFP Fiscal Year 2021 Data

Figure. Number of Families Served Each Year by the NFP Program



PREGNANCY OUTCOMES

Babies Born at Term

82%

(PA 88%, Nat. 89%)

Babies Born at Healthy Weights

90%

(PA 87%, Nat. 89%)



CHILD OUTCOMES

Children Immunized at 2 Years

98%

(PA 92%, Nat. 89%)

Children Meeting Developmental Milestones

81%

(PA 88%, Nat. 86%)



LIFE COURSE OUTCOMES

Completed High School/ GED or Enrolled to Complete

76%

(PA 67%, Nat. 63%)

Mothers 18 or Older Working at 2 Years

71%

(PA 60%, Nat. 58%)

Nurse-Family Partnership (NFP)

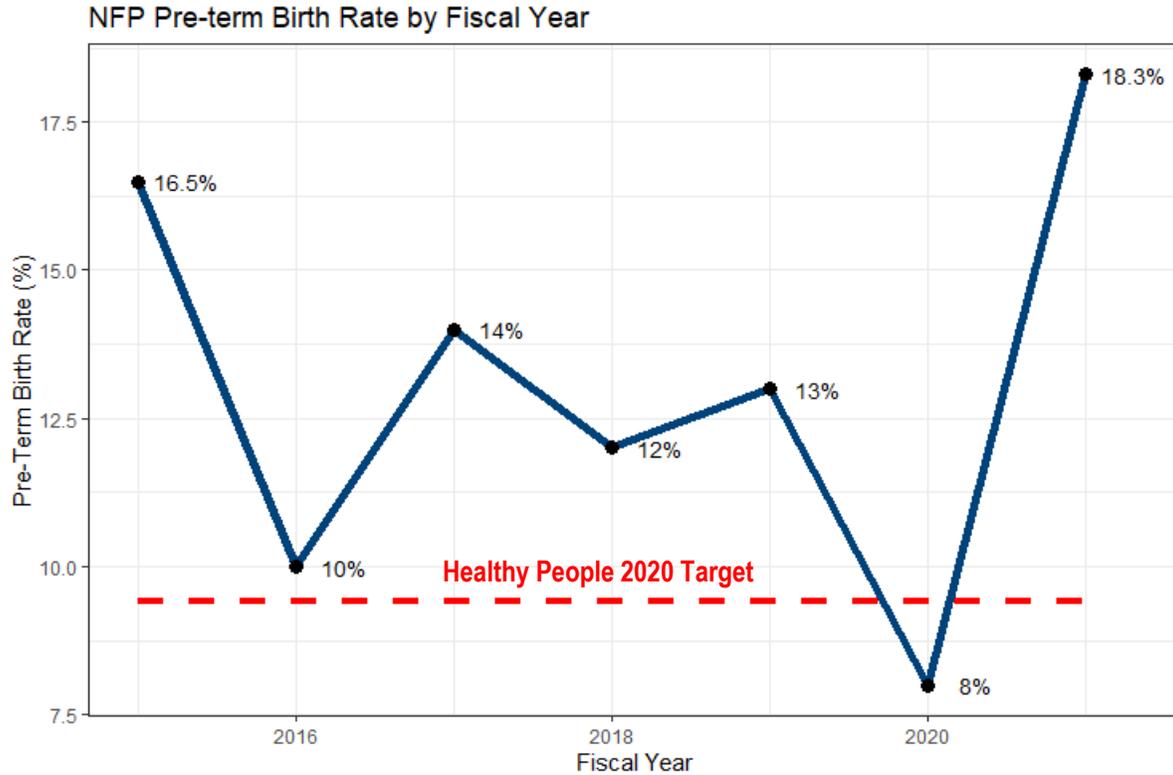


Figure. NFP Pre-term Birth Rates by Year

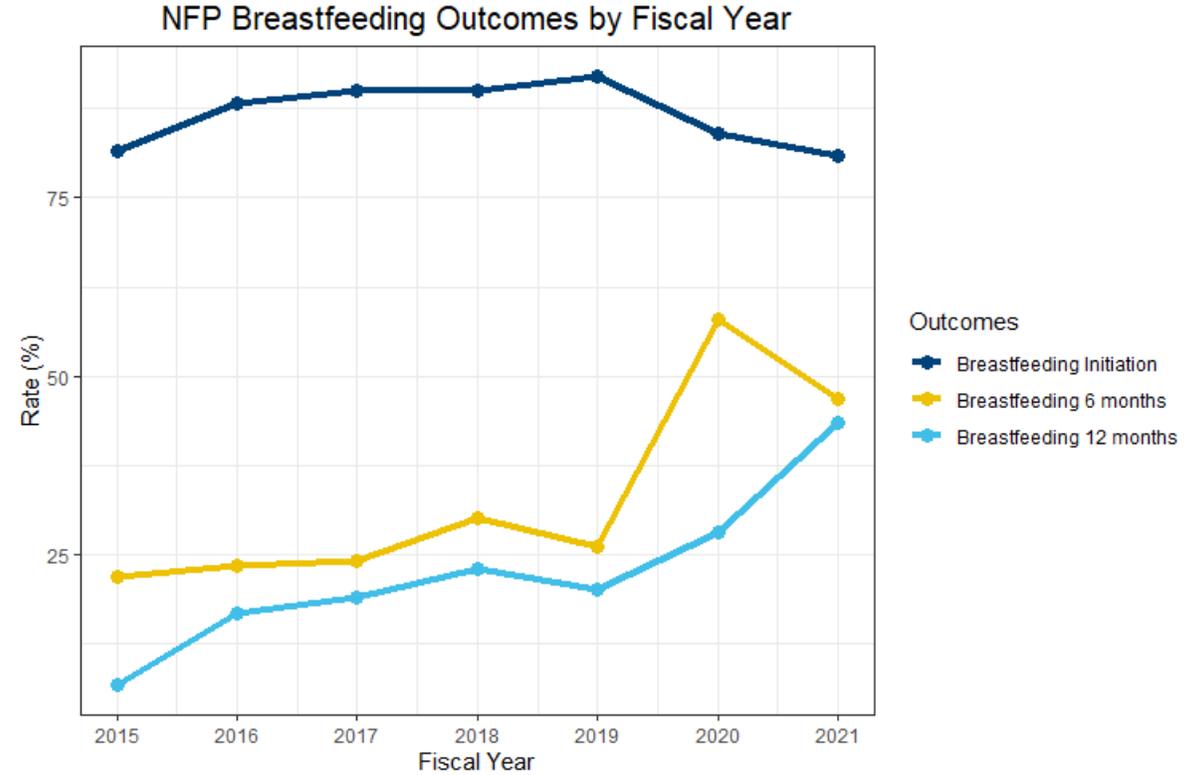


Figure. NFP Breastfeeding Outcomes by Year

Breastfeeding Rate @ Initiation	81%
Breastfeeding Rate @ 6mo.	47%
Breastfeeding Rate @ 12 mo.	44%

Table. Nurse Family Partnership (NFP) Fiscal Year 2021 Data

Visiting Nurse Advocates of the County (VNAC)

Visiting Nurse Advocate for the County (VNAC) Improvement Outcomes

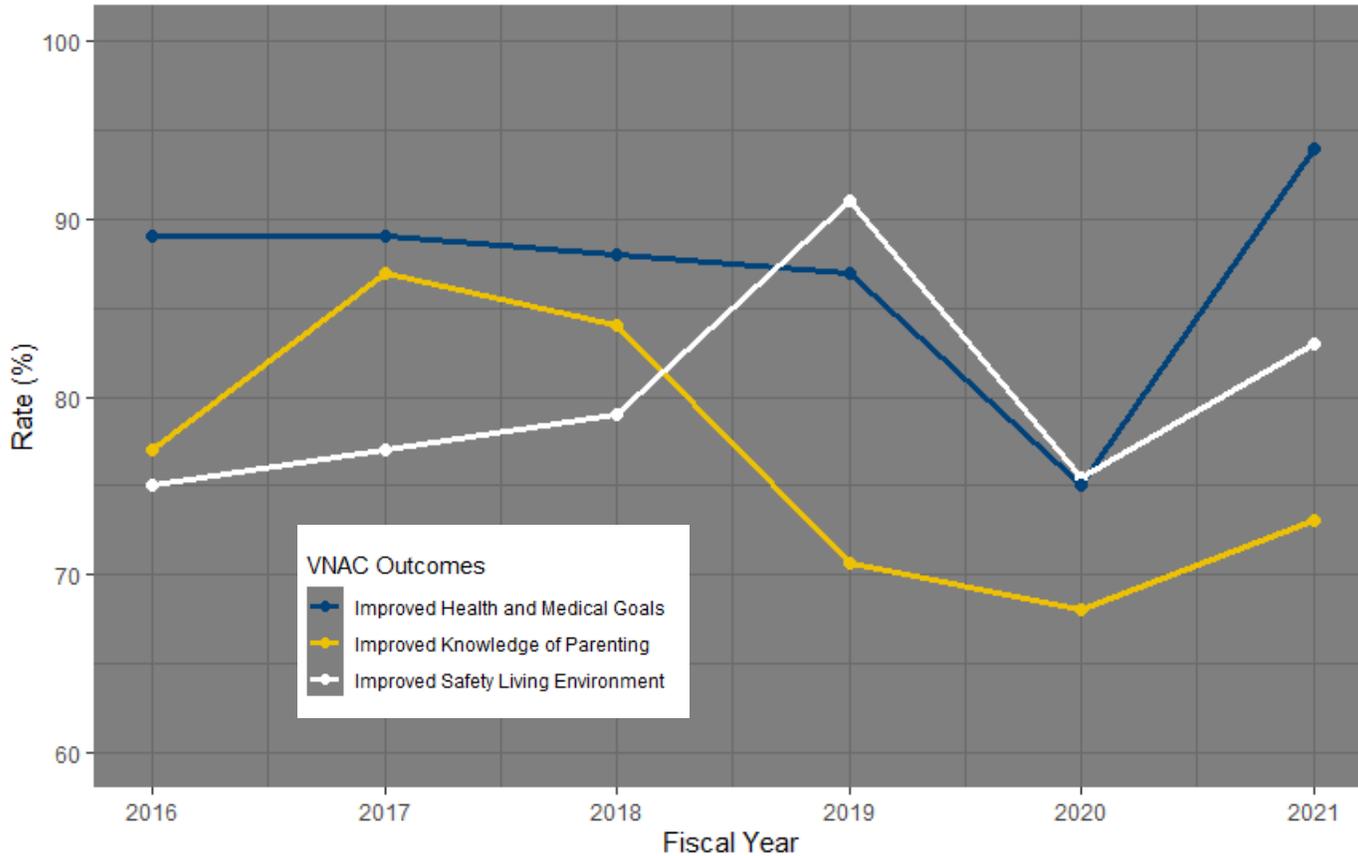


Figure. VNAC Improvement Outcomes by Year

Nurses	5
Families Served	107
Billable Hours	5,223

Table. Visiting Nurse Advocate of the County (VNAC) Fiscal Year 2021 Data

Visiting Nurse Advocates of the County (VNAC)

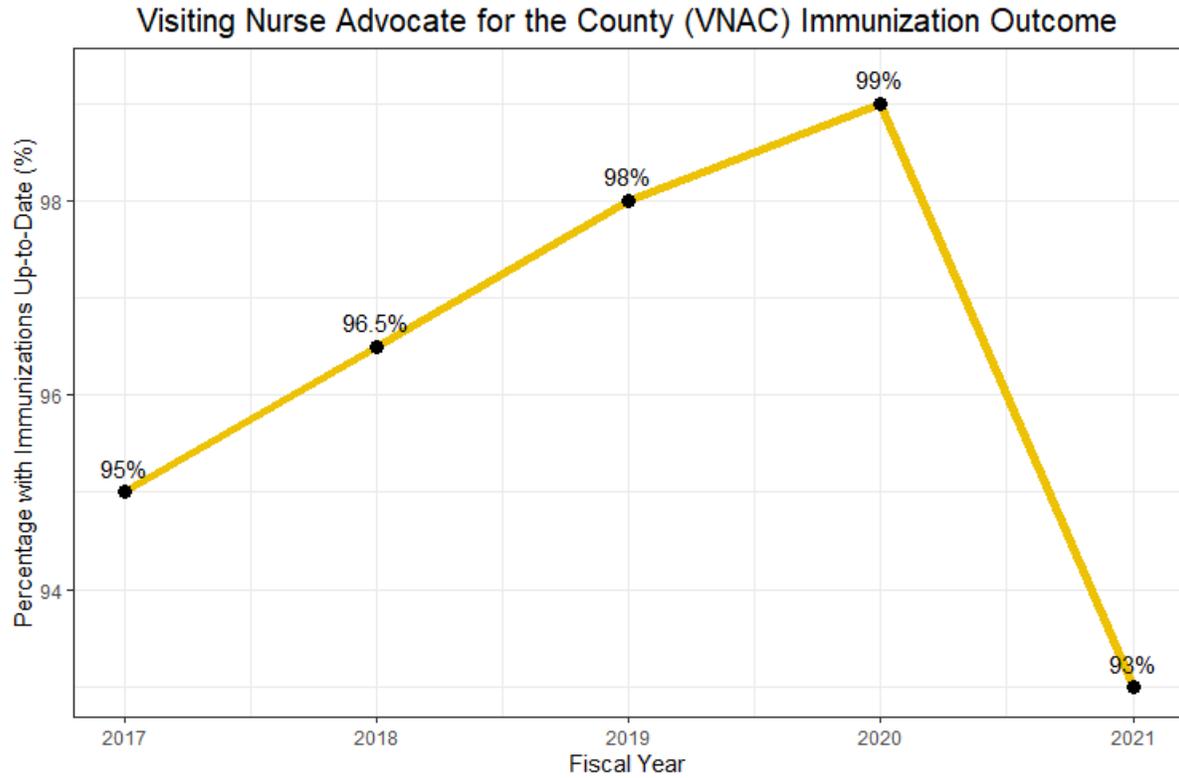


Figure. VNAC Percent of Immunizations Up-to-Date by Year

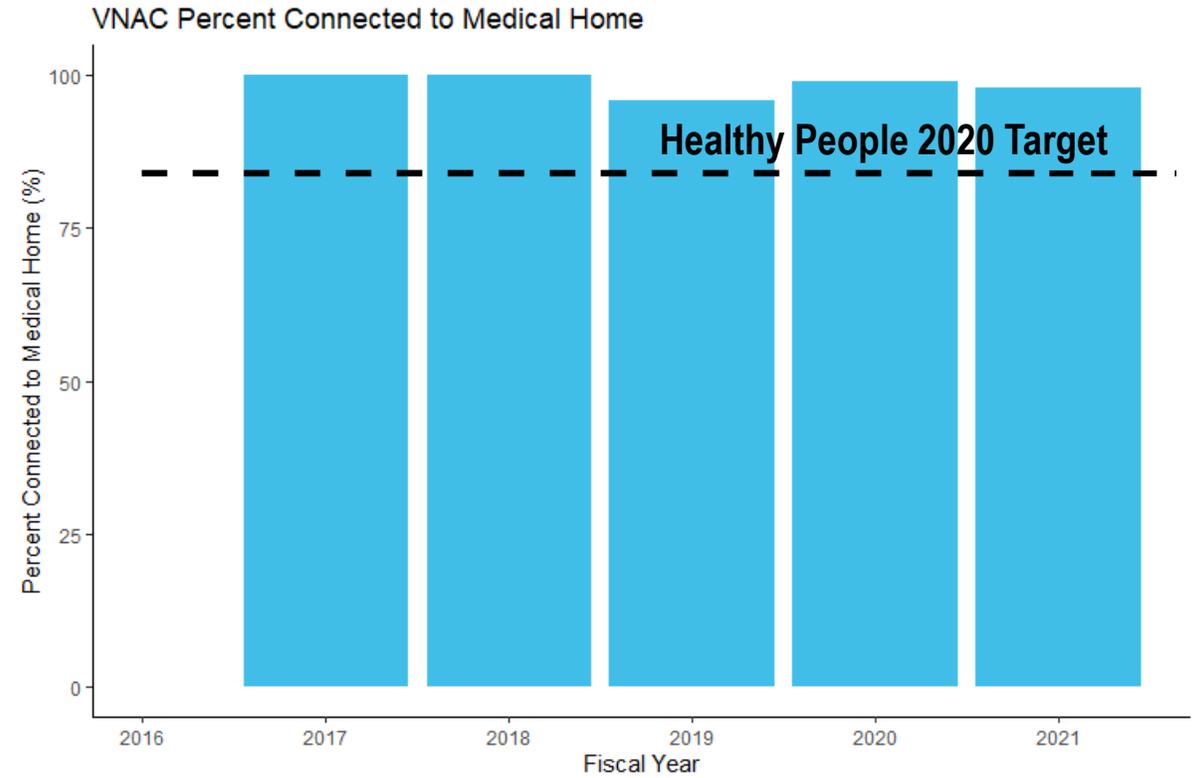


Figure. VNAC Percent Connected to Medical Home by Year

Visiting Nurse Advocate for the County (VNAC) Smoke Exposure Outcome vs. Target Threshold by Fiscal Year

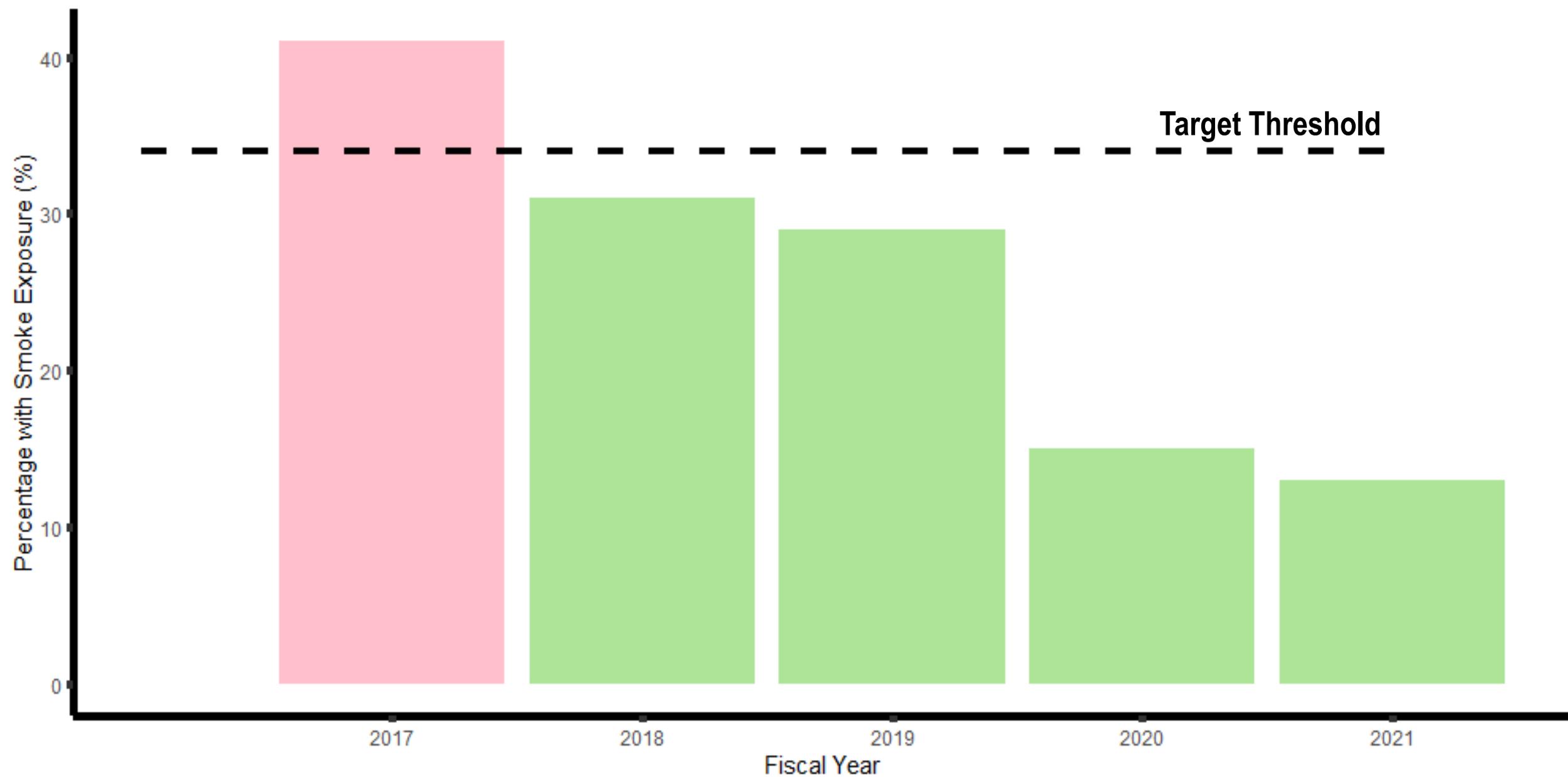


Figure. VNAC Percent Exposed to Smoke by Year

Literacy Initiatives

A multitude of research has linked low literacy to poorer outcomes related to health and life course development. Literacy and exposure to books should occur early as a child's brain develops rapidly, with approximately 80% of an individual's brain architecture set by the age of 3. Reading interactions affect children's cognitive, language, and social-emotional development. The American Academy of Pediatrics reported that fewer than half (48%) of young children are not read to daily. Additionally, minority and low-income children are less likely to be read to daily compared to non-minority, higher income peers. This inequity impacts a child's school success and long-term health as social determinates play a major role in both a person's quality and length of life. To close this literacy gap, SLUHN has taken on multiple strategies to promote access to books, reading interactions, and community partnerships to help promote literacy throughout the community and across the lifespan.

SLUHN Book Drive

- Individual book drives took place throughout the Network during the COVID-19 pandemic
- >1,500 books were delivered to schools and nonprofit organizations

Little Free Libraries

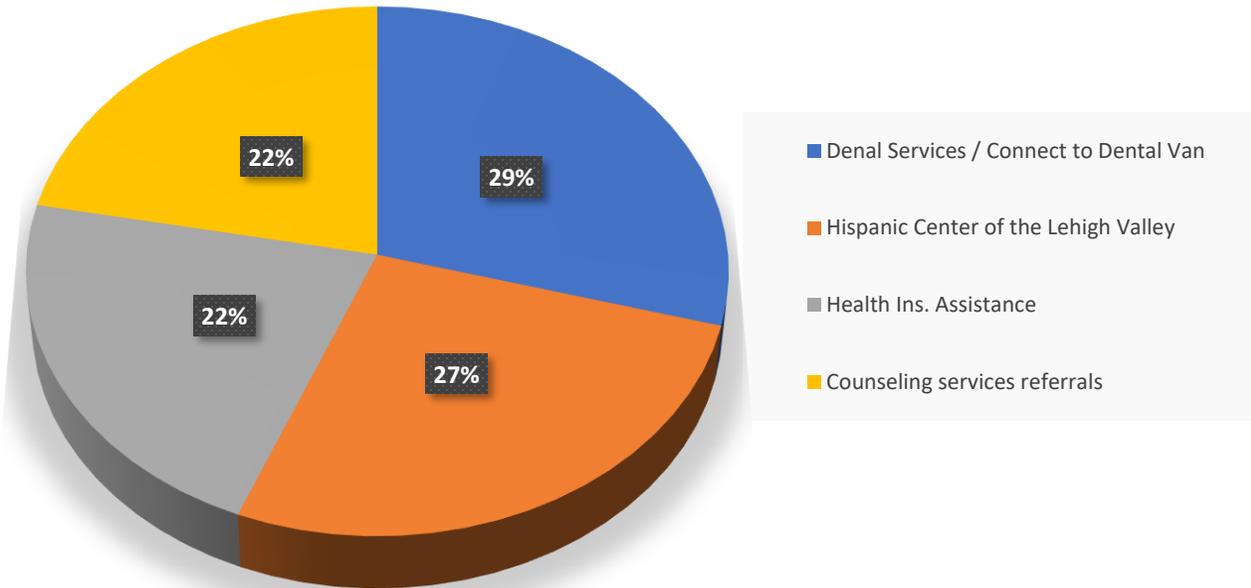


Read Across America

- Virtual in 2021
- Resources sent to over 20 School Districts
- Virtual book readings by providers and authors
- A grant of \$5,000 was awarded by the Northampton County Medical Society Alliance for books donated to Bethlehem and Bangor School Districts

School-Based Initiatives

Youth Succeeding in School (YSS) Donegan



# of Students Enrolled in the Program	70
Enrollment Rate (#enrolled/ # with need)	100%
# of non-YSS Students helped	58
Attendance Improvement Rate	80%

Table. *YSS Donegan FY 2021 Outcomes Data*

Youth Succeeding in School (YSS) at Donegan Elementary in the Bethlehem Area School District is a program designed to reduce chronic student absenteeism by identifying and addressing barriers to attendance faced by students and their families. They are connected to a variety of community resources including health/dental services, employment assistance and the Hispanic Center of Lehigh Valley (HCLV).

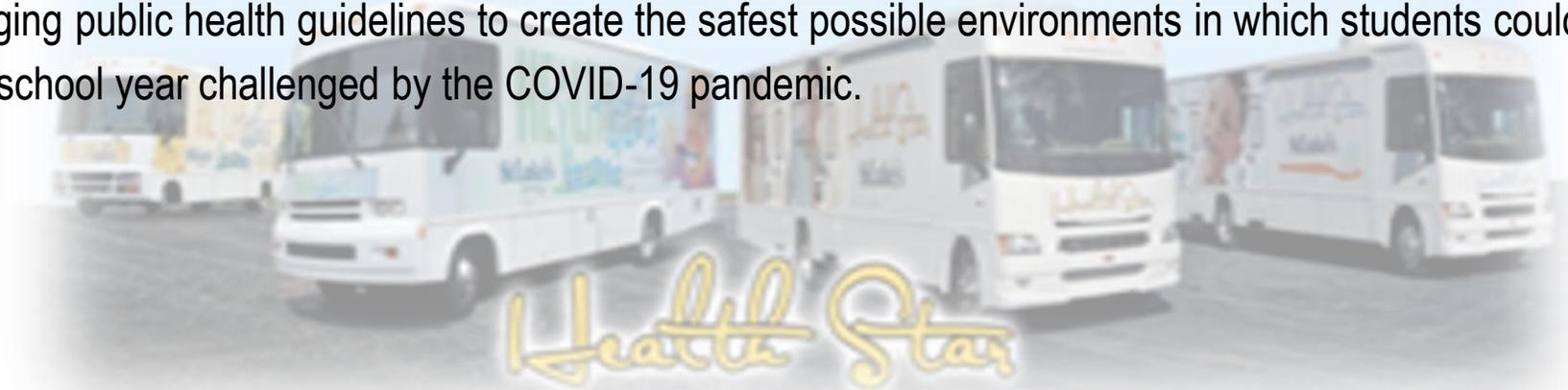
Mobile Youth Health Centers

St. Luke's Mobile Youth Health Centers (MYHC) travel to Allentown, Bethlehem Area, and Panther Valley School Districts. This year, due to COVID-19 school closures, the MYHC was unable to travel to Allentown. The MYHC staff supported back-to-school vaccine initiatives in Allentown, Bethlehem Area, and Easton Area School Districts. The FY 2021 numbers reflect the work done by the MYHC team in Bethlehem and Panther Valley during the 2020-2021 academic year.

During the 2020-2021 academic year, our Mobile Youth Health Centers (MYHC) provided telephone and in-person health assessments, connection to primary care providers, mental health support, vision exams and glasses, physical exams and screenings, connection to vaccines, and care coordination.

COVID-19 Response and Support to Local Schools

In collaboration with other SLUHN departments, the Community Health Department leadership team supported area school district superintendents, health supervisors, school nurses, school boards, and school medical directors while navigating the frequently-changing public health guidelines to create the safest possible environments in which students could learn during an unprecedented school year challenged by the COVID-19 pandemic.



Students Seen on Medical Health Van By School District

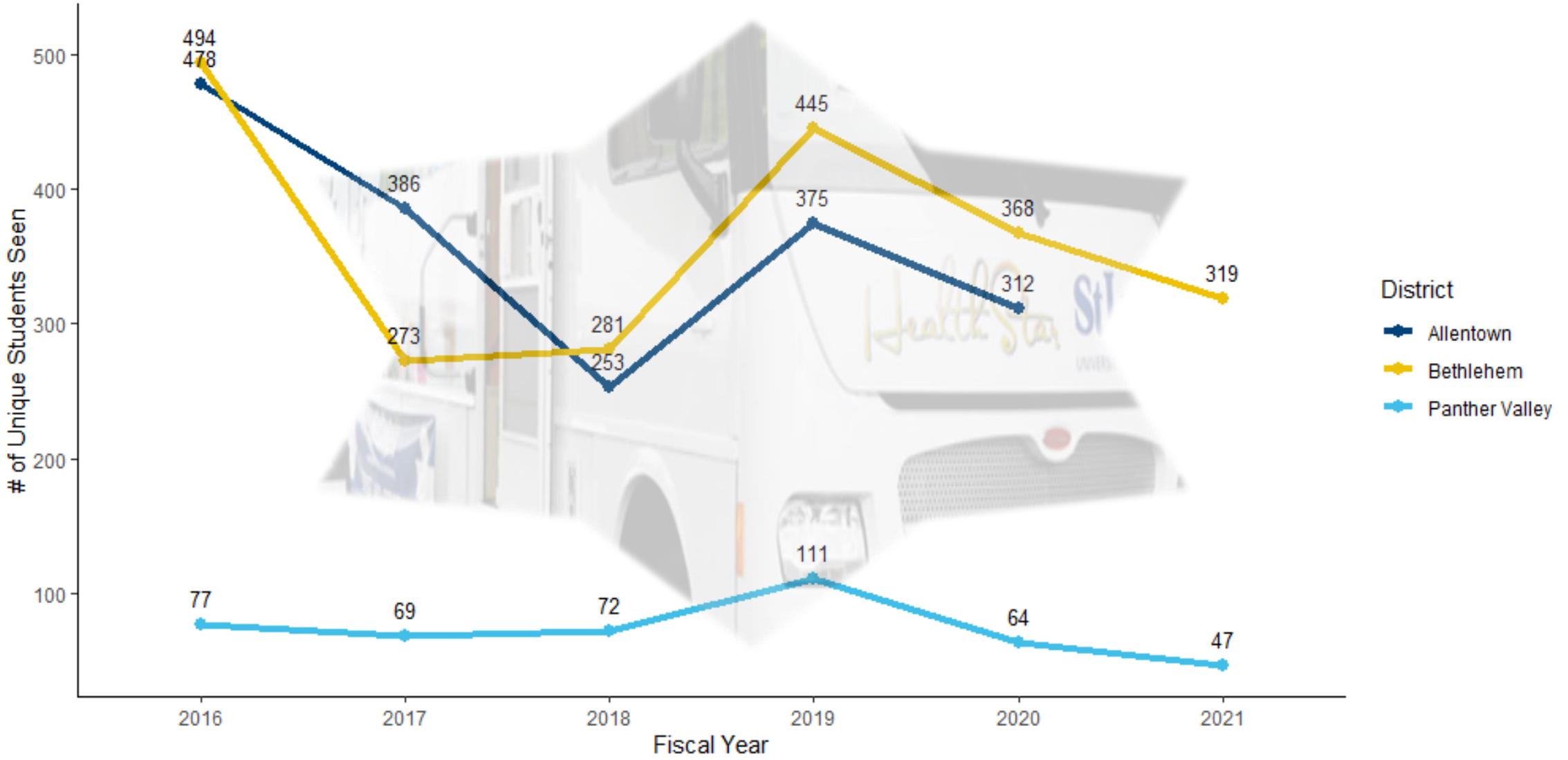


Figure. Mobile Youth Health Van Students Served in each School District by Year

Mobile Youth Health Van programming was discontinued in the Allentown School District during the 2020-2021 fiscal year due to COVID-19 school response

Mobile Van Encounters by School District

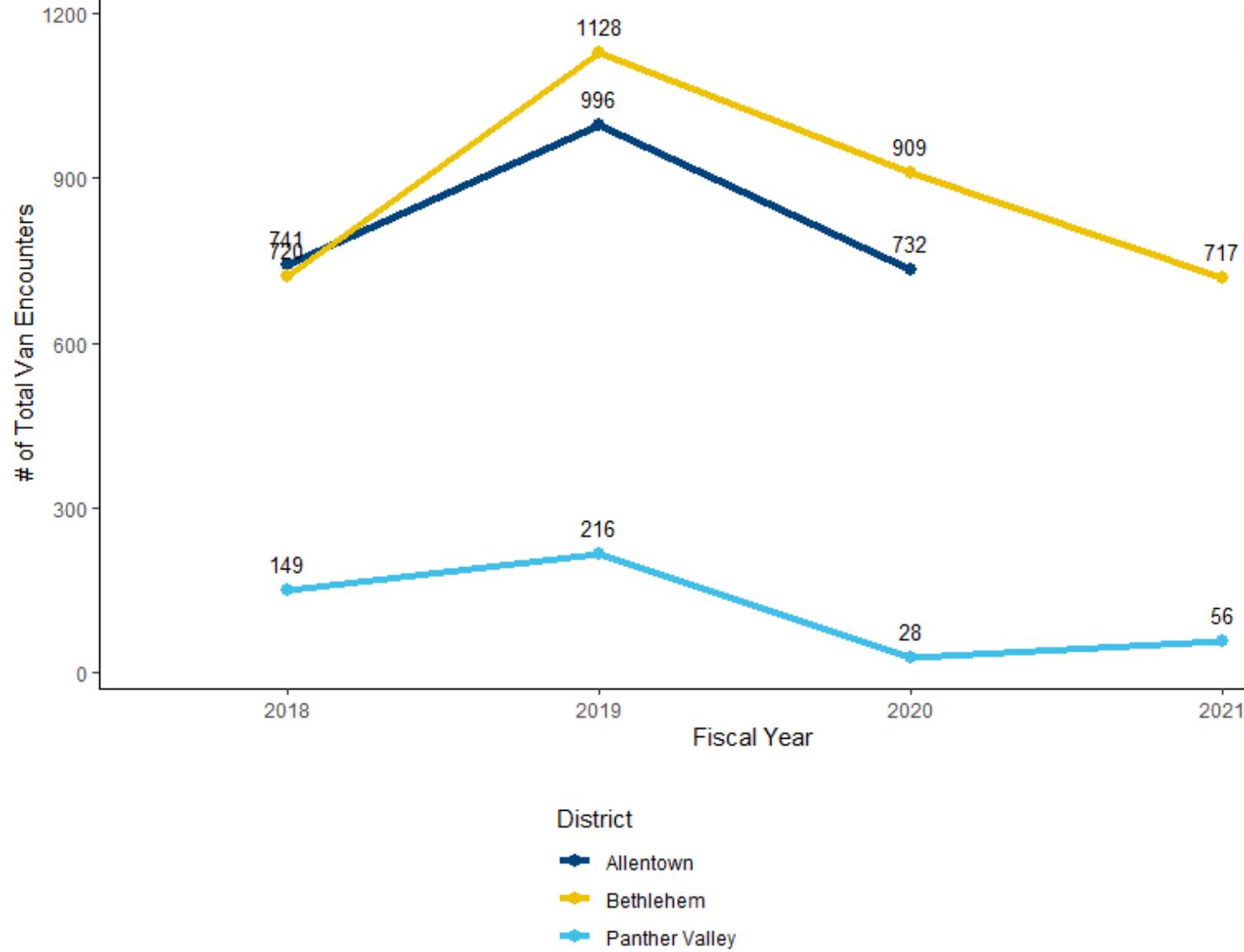


Figure. Mobile Youth Health Van Encounters in each School District by Year

Adolescent Career Mentoring Initiatives

Adolescent Career Mentoring Initiatives provides career mentoring programming for in-school and out-of-school youth in Lehigh and Northampton counties through a combination of hospital rotations, professional development sessions, and/or work experience. The programs focus on increasing graduation rates in high-risk populations, improving English language skills for English Language Learners, and providing work experience in the healthcare field, all while teaching job-keeping and job-seeking skills and diversifying the healthcare workforce.

Funding was not available for the Health Career Exploration Program or Next Step Program as funders worked on realigning funding streams and revising their expectations for COVID-19. As a result of social distancing guidelines set by the CDC, the Allentown School District began the year using a completely virtual model. Bethlehem Area School District and Bangor Area School District used a hybrid of virtual and in-person learning.



School-to-Work Program Students and Staff

Restrictions did not allow field trips to the hospital or visitors into the schools. As a result, the entire 2020-21 school year programming was held virtually for both School-to-Work and CareerLinking Academy programs. **During FY 2021, St. Luke's Adolescent Career Mentoring Initiatives served a total of 41 high school students, with a high school graduation rate of 100%.**

School-To-Work (STW) Program

STW aims to improve graduation rates, lower absenteeism, and encourage English Language Learners toward post-secondary education by exposing students to healthcare. This provides an opportunity to learn valuable career and life skills.

This year, STW served 9 students, with a high school graduation of 100%.

School-To-Work Highschool Graduation Rates Over Time

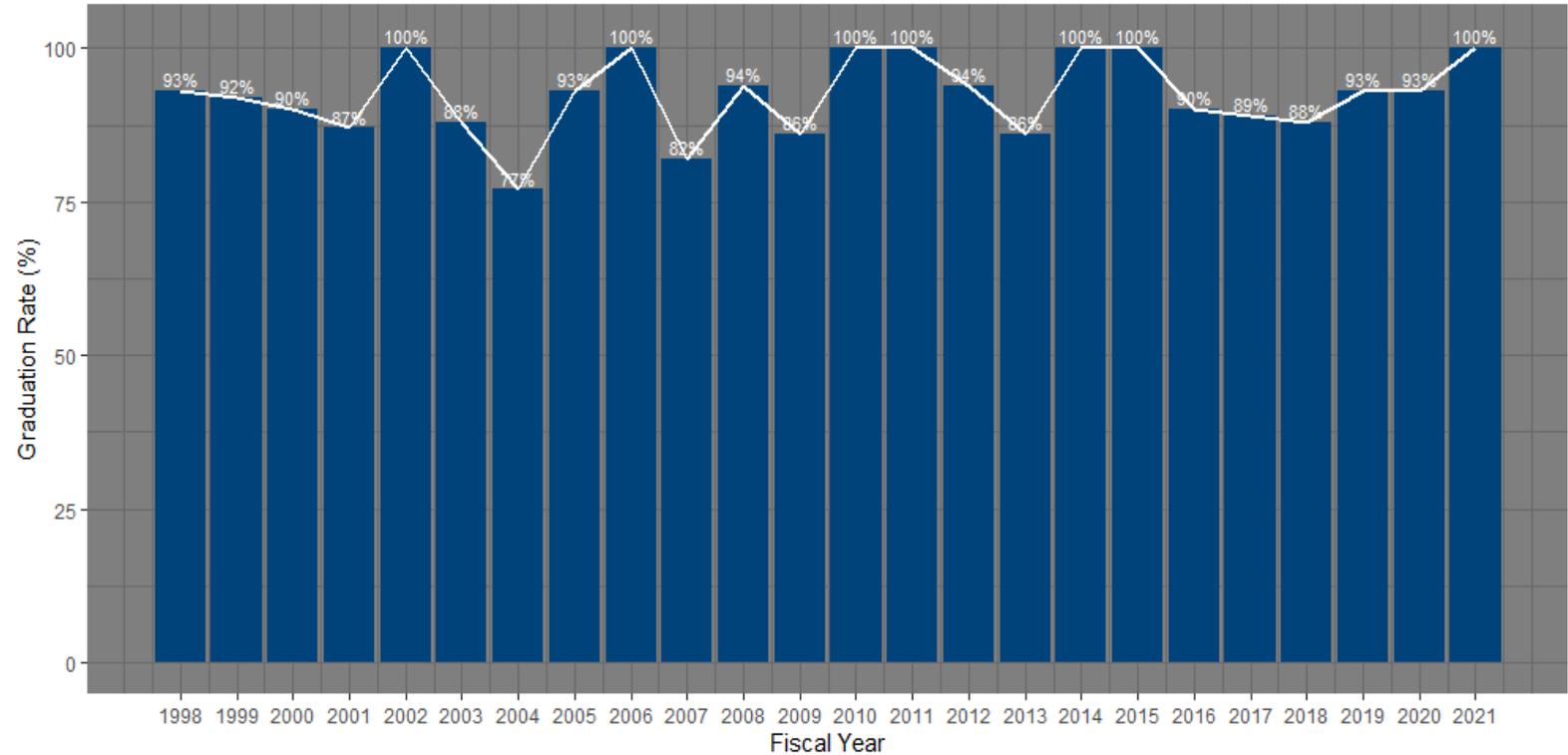


Figure. STW Highschool Graduation Rates

FY 2020 Enrolled Cohort Size	10
Completion Rate	90%
Highschool Graduation Rate	100%

Table. School-to-work program
Fiscal Year 2020-2021
Outcomes

CareerLinking Academy (CLA) Programs combine observational learning experiences and professional development sessions focusing on exposure to healthcare careers with job-readiness skills training. **This year, the program served 30 students, with a high school graduation rate of 100%.**

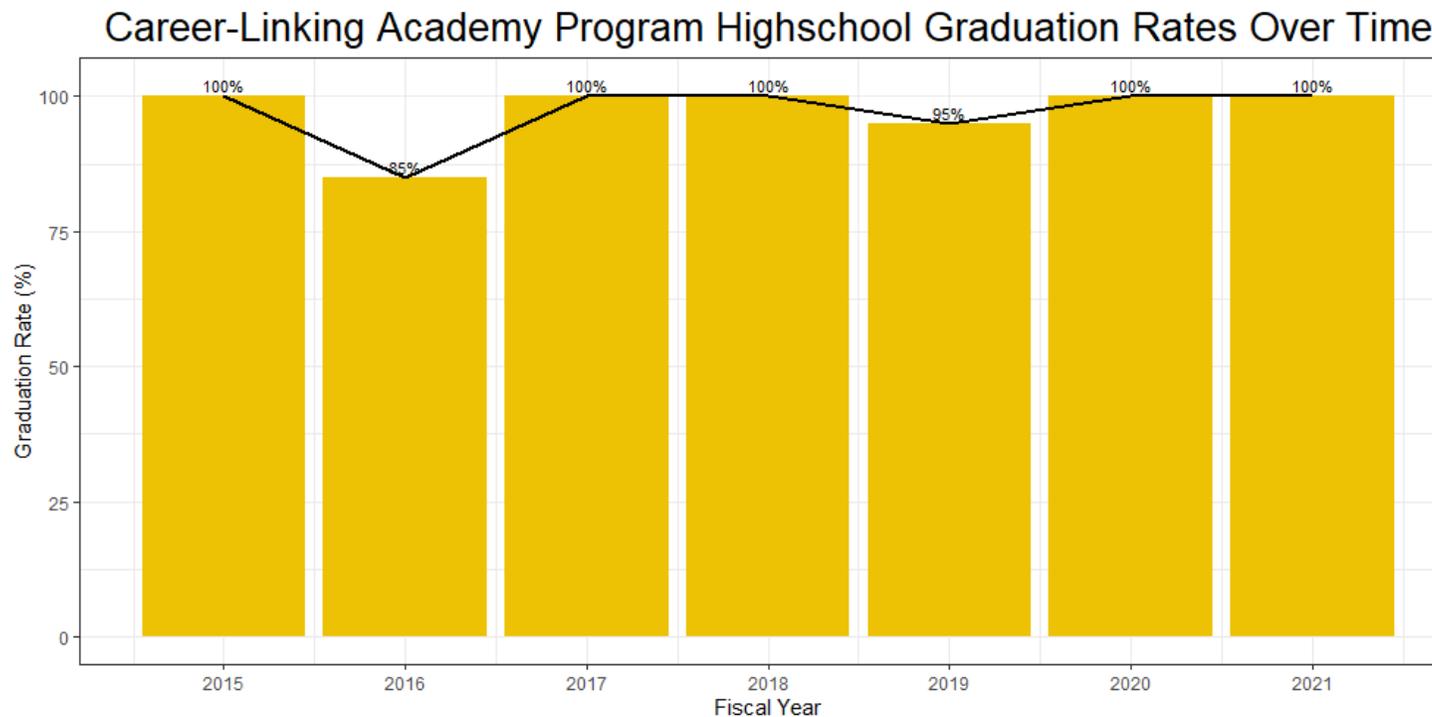


Figure. *CLA Highschool Graduation Rates*

	Allentown School District	Bangor School District
FY 2021 Enrolled Cohort Size	19	12
Completion Rate	95%	100%
Highschool Graduation Rate	100%	100%

Table. *Career-linking Academy (CLA) program Fiscal Year 2020-2021 Outcomes*

Transportation Initiatives

Case management booked a total of **9,498 rides** as part of the Lyft program.

Lyft Trips Booked in 2020-2021 per Month

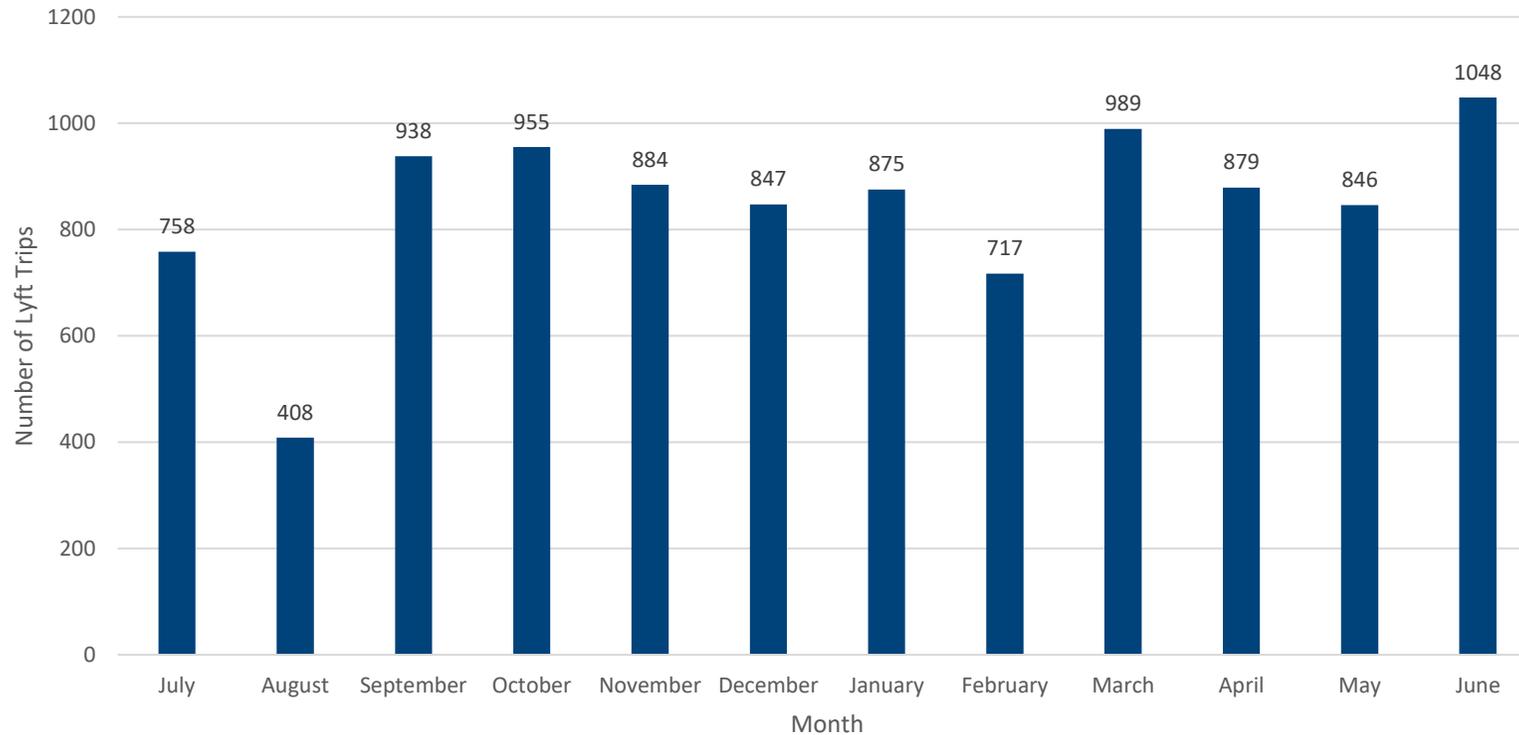


Figure. FY2021 Lyft Trips Booked per Month

Social Determinants of Health (SDOH) & Aunt Bertha



St. Luke's University Health Network began piloting social determinants of health assessment using our electronic health record (Epic) in some Community Health Centers and with community partner, Star Community Health. The social determinants of health assessed include tobacco, alcohol, and other substance use, employment status, financial resource strain, education level, primary language, food security, transportation, stress level, and social connections and support.

When a need is identified for free- or reduced-cost care, St. Luke's and Star Community Health care managers can access a resource called Aunt Bertha, which provides resources by patient's zip code and established eligibility criteria. This work has begun the pilot process and continues to be promoted across the Network in the coming year.

Parish Nursing & Community Outreach Initiatives

The Parish Nursing & Community Outreach Program is made up of three components integral to the Community Health Department:

- 1. Parish Nursing** is a hospital-based program that serves the community with the scope and standards of both the traditional medical model along with the Parish Nursing model, which is a subspecialty of nursing that incorporates the intentional care of the spirit in addition to the body and mind. This program reached individuals across multiple sites in the urban core of Allentown with a goal of reaching at least 1,000 unduplicated individuals per year. With each individual client, program staff works to build a relationship that reveals their healthcare needs then create a care plan to reach the client's self-determined and desired outcomes. **During FY 2021, the Parish Nursing team reached 1,157 unduplicated individuals through 1,548 encounters.**
- 2. The Community Outreach** component under the Women's 5K consists of two dedicated workers who reach vulnerable un- or under-insured women to educate them in proactive gynecological health, as well as schedule their free Pap smears and mammograms. This outreach seeks to prevent female cancers in this group of women and give them the tools to actively engage their own health, while also allowing them to empower other women to do the same by sharing information and inviting them to join the program. **In the last year, we served 505 women** with 88% of those contacts made since January 2021 as people were starting to receive vaccinations for COVID-19 and be comfortable interacting with healthcare professionals.
- 3. Education & Capacity Building for Network and Community Nurses** is the final component overseen by the Parish Nursing program. This education prepares other health professionals to build a congregational parish nursing program while also education others on the current medical challenges that impact their practices. All presentations incorporate a spiritual aspect, which is what sets Parish Nursing apart from other nursing specialties. Due to COVID-19 restrictions in FY 2021, these were held virtually but in typical operating years are held in-person.

Parish Nursing Highlights

Highlights and Successes

Total Unduplicated Individuals Served	1,157
<i>New Individuals Served</i>	843
Unique (But Not New) Individuals Served	314
Face-to-Face Encounters	1,548
Resources Provided	965
Educational Programs Offered	22

Table. Parish Nursing FY 2021 Outcomes



Jacqui Howells of the Parish Nursing team receiving a St. Luke's Nursing Excellence Award highlighting her ability and dedication to building relationships with those served.

Parish Nursing & Community Outreach Initiatives

Parish Nursing under Trexler: Due to COVID-19 restrictions, the Parish Nursing team was limited in hours and ability to visit sites for approximately the first half of FY 2021. Gradually the team was able to return to community sites beginning with Ripple Community, Inc. and the Laundry Ministry in efforts to connect clients to medical providers. Throughout this time, the team medically monitored homeless clients who were in isolation at local motels while infected with COVID-19. By February 2021, the team began working with Daybreak of the Lehigh Conference of Churches and Center for Recovery Allentown, both of which were visited and clients seen twice per month.

Currently the program is working on a partnership with Hogar Crea Allentown, where they will visit with the medical van every other week. The program is also commencing partnership with a third-year Psychiatry resident who will rotate with the team every Tuesday in hopes that community clients will connect with and continue treatment as needed with this mental health provider. Both new initiatives are in response to requests by community partners for Parish Nursing assistance. Dr. Colleen Cahill, multiple Physician Assistants, and medical students have become an integral part to Parish Nursing's outreach to the community, faithfully volunteering in the laundry ministry and on the medical van.

Another highlight for our team was the increased utilization of program services by inpatient & outpatient care managers, as well as community health workers (CHWs). On average, eleven care managers and CHWs contacted the team for assistance with over 14 clients each month. The total number of requests from SLUHN staff and community partners numbered over 43 per month. Being able to effectively complete these requests leads to improved quality of life and health outcomes for clients who would otherwise not have the means to access or improve their care.

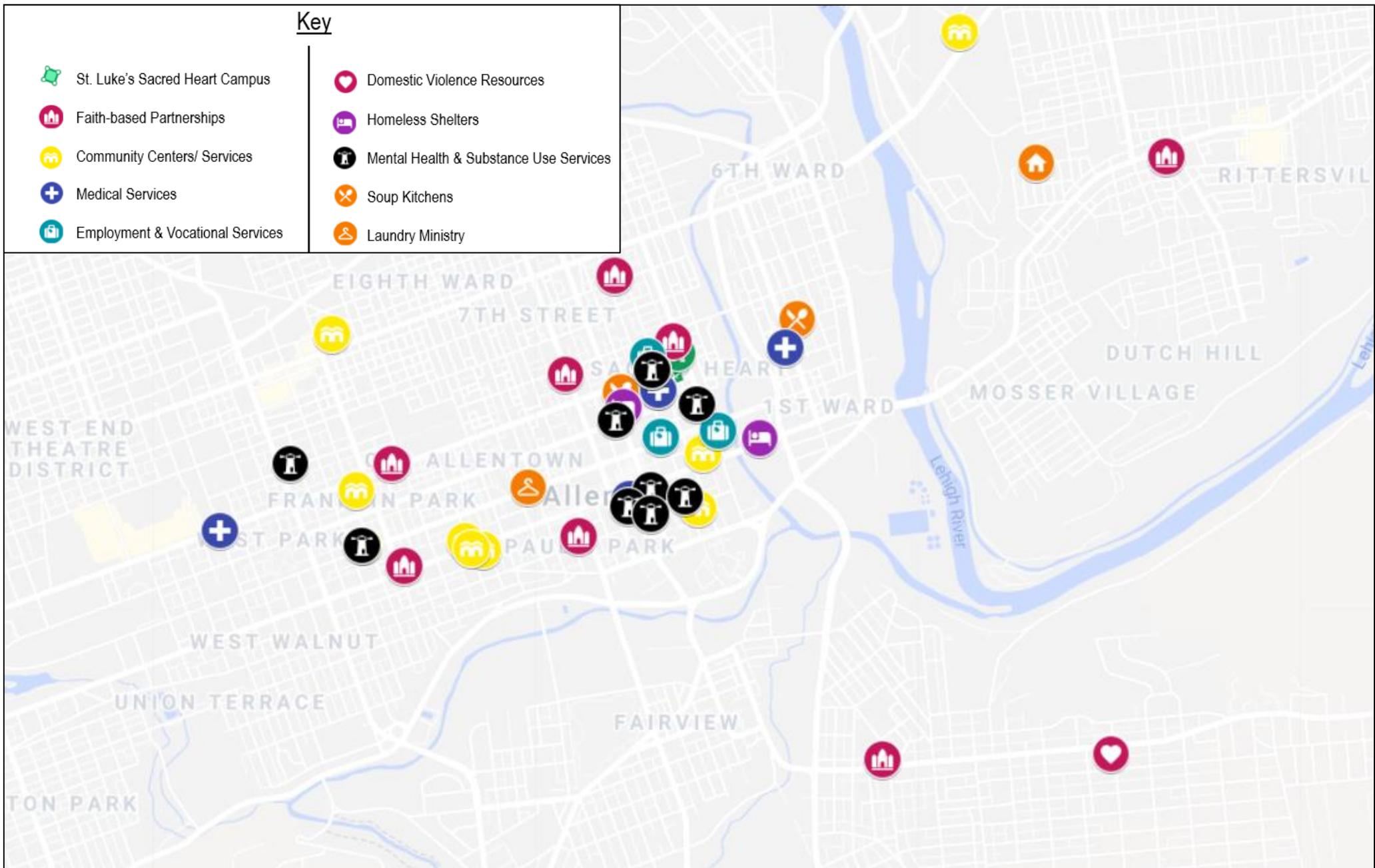
Parish Nursing & Community Outreach Initiatives

The Community Outreach team under the Women's 5K worked diligently to reach existing clients for follow-up while also reaching out to women new to the area or program. In addition to the daily scheduling of Pap smears and mammograms, the Parish Nursing team usually presents Dinner and Discovery, a free event to women and families consisting of fellowship, meal, and education. This year due to COVID-19 restrictions, the program instead packaged 100 bags for women containing education on gynecological care, healthy behavior programs, and gifts to treat each person. These were delivered to three Star Community Health Women's Care Clinics whose staff gave them out just before Christmas and reported gratitude from recipients.

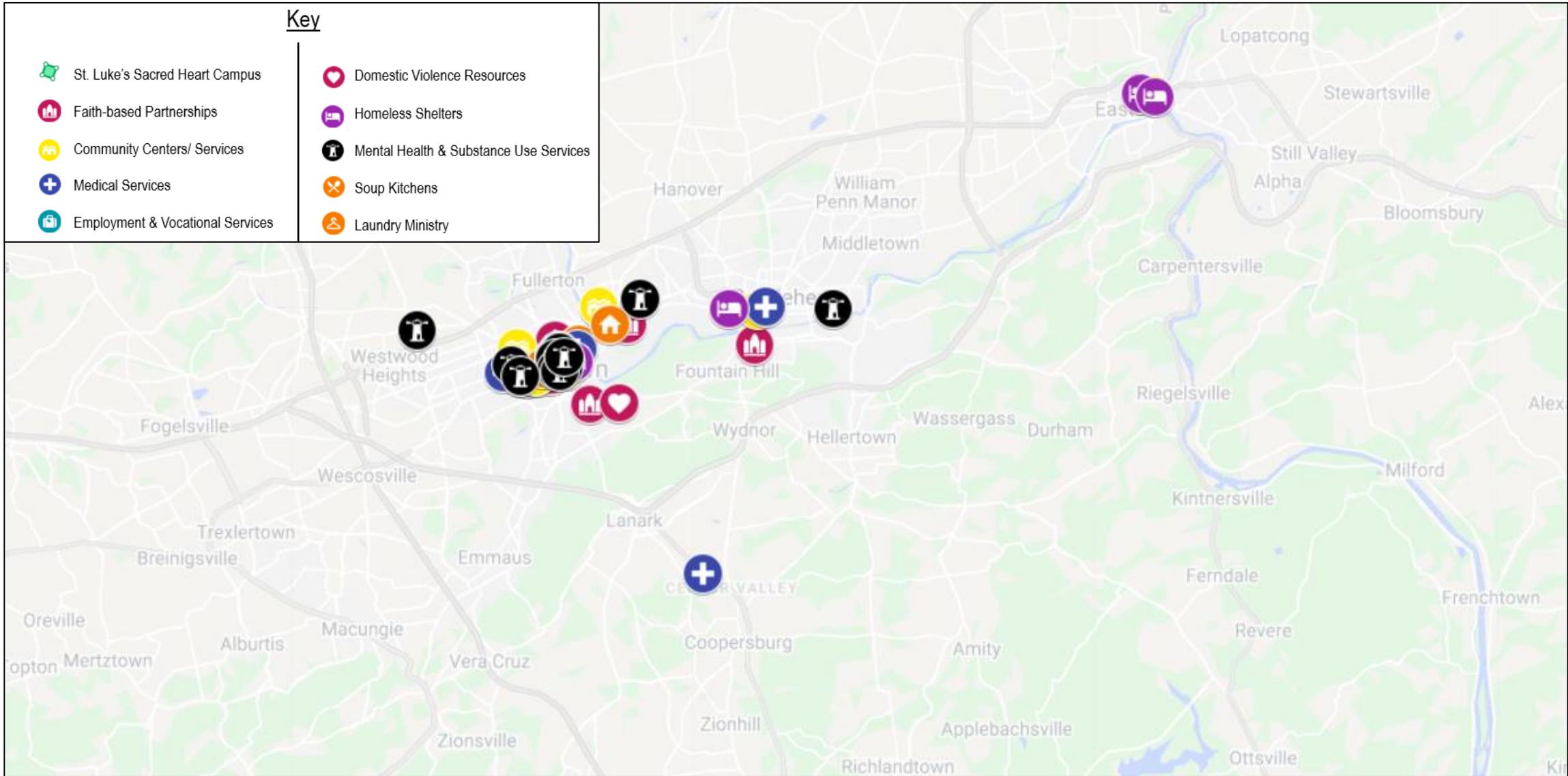
Parish Nursing Education & Capacity Building: Parish Nursing presented their annual Foundations of Faith Community Nursing Education between August and September in-person while following the COVID-19 protocols of the time. Nine nurses participated in the Foundations classes with four completing the course, allowing them to start faith community nursing programs in their own faith communities. The program also offered additional training and educational opportunities, including: 1) an in-person networking meeting in October (Homelessness: Not in My Backyard) to 30 nurses, 2) a virtual meeting in March (Getting Jabbed: Entering the Pasture of Herd Immunity) to 23 people, and 3) a hybrid model in June (Post COVID Body, Mind and Spirit: Retitling Normal) to 11 nurses.

In April, Dr. Beth Gotwals of Moravian College and Deb Bartholomew, Director of Parish Nursing/Community Outreach were selected to present during the Westberg Symposium, the annual International Faith Community Nursing symposium attended by FCNs around the world. Their presentation was entitled "Faith Community Nursing and Collegiate Affiliations: Preparing for the Future and Ministering in the Present." Thirty international students joined the virtual presentation which was highly successful. In total, we served 103 nurses with these educational events.

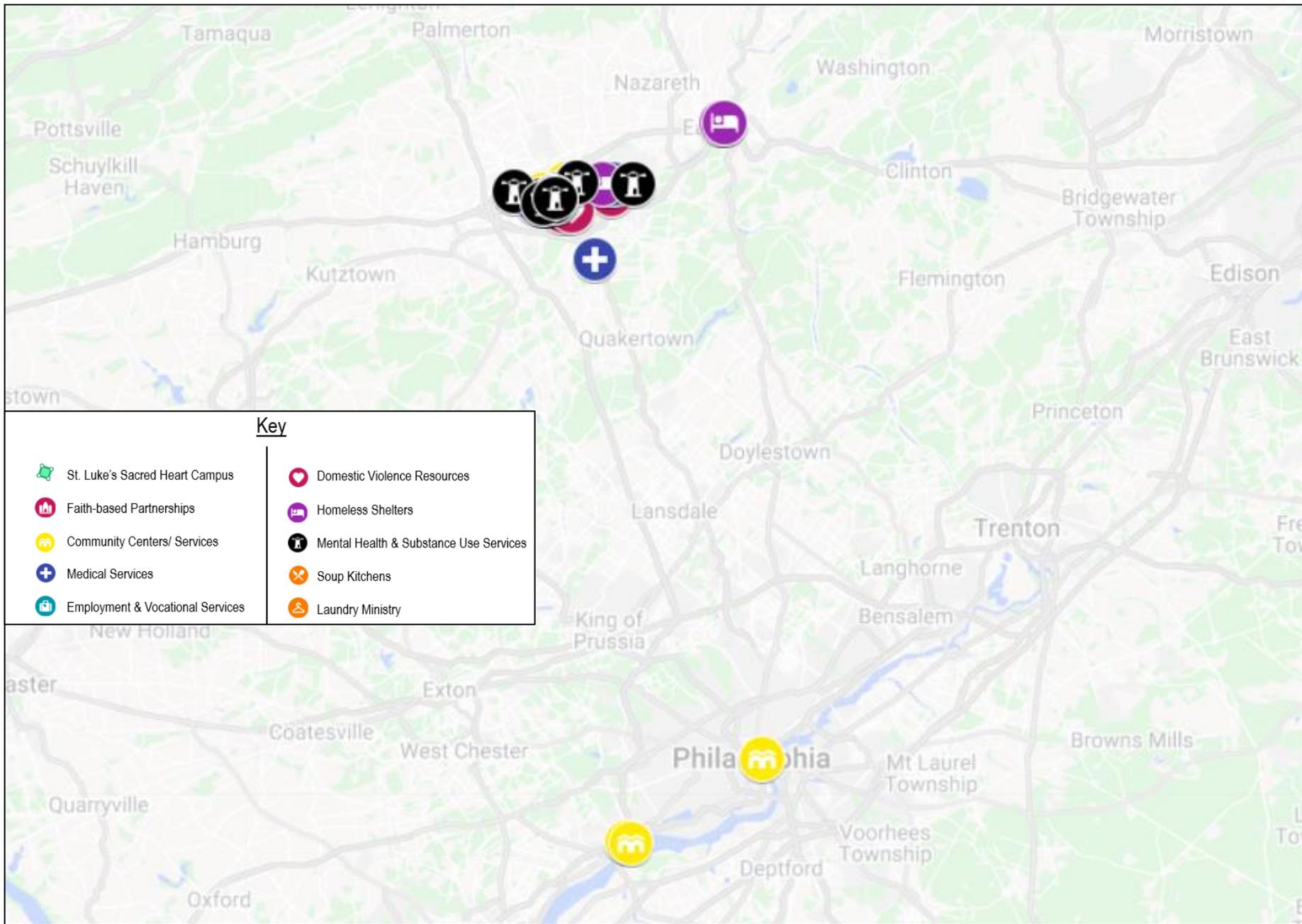
During the height of COVID-19, we sent out protocol and vaccine information to over 400 nurses.



Map. Parish Nursing Community Partners – closeup of the Sacred Heart Community (Allentown, PA)



Map. Parish Nursing Community Partners – Lehigh Valley



Map. Parish Nursing Community Partners Overview

Parish Nursing – COVID-19 Impact and Response

Temporary Shelter (Motel): In April 2020, COVID-19 concerns escalated the need to further protect our homeless clients. Parish Nursing and CH staff influenced the organization of community partners in the effort to safely isolate and medically monitor those with the infection. Between April and September 2020, 21 homeless COVID-19 positive clients were sheltered in the motel. No COVID-19 positive clients were identified in October but again from November 2020-April 2021, over 70 clients were medically monitored in the motel. The team maintained excellent relationships with community and hospital partners to provide this service to help this vulnerable population during the height of the pandemic.

COVID-19 Testing in Community: Community-Accessible Testing and Education (CATE) and Antigen Testing at the YMCA and Bethlehem Emergency Shelter (BES):

The Parish Nursing team joined in the effort to protect the urban core of Allentown through participating in COVID-19 walk-up testing with the Latino Connection every Thursday in January and intermittently through the spring. In addition, the team facilitated the antigen testing at the BES and the Allentown YMCA by working with Dr. Rajika Reed and Cedar Crest College's Advanced Practice Nursing program. The testing continued weekly at each site through April until the shelters closed.

COVID-19 Vaccination anticipation: the Parish Nursing team, in conjunction with other parish nurses in the community, participated intermittently in the SLUHN-Sacred Heart vaccine clinic and/or the clinic of the Allentown Health Bureau from January through June at the behest of the Director of Parish Nursing. Countless hours were tendered by the nurses who participated in vaccinating community members. The community parish nurses were especially faithful in this venture volunteering every week. Parish Nursing and CH leadership continue to find community partner venues in which to give or further vaccinating our community members in need.

4.

Campus-Specific Reports



Allentown (SLA) and Sacred Heart (SH) Campus Report

Summary

Fiscal Year 2021 saw us in the middle of a global pandemic which posed many challenges to the communities we serve in Allentown. Allentown was not spared the physical, emotional and economic impacts of the COVID-19 pandemic, but the SLA and SH Campuses responded quickly to meet the need of their patients and the communities surrounding the campuses. Throughout the year, Community Health (CH) staff worked with the hospitals and community organizations to make sure information about safety protocols, testing, and vaccines were communicated to the public.

Community Health staff worked tirelessly with School Districts to make sure the schools had safety plans in place for the upcoming school year. In addition, work was also done with the City of Allentown and the counties to meet the need of our most vulnerable populations, including our homeless patients, to help secure safe shelter for those who had no where to isolate while sick. While the pandemic presented a major challenge for the entire community, Community Health was still able to continue to push forward initiatives to achieve successes in the region: Summer Lunch continued for a 2nd year, serving even more families; Narcan distribution and education never stopped; the first-ever Recovery Center in Lehigh County was opened with support from St. Luke's Sacred Heart; and Raub's Community School Coordinator and After-School Coordinator were still able to meet the needs of their students and families including doubling the amount of in-kind donations they received, just to name a few successes.



SLA and SH – Highlights and Successes

The biggest success of FY 2021 was how the team worked together and overcame the countless obstacles COVID-19 presented to the community, addressed later in the report. Below are all highlights and successes of 2021:

- **Sacred Heart Detox Center and Merger with Penn Foundation:** An 8-bed full medical supervised detox unit was opened at the Sacred Heart Hospital in March 2021, a highly needed service in the Greater Lehigh Valley. Prior to its opening, patients in need of a medically supervised detox center would have to travel near Philadelphia or to Western Pennsylvania. This detox center allows SLUHN to treat patients close to home and connect them to continued support in their own community once discharged. The Center has been at capacity since opening (demonstrating the need) and has plans to open 8 more beds once staffing needs have been met. SLUHN also merged with Penn Foundation to offer high quality integrated behavioral health and addiction treatment to patients in the Lehigh Valley and Bucks County regions.
- **Narcan Distribution and Education Program:** Lehigh County contracted with SLUHN Community Health to distribute Narcan and educate the community on the dangers of opioids and how to respond to an overdose. During 2021, we had 1st and 3rd year Family Medicine Residents rotating with Community Health going out in the community with our partner, Treatment Trends, to distribute Narcan. Dr. Cahill, an SLA hospitalist, also gave out Narcan on the days she volunteered at the Laundry Mat Ministries at 9th and Linden Street. Finally, medical students rotating with CH were asked to participate in distribution and education of Narcan. We increased the amount of Narcan going into the community by 48% from FY2020 to FY2021.

SLA and SH – Highlights and Successes

- **Allentown Recovery Center:** SLUHN-SH and Community Health partnered with Treatment Trends and Lehigh County Drug and Alcohol to open one of the first-ever Recovery Centers in Lehigh County. Lehigh County granted Treatment Trends \$100,00 to staff the Recovery Center, which opened in March 2021. The Center is staffed by a Certified Recovery Specialist and hosts NA and AA meetings, plus education classes and sober living activities. Since opening in March, the Center has seen over 1,500 visits. Currently, the team is working to secure a larger, permanent space close to Sacred Heart Campus to move the Recovery Center so it may accommodate even more visitors and host additional activities to serve the recovering population in Allentown.
- **Summer Lunch Program** was hosted by Sacred Heart Hospital for a second year in a row with financial support from West End Hammer Electric, who donated \$10,000 for CSA shares and food for the weekends. During Summer 2020, CH Staff served 566 meals, distributed 513 bags of food for weekends and gave out 234 CSAs to children in the Allentown Community.
- **Raub Middle School/SLA Art Collaboration:** SLA Campus approached Raub Middle School for students to contribute art work to the hospital to adorn and brighten up hospital walls. The SLUHN Community Health school staff and the Raub Middle School art teacher coordinated 20 pieces of art by 8th grade students to be donated to the hospital. These pieces were framed and hung in the hallways leading to the operating room, bringing color and joy to patients as they are led down that hallway. On June 3rd, SLA invited Raub Middle School staff, parents and students to attend a reception and viewing of the art work.

SLA and SH – Highlights and Successes

- **Sacred Heart Action Committees:** In 2019, community partners and leaders were asked to lead 5 action committees to address priorities identified by the SH President, a Board Member, and Community Health Staff. The committees (described below) were created, held meetings, developed action plans, and set goals, despite barriers presented due to COVID-19 restrictions impacting typical operations.
 - *Housing Committee:* Comprised of community partners with a vested interest in creating safe, quality housing in the SH area. In 2020, Habitat for Humanity took the lead and renovated 5 homes, plus connected homeowners to CACLV to do interior home renovations. Habitat has also committed to investing over \$400,000 in Home Repair Funds to the SH neighborhood. The City of Allentown is working to identify homes that need lead abatement and working with non-profits to provide that service to homeowners at no- or low-cost.
 - *SUD Committee:* Comprised of SLUHN staff and partners working in the field of addiction and recovery. The major accomplishment was the opening of the Recovery Center in Allentown; as mentioned, Lehigh County had no recovery centers until its opening in March 2021, which can be attributed to the hard work and partnership between SLUHN, Treatment Trends and Community Advocates. The Recovery Center saw 1,500+ visitors to their site in the first 4 months of having their doors open.
 - *Workforce Committee:* Continues to work to connect community members to jobs or training programs to gain employment and make a living wage. The Career Link site at SH had over 1,842 walk-ins and 1,544 virtual appointments in FY21. Workforce Board of the Lehigh Valley and SLUHN will continue collaborating to allow more residents find meaningful employment at SLUHN or other local employers.
 - *Chronic Disease Committee:* An interdisciplinary team from SLUHN designed an IRB-approved Quality Improvement Study to impact the diabetic population at Sigal Center's Family Medicine Clinic; the committee was awarded \$20,000 dollars to purchase produce to be given out weekly basis for those enrolled in this study.
 - *Education Committee:* Comprised of preschool and children service providers with a goal of ensuring children in the SH area are kindergarten ready by encouraging enrollment in preschool or pre-K, which has been shown to improve kindergarten readiness and in turn makes them more likely to read at grade level by grade 3. The main initiative is working with pediatrics at Star Community Health's Sigal Center. Patients coming for their 30-month well visit will be surveyed to assess plans for preschool; if they do not have plans or do not know of programs in their area, staff will provide them with a brochure that has 3- and 4-Keystone Star Rated preschool programs with a QR code so families can go directly to the website and register their child or speak with staff. Upon their 3- and 4-year well visits, continued encouragement will be given to enroll children into a preschool program.

SLA and SH Addressing COVID-19 in Our Community

While COVID-19 impacted the community and staff, SLA and SH rose to the occasion to meet the needs of the community

- **Shelter for COVID-19+ Homeless Patients:** Early in the pandemic it became apparent that there was no emergency plan for unhoused patients who were COVID-19+ or waiting test results. Due to the severity and contagiousness of the disease, unhoused patients could not return to emergency shelters or communal living situations if they were diagnosed or pending results. SLUHN's Parish Nursing Team and Community Health Staff took the lead to find a solution and brought together the Cities of Allentown and Bethlehem, Lehigh and Northampton Counties, and LVHN to design a process to place COVID-19+ patients in a hotel during their isolation period. This process included hospital case managers connecting with the Cities to put patients in the hotel; the Cities had Meals on Wheels delivered daily for patients. Cetronia EMS provided transportation and Parish Nursing and LVHN's Street Medicine team monitored the patients' health. Case management assisted patients transitioning from the hotel into more permanent housing. Through 2020, SLUHN served almost 100 COVID-19+ patients and placed them in the hotel. This effort provided comfort and care to the patients and protected a very vulnerable community.
- **Community Outreach:** To reach vulnerable communities, SLUHN Community Health Staff had flyers and other marketing material created to teach people about the dangers of COVID-19, how to protect themselves and their neighbors, and what to do if experiencing symptoms. The marketing material was translated in 4 languages: English, Spanish, Arabic and Vietnamese. Over 5,000 flyers were given out to the community in Allentown. SLA and SH also provided COVID-19 testing to vulnerable communities in partnership with Latino Connections and the CAB Mobile. The CATE Mobile was at the YMCA and Bucky Boyle Park in Center City Allentown, then stationed at 450 W. Chew Street Allentown on a weekly basis for 2 months.
- **Addressing Food Insecurity during the COVID-19 Pandemic:** Community Health Staff identified there would be food insecurities due to families losing income during the pandemic. To help families compensate for lost income, Community Health School-Based Staff at Raub Middle School provided weekly bags of groceries and other necessities that families did not have access to including hygiene products, clothing, and school supplies. Total the Community Health School Staff were able to raise over \$260,000 in in-kind donations for food and other products to be distributed to families and students.

Anderson Campus Report



Anderson Campus Highlights and Successes

- During the COVID-19 pandemic, the Community Health (CH) Department worked with the Network on education, testing and vaccination at each campus
- Community Health Mobile Health vans were repurposed for COVID-19 testing Network-wide
- The Community Health Department worked with Easton community churches and organizations to distribute the COVID-19 vaccine
- Leadership in the Community Health Department worked with Bangor School District to inform them on current COVID-19 community transmission trends, give guidance on preventative COVID-19 measures, and provided supplies as needed. The CH Team also worked with Community School partners to strategize connection to resources including food insecurity and other basic needs.
- **Adolescent Career Mentoring** – Our CareerLinking Academy program at the Bangor High School connected 12 students to a year-long program consisting of general job skills training such as resume writing and giving employment interviews. All seniors in the program graduated and went on to pursue higher education.
- **Employee Wellness** – Our Caring Starts with You employee wellness program aims to target the health and wellness outcomes of our employees and their families. Our Community Supported Agriculture (CSA) program allows employees to buy fresh, local produce each week through payroll deduction and pick up the produce right at the hospital.

Anderson Campus Highlights and Successes

- **Community Fitness Programs:** The Fit for Life Strategy supports the promotion of a minimum of 150 minutes of exercise per week. The two primary programs designed to promote community engagement in physical activity include **Get your Tail on the Trail (a program in partnership between SLUHN and the D&L)** and **Walk with a Doc (WWAD)**. Across the Network communities, the total miles accumulated under this program has surpassed five million total miles. A School-Based Get Your Tail on the Program was initiated which increased engagement by the <18 years age group. In April 2020, a virtual WWAD program was created with videos shared to St. Luke's website, social media, Tail on the Trail (ww.tailonthetrail.org), and through local partners and businesses. In person WWAD events were resumed in May 2021 in Quakertown and Green Lane.
- **Literacy Programs:** Book donations were accepted and organized with distribution of 485 books to the local schools. Additionally, a Little Free Library is available at the front entrance of the Quakertown Park Avenue Campus.
- **Read Across America**, a National literacy initiative, was supported this year with a virtual newsletter distributed to schools throughout our community. The virtual resources included recorded book readings and literacy activities. Hard copies of books and bookmarks were provided to the schools.
- **Community and School Gardens** – The Anderson campus supports school gardens with our partner Kellyn Foundation at two of the Bangor schools, including eight raised beds at Five Points and three at Washington School. These gardens are part of a larger program designed to teach valuable nutrition information to all students in grades 3-5, including strategies to make the best choices and produce tastings.

Bethlehem Campus Report



Bethlehem Campus Highlights and Successes

- During the COVID-19 pandemic, the Community Health (CH) Department worked with the Network on education, testing, and vaccination at each campus.
- The CH Team immersed the leadership team with COVID-19 community level epidemiological surveillance at the Bethlehem Area School District (BASD) and have given guidance on COVID-19 preventative measures.
 - BASD has continued to be served through the St. Luke's Adopt-a-School model. The Mobile Youth Health Vans traveled to the BASD serving 368 unique students and having a total of 909 van visits during the 2019-2020 school year. In addition, 84% of students seen on the van with a mental health need were connected to mental health services in the 2019-2020 school year.
- The Healthy Kids Bright Futures Garden Program, in partnership with Kellyn Foundation, provided gardening education and produce distribution to the Bethlehem school district.
- **Community Fitness Programs:** The Fit for Life Strategy supports the promotion of a minimum of 150 minutes of exercise per week. The two primary programs designed to promote community engagement in physical activity include **Get your Tail on the Trail (a program in partnership between SLUHN and the D&L)** and **Walk with a Doc (WWAD)**. Across the Network communities, the total miles accumulated under this program has surpassed five million total miles. A School-Based Get Your Tail on the Program was initiated which increased engagement by the <18 years age group. In April 2020, a virtual WWAD program was created with videos, sharing them on the St. Luke's website, social media, Tail on the Trail (www.tailonthetrail.org), and through local partners and businesses. In person WWAD events were resumed in May 2021 in Quakertown and Green Lane.

Hispanic Center of Lehigh Valley (HCLV)

For 52 years, Hispanic Center Lehigh Valley (HCLV) has worked diligently to support low-income community members in Bethlehem's Southside neighborhood and throughout Northampton County. HCLV's mission works to improve the quality of lives of families (Hispanic and non-Hispanic) by empowering them to become more self-sufficient while promoting an intercultural understanding in the Lehigh Valley. Programs and services connect residents in times of crisis to community resources, English classes, and employment training.

Programs Successes

Basilio Huertas Senior Center: Provides seniors 60 years of age and older with resources to stay active and independent, including: nutritious breakfast and lunch, social and educational activities, health screenings, and assistance navigating health and human services.

COVID-19 Response: On March 16, 2020, HCLV's Basilio Huertas Senior Center (BHSC) closed its doors for in-person services and shifted to remote services. Staff remained focused on supporting seniors concerned about meeting their basic needs through phone calls and virtual case management assistance. Many seniors enrolled depend on the program's twice-daily food services. To keep seniors nourished, the BHSC shifted all food services to contactless deliveries of pre-packaged food. 52 seniors received twice-monthly food packages consisting of a two-week supply of shelf-stable and culturally-relevant foods.

The BHSC took active measures to promote a culture of safety during the COVID-19 pandemic. The following activities took place to ensure seniors' well-being and continued participation in the program:

- Educating seniors on fluctuating COVID-19 guidelines
- Delivering PPE materials including hand sanitizer, masks, and sanitizing wipes
- Advocating for the importance of vaccination against COVID-19
- Guiding participants through the vaccination process
- Delivering emergency kits, personal hygiene products, and food packages

Hispanic Center of Lehigh Valley (HCLV)

Other highlights of the BHSC include a myriad of services including:

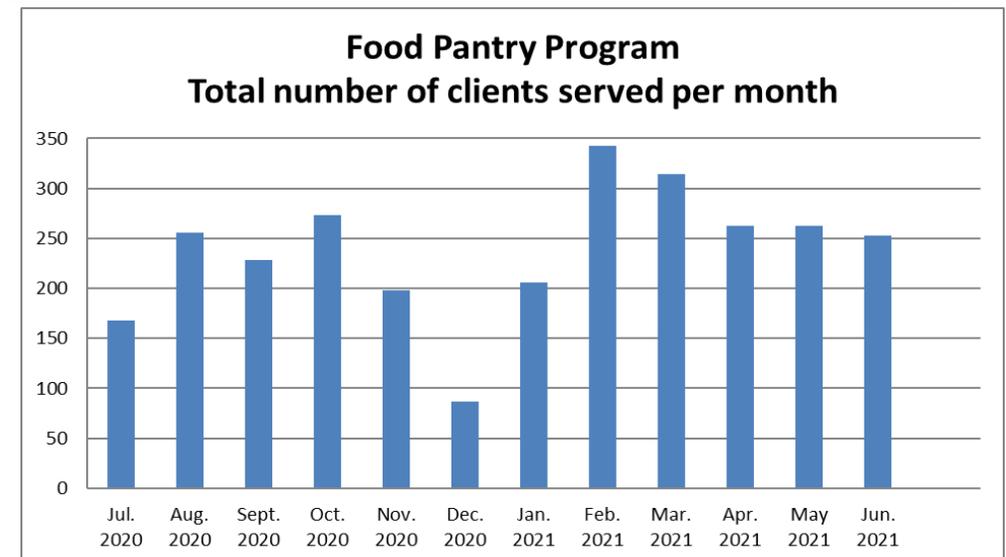
- Connecting seniors with community resources
- Assisting seniors with housing applications
- Renewing On-Track program applications
- Completing Low-Income Home Energy Assistance Program (LIHEAP) applications
- Scheduling medical appointments
- Applying for rent rebates
- Accessing and ordering over-the-counter medications from participant's health plans
- Scheduling COVID-19 vaccine appointments for
- Applying for the Farmers Market Nutrition program



Hispanic Center of Lehigh Valley (HCLV)

Food Pantry: Since the start of the COVID-19 pandemic, HCLV's Food Pantry program witnessed an unprecedented number of individuals and families seeking emergency food services. A total of **247 households** utilized the pantry over 860 visits. We served a total of **2,850 individuals** with more than **62,064.91 pounds of food** distributed last fiscal year.

During the pandemic, HCLV's Food Pantry pivoted from a client-choice model to an appointment-only basis up to four times per week. Clients received pre-packaged food supplies to ensure a seamless, contactless experience and ensure the health and safety of both clients and staff. Like millions of other working parents, HCLV staff rose to the challenge of maintaining essential food services while juggling the new demands of caregiving. Though the Food Pantry experienced staffing challenges due to the pandemic, HCLV managed to provide continuous, uninterrupted services at a time when food insecurity remains at an all-time high—reaching historic levels of clients served.



Hispanic Center of Lehigh Valley (HCLV)

Women, Infants and Children (WIC) Program

Bethlehem's only Women, Infants, and Children (WIC) office is co-located at HCLV's Fowler Community Wellness Center (FCWC). WIC supports pregnant women, new caretakers, and children up to age 5 and provides low-income families with vital nutrition education, helps new parents make healthy food choices for their families, and provides financial assistance for affordable food. Participants also receive education on infant and child feeding, child development information and assessments, and learn how they can support local farmers.

During the pandemic, HCLV's WIC program met the rise in demand for nutritional food services among caretakers, pregnant women, and children. Our staff served **nearly 10,000 intake appointments in the last fiscal year.**



Hispanic Center of Lehigh Valley (HCLV)

Hispanic Center Lehigh Valley COVID-19 Response

As a trusted service organization, particularly among People of Color and low-income communities most disproportionately impacted by the COVID-19 pandemic, HCLV plays an active role in responding to the impacts of the ongoing pandemic. From public education on proper PPE use to leading community outreach and hosting vaccination clinics, HCLV continues to work with partners across disciplines to help mitigate the impact of COVID-19 locally.

Highlights of our COVID-19 response include:

- Distributed PPE materials to over 400 individuals early on in the pandemic in partnership with Latino Connection and Gateway Health Plan
- Engaged more than 3,600 individuals in the first Spanish Community Conversation about the COVID-19 vaccine, entitled, “Keeping our Community Safe,” in partnership with St. Luke’s Hospital, La Mega Radio Station, Star Community Health, and Life Church
- Administered over 1,500 vaccinations through vaccination clinics in partnership with St. Luke’s Hospital, Capital BlueCross, Rite Aid Pharmacy, Service Electric, and La Mega Radio Station
- Released a bilingual outreach video targeting vaccination hesitancy among communities of color in the Lehigh Valley

Hispanic Center of Lehigh Valley (HCLV)

Virtual Programming

Despite restrictions on in-person programming and events, HCLV continued to offer signature service events in virtual formats. Highlights of our remote programs include:

- Distributed over 160 Thanksgiving turkeys in partnership with the Hispanic Chamber of Commerce of the Greater Lehigh Valley, La Mega Radio Station, and New Bethany Ministries
- Filled 500 backpacks with school supplies for low-income children ahead of the 2020-21 school year in partnership with La Mega Radio Station
- Dispersed 100 clean-up kits for residents impacted by the effects of Tropical Storm Isaias, in partnership with the American Red Cross of Greater Pennsylvania
- Conducted 2020 Census community outreach to 59 local businesses and over 280 community members, including offering assistance on completing the Census and conducting 614 reminder follow-up calls
- Held five 2020 Census “Street Outreach Days” in Southside Bethlehem
- Produced an educational video on the importance of voter mobilization in Fall of 2020, in partnership with the Hispanic Federation
- Delivered non-partisan voting signs to homes in Southside Bethlehem to assist with civic engagement efforts during the 2020 general election, in partnership with the Hispanic Federation



Hispanic Center of Lehigh Valley (HCLV)

Health Equity Summit and Community Conversations

A core part of our work builds on HCLV's commitment to improving health equity and promoting social justice. In the last three years, HCLV has hosted an annual Health Equity Summit, which was held virtually this year.

Our November 2020 summit, "Racial Justice for Stronger Communities" had over 250 attendees, *an increase of over 100 participants from 2019*. Through community sponsors, the Summit raised more than \$15,000 for HCLV's general operations. As a result of these efforts, HCLV was able to launch a virtual Community Conversations program.

HCLV's Community Conversations launched in January 2021 and comprised of virtual speaker series on a range of topics—from colorism in the Hispanic community to the power of educational empowerment, mental health and stigma, and building trust with local law enforcement. Speakers included local and regional experts and participants were provided with live interaction opportunities, including Q&A panel sessions, live chatting, and more.

Monroe Campus Report

Summary

St. Luke's Hospital Monroe Campus (SLMC) partners with Pocono Mountain School District, especially the West side, and surrounding communities to improve the health of students through our Adopt-a-School Program and the health of all residents through other community collaborations. These programs support the Community Health Needs Assessment priority areas that were identified at SLMC through collecting and analyzing data from community input and other reliable aggregate sources.

Based on the identified needs, priorities, and local resources, SLMC and community partners developed plans and programs to improve the health of those in the community. Through our partnerships with local schools and organizations we have provided health services, such as medical, vision, and dental, healthy living programs, such as Get Your Tail on the Trail, Walk with a Doc, and school/community gardens, and literacy programs such as Little Free Libraries and Dr. Seuss Day. Our initiatives are continually assessed and modified in order to provide measurable and effective health outcomes, including addressing the social determinants of health. The SLMC Community Health program is now in its second full year as the hospital is finishing its third full year in operation.



Three priority areas for SLMC:

1. Improving access to care and reducing health disparities
2. Reducing chronic disease and promoting healthy living
3. Improving mental and behavioral health

The priority areas and their associated programs and projects are funneled into three initiatives:

1. Health For All: Ensuring the priority areas are applied to all community members
2. Fit For Life: Promoting healthy living to reduce chronic disease
3. Healthy Kids, Bright Futures: Projects and programs targeted specifically at children

SLMC Highlights and Successes

- **The Mountain Center** – This community center is a hub for residents to overcome many of the social determinants of health all under one roof. This converted elementary school continues to see an estimated 5,000-7,000 unique individuals per year across the numerous agencies that both reside in the building and utilize the facility for programs. SLMC has identified this as a key partner due to its geographic location within a lower socio-economic area and due to the potential to create a comprehensive Community Centered Health Home (CCHH). We received funding through the county's Local Share Account grant program to begin installation of the CCHH medical clinic.
- **Adopt-a-School and School-Based Partnership** – SLMC looked at the four school districts in the area and chose to work with Pocono Mountain School District based on several factors including third grade reading levels, the percentage of students on free and reduced-price school lunches, and other related indicators. Recently the partnership with the school district was deepened and will include sports medicine services and integrated behavioral health, among other program and services.

SLMC Highlights and Successes

- **Community Fitness Programs** – SLMC hosted a Walk with a Doc program at the campus where local providers gave a short educational talk and then joined community members for a walk on the beautiful wooded walking trail at the hospital. A total of four unique providers led or participated in four events in September. Due to the COVID-19 pandemic, the 12 additional scheduled walks in the spring went virtual across the St. Luke's Network, with over 1,000 viewers watching the virtual educational talks. Our Get Your Tail on the Trail program encourages community members to get out and active by rewarding physical activity with small outdoor-friendly incentives such as hats, gloves, and safety items. This past year 1,102 people completed the 165-mile challenge logging a combined 497,999 miles, and 838 people completed the winter mini-challenge logging a combined 61,697 miles. Of these program totals, 72 people from the Northeast PA (NEPA) chapter of Get Your Tail on the Trail finished the 165-mile challenge, and 76 NEPA members completed the winter challenge. The total miles accumulated over the life of the program also went over four million total miles.
- **Older Adult Meals** – SLMC offers an affordable, healthy meal for seniors every night of the year including weekends and holidays. A total of 2,197 meals were served for an average of 8.5 meals per day for the year, designed to promote healthy eating and social connections. Due to the COVID-19 pandemic, the Older Adult Meal program was paused in mid-March. During the eight full months of activity, the 2,197 meals averaged to 12 meals per day.
- **Employee Wellness** – Our Caring Starts with You employee wellness program aims to target the health and wellness outcomes of our employees and their families. Our Community Supported Agriculture (CSA) program allows employees to buy fresh, local produce each week through payroll deduction and pick up the produce right at the hospital. This past year, 28 people participated, resulting in \$12,000 going to local farmers.

SLMC Highlights and Successes

- **Community Centered Health Home at The Mountain Center** – As mentioned previously, we were awarded a Local Share Account (LSA) fund to help with the establishment of a medical clinic at The Mountain Center. The LSA funds come from a pool of money created by local gaming revenue and will help defray the startup costs of the clinic. The St. Luke's Hospital Monroe Campus will use a combination of hospital funds, grants, donations, and fundraiser revenue to build and operate the clinic. The clinic will help improve access to care in this vulnerable and underserved area within our community.
- **Literacy Initiatives** – To avoid the potential weather delays in the winter and spring, 20 SLMC staff dressed in red and white came to Clear Run Elementary Center in November to read to around 450 first and second grade students. In addition to another successful Dr. Seuss Day, two additional sustainable literacy-promoting programs were continued. The Little Free Library was conceived as part of the Eagle Scout requirements. The library is kept stocked by hospital staff with books for all ages. At one of our adopted schools, Clear Run Elementary Center, we created a process to provide books for the students as they wait for the nurse or sit through medical treatment, which continues to be a very popular program with students and staff alike.
- **Integrated Behavioral Health** – Mental health issues have been identified as one of the top three priority areas in the community and within the Pocono Mountain School District, as well. As part of a comprehensive agreement between the hospital and the school district, St. Luke's will staff a full time behavioral health staff member within the school district to provide services to students

SLMC Highlights and Successes

- **Community and School Garden Expansion** – Through a grant provided by Pocono Mountains United Way, SLMC, Pocono Mountain School District, and The Mountain Center partnered to implement a community and school garden and nutrition education program.
 - In the previous fiscal year at The Mountain Center, over 50 individuals from 12 different agencies and families, including roughly half children and half adults, came together to build eight extra tall raised bed gardens to add to the existing four raised beds through a previous grant to St. Luke's and The Mountain Center. The garden was designed to serve both young and old alike by encouraging programs that combine the students from Head Start with the seniors from the Monroe County Area Agency on Aging adult day center. This past fiscal year, a fall community dinner was held to promote and celebrate the garden and healthy eating. A total of 85 community members attended the meal with presentations and demonstrations provided by SLMC, the school district, and East Stroudsburg University. We also purchased a green house to add to the outdoor garden area in order to extend the growing season. Due to the COVID-19 pandemic, the scheduled spring community dinner was cancelled, and the funds will be redirected to other healthy living programs at The Mountain Center

SLMC Challenges

- **COVID-19** – The pandemic disrupted all normal functions across the country. In this next year, SLUHN and the community will together face a variety of unknown issues stemming from business closures and slowdowns, changes to schools, loss of income and possible increases in nutrition security, housing issues, mental and physical abuse, mental health and substance use, and many other areas we are only beginning to understand. In short, life as we know is fundamentally changing, so everything we do will have to adapt accordingly.
- **Opioids, Substance Abuse, and Mental Health** – This was already a priority prior to the COVID-19 pandemic. The societal changes due to the virus are only adding to the need. Everything from stress due to loss of income to a lack of social outlets has already contributed to a rise in substance use and abuse, and to those seeking treatment. We have indications that a potential surge is building up in need for treatment and are therefore preparing for the future need despite the many unknowns.

Quakertown & Upper Bucks Campus Report

Summary/Overview

The St. Luke's Upper Bucks and Quakertown Campuses create and maintain meaningful partnerships with local organizations to improve the health of all residents through community programming and collaboration. These programs support the Community Health Needs Assessment priority areas that were specifically identified based on the identified needs, priorities, and local resources. Through partnerships with the local schools and organizations, unique services have been provided to the community. These initiatives, which incorporate root causes such as Social Determinants of Health and Lifestyle Behaviors, are continually assessed and modified to provide measurable and effective health outcomes.



Top Three Priority Areas Identified at SLQ/UB

1. Improve Access to Care and Reduce Health Disparities
2. Promote Healthy Lifestyles and Prevent Chronic Disease
3. Improve Mental and Behavioral Health

Strategy Areas of Focus:

1. Health for All: Ensuring the population has access to resources and services; addressing the social determinants of health.
2. Fit for Life: Promoting healthy living for disease prevention and chronic disease management; Improving Mental and Behavioral Health
3. Healthy Kids, Bright Futures: Projects and programs targeted specifically at maternal and child health programs.

SLQ/UB Highlights & Successes

Medical Career Pathways Program: The Quakertown and Upper Bucks Campuses provided an Adolescent Mentoring Program for high school students interested to pursue a career in the health care field. There were 22 students from Quakertown, Palisades and The Perkiomen School who participated in 18 virtual lectures. This was the 8th year for the program.

SLQ/UB Highlights & Successes

The 2020 **Sumer Meals Program** was adjusted due to the COVID-19 Pandemic. The Quakertown Community School District (QCSD) served as the program sponsor through the State of Pennsylvania's "Seamless Summer Option" allowing school districts to transition uninterrupted into a summer meal program run from July 1, 2020, through August 28, 2020. St. Luke's Quakertown & Upper Bucks Campus partnered with QCSD, The Open Link and Quakertown Borough's Parks & Recreation, facilitating a coordination of efforts to address the significant increase in need over last year.

With assistance from Penn Community Bank, St. Luke's Quakertown & Upper Bucks Campus was able to supplement QCSD's summer meals with weekly CSA shares, family weekend bags and educational activities as well as run the summer meals program at the hospital for the last week of the program. A total of 128 weekend bags were distributed for Thanksgiving weekend.

A total of \$10,347 was spent on the program with additional assistance from SLUHN Medical Staff and individual donors.



MEALS PROVIDED:

QCSD:

21,836

(July 1, 2020 – August 20, 2020)

St. Luke's

Quakertown|Upper Bucks:

542

(August 24, 2020 – August 28, 2020)

CSA Shares:

**90 boxes
providing 225
bags**

**Family weekend
Bags: 755**

**Educational
Materials and
Activities:**

3,400+

SLQ/UB Highlights & Successes

Community Fitness Programs: The Fit for Life Strategy supports the promotion of a minimum of 150 minutes of exercise per week. The two primary programs designed to promote community engagement in physical activity include **Get your Tail on the Trail (a program in partnership between SLUHN and the D&L)** and **Walk with a Doc (WWAD)**. Across the Network communities, the total miles accumulated under this program has surpassed five million total miles. A School-Based Get Your Tail on the Program was initiated which increased engagement by the <18 years age group. In April 2020, a virtual WWAD program was created with videos, sharing them on the St. Luke's website, social media, Tail on the Trail (www.tailonthetrail.org), and through local partners and businesses. In person WWAD events were resumed in May 2021 in Quakertown and Green Lane.

Healthy Living Presentations and Programs: St. Luke's Healthy Kids Bright Futures Garden Program provided garden resources for the school-aged population. These resources included seed packets with planting instructions, recipes for utilizing fresh produce and a weekly Healthy Living Tracker to record and monitor physical activity, sleep and fruit/vegetable consumption. Throughout the 2020-21 school year, virtual education resources were sent monthly to include healthy living topics and literacy programs. These were provided to schools and organizations throughout the community.

Literacy Programs: Book donations were accepted and organized and accepted with distribution of 485 books to the local schools. Additionally, a Little Free Library is available at the front entrance of the Quakertown Park Avenue Campus.

Read Across America, a National literacy initiative, was supported this year with a virtual newsletter distributed to schools throughout our community. The virtual resources included recorded book readings and literacy activities. Hard copies of books and bookmarks were provided to the schools.

SLQ/UB Highlights & Successes

Smoking Cessation: The Network Smoking Cessation Program was implemented in Spring 2020 with certified tobacco specialists in the Pulmonary office. Face-to-face or virtual visits were made available through Pulmonary and the Surgical Optimization Clinic. Initial assessments were completed by the Smoking Cessation Coordinator from the Community Health Department. *Referrals increased >600% in this fiscal year.*

Warm Hand Off Processes: St. Luke's has partnered with the Bucks County Drug & Alcohol Commission to provide the Bucks County Connect, Assess, Refer, Engage and Support (BCARES) program for substance use patients. Through this program, Restorative Specialists make the initial patient connection to referred ED or inpatients. BCARES Family Connect provided support to family and friends of patients of the program. The Upper Bucks Campus, in partnership with the Bucks County Drug & Alcohol Commission, has partnered on a program to provide Naloxone in the emergency department. Additional programs included prescriptions for home inductions, SBIRT screening, referral to community resources, and drug take back cabinets.

SLQ/UB Highlights & Successes

Promotion of the Community Supported Agriculture (CSA) Program was offered at Quakertown Bone & Joint, Park Avenue, and the Upper Bucks Campus. In addition to the employee wellness benefits, the program provided revenue to our local farmers. Fifty-four shares were donated to The Open Link Food Bank.

2021 CSA	Members
SLQ - Bone & Joint	4
SL Upper Bucks	23
SLQ Park Avenue	5
SLQ Totals	32

St. Luke's Quakertown/Upper Bucks Community Liaison Memberships:

Bucks County Health Improvement Partnership (BCHIP) Collaboration: Many of the strategic initiatives for St. Luke's are congruent with the key priorities for BCHIP; the Community Health Liaison is a member of the BCHIP Wellness Partnership.

Nature-Based Placemaking and Walk Works Executive Committees: The Community Health Liaison is a member of these committees representing St. Luke's University Health Network. This committee provides structure and leadership for the grant provided by the Pennsylvania Downtown Center aimed to "create a total quality experience and support local community and economic development". This committee supports the Walk with a Doc, Tail on the Trail and CSA Programs.

Upper Bucks Chamber of Commerce: The Community Health Liaison serves on the Executive Board as President (Past President January 2021)

Upper Perkiomen YMCA: The Community Liaison serves on the Advisory Board as a member.

Pennsylvania Downtown Center: The Community Health Liaison serves as a member of the Board of Directors. During COVID-19 there was a Resiliency Task Force as well as subcommittee.

SLQ/UB – Additional COVID-19 Community Outreach

St. Luke's Community Liaison meetings were held to promote communication, provide resources, and ensure active participation throughout the COVID-19 pandemic. There were consistent meetings and two-way communication organized by the Department Housing Services in Bucks County and Department Health and Human Services in Montgomery County. The three major priorities covered were food access, homelessness, and mental/behavioral health. Initial activities included distribution of information related to 211 services and distribution of COVID-19 signs and information provided in multiple languages. St. Luke's worked closely with multiple partners from the Quakertown/Upper Bucks Campus Community; dominant ones included Advocates for Homelessness of Bucks County (AHUB), Bucks County Health Improvement Partnership (BCHIP), Bucks County Opportunity Council (BCOC), Helping Upper Bucks Be Universally Better (HUBBUB), local Chamber of Commerce's, local Health Departments, Palisades School District, Quakertown Community School District, Quakertown Food Pantry, Quakertown Parks & Recreation, St. Vincent de Paul, The Open Link, United Way of Bucks County, and Upper Perkiomen School District.

Communication and resources were provided on a consistent basis: [Community Support & Resources \(slhn.org\)](https://www.slhn.org)

SLQ/UB – Additional COVID-19 Community Outreach

Multiple action steps were taken to date and throughout the COVID-19 pandemic to enhance food access, address housing concerns, and promote mental and behavioral health; highlights include participation in community food drives, distribution of hygiene kits (650), thermometers, masks (500), gloves (10 boxes), disposable gowns (50) and school supplies provided to the local schools and community organizations.

Virtual fitness and wellness classes were shared, including a family series from our Behavioral Health staff. An additional program was shared: Creating Calm Together, Mindfulness and Social-Emotional Learning (SEL) lessons and resources. This program was a collaborative between United Way of the Lehigh Valley, Lehigh University, Shanthi Project, Resilient Lehigh Valley, Colonial IU 20, Colonial IU 21 and Wildlands Conservatory.

Vaccine clinics were provided to the community, offering an organized and efficient process following the CDC distribution guidelines.

Western Rural Campuses Report

Summary

The Western Rural Campuses include Geisinger St. Luke's, St. Luke's Miners and St. Luke's Lehighton Campus (formally Gnadentown), located within Schuylkill and Carbon Counties in northeastern Pennsylvania. The following Community Health Initiatives and programs align with our department and network strategies reflective of the St. Luke's rural service area. The three main priorities identified in our 2019 CHNA include: improving access to care; preventing chronic disease; and improving mental and behavioral health, including improving Substance Use Disorder (SUD) prevention, treatment and recovery services.



Western Rural Campuses

- **Geisinger St. Luke's Campus (GSL)**, Orwigsburg, Schuylkill County, Opened Fall 2019. Geisinger St. Luke's opened a new, fully licensed 80-bed hospital that includes an Emergency Department and a full range of specialties and services. The GSL campus offers an extended range of healthcare services in the community that offers easy access so patients receive the care they need right where they live. To learn more, please visit: <https://geisingerstlukes.org/>
- **St. Luke's Miners (SLM)**, Coaldale, Schuylkill County. St. Luke's Miners features advanced inpatient and outpatient services along with specialty services in the Hospital and surrounding Outpatient and Care Now locations. To learn more, please visit: <https://www.slhn.org/miners>
- **St. Luke's Lehighton (SLL)**, Carbon County. St. Luke's Lehighton Campus (formerly the Gnaden Huetten Campus) features advanced inpatient and outpatient services along with specialty services in the Hospital and surrounding Outpatient and Care Now locations. To learn more, please visit: <https://www.slhn.org/lehighton>

Western Rural Campuses, Highlights and Successes

- **Literacy:** Virtual Dr. Seuss Day 2021 in Rural Region:
 - St. Luke's Miners: Panther Valley, Tamaqua Area, Shenandoah Valley
 - St. Luke's Lehighton: Lehighton, Palmerton, Jim Thorpe, St. John Newman, Carbon County Head Start
 - Geisinger St. Luke's: Blue Mountain - East/West, J.S. Clarke (Pottsville), North Schuylkill, Schuylkill Haven

Western Rural Campuses, Highlights and Successes

- **Oral Health Literacy:** Carbon and Schuylkill Counties are located in a Dental Health Provider Shortage Area (HPSA). During a 2017-18 Federal Dental Planning grant, we assessed and strategized to work with partners to improve access and value for oral health in our rural region. To increase value, we began the evidence-based Reach Out and Read (ROR) and the American Academy of Pediatrics Brush, Book and Bed (BBB) program in 2018-present through a generous donation from the Carbon County Community Foundation. This program is offered at St. Luke's Nesquehoning Health Center and Primary Care, Lehigh Family Practice, Palmerton Pediatrics and now Palmerton Primary Care where providers and staff are trained on how to engage families and young children ages 6 months-5 years on the importance of talking, singing, reading, and playing during each well visit and leaves with an age-appropriate book and resources to build healthy routines. Since January 2019, over 830 children (duplicated) were seen through the ROR and BBB initiative at over 1,200 Reach Out and Read encounters—despite the unprecedented onset of the COVID-19 pandemic in our area which required our practices to close for a period of time starting March 2020.
- **Community Health Worker (CHW) Rural Training:** In June 2020, seven St. Luke's employees and one community member who either live or work in one of the northern tier rural counties attended the 100-hour evidence-based best training to learn how best to understand and connect the rural region to services and resources. The training included Mental Health First Aid, Motivational Interviewing, Question, Persuade and Refer, CPR, Opioid, and Oral Health modules as specific learning objectives and lessons based on the northern tier CHNA data and measurable objectives to increase connection to care while addressing barriers and strengthening local prevention, treatment and recovery response. This training was in partnership with Area Health Education Center, Lehigh County Community College, St. Luke's, and local funders such as the All One Foundation, Pocono United Way and national grants.

Western Rural Campuses, Highlights and Successes

- **St. Luke's Rural CHW Community and School Coordinators:** Two CHWs, one in Carbon and one in Schuylkill, work throughout the year with the school districts, non-profit partners, and the community to promote healthy lifestyles through the Walk with a Doc, Tail on the Trail programs, improving access and consumption of local Leiby's Farm and Foothill Farms Produce, School Wellness Committee support and physical and mental health connection to care linkage including evidence based QPR and trauma trainings.
- **Adopt a School Program:** SLM adopted Panther Valley School District (PVSD) in 2014 in the evidence-based community school model wherein the school district act as the community hub for physical and mental health and wellness. The St. Luke's Medical Van visited PVSD 10 times seeing 54 unduplicated students during the 2020-21 school year all while following COVID-19 health and safety protocols. St Luke's School-Based Coordinators worked consistently throughout the year to connect students to medical, dental and vision services.
- **Mental Health and SUD Response:** Every student seen on the St. Luke's medical van also visited with the Licensed Clinical Social Worker available to offer a support to students on and off the van. Student leadership groups and an Adopt-a-School committee of school-based coordinators reviewed PAYS Data Results comparing 2017 to 2019 to strategize on how to promote health messaging and events to reduce risk factors, build resiliency of students and staff, and transform the environment to be action and goal oriented.
- **Healthy Living:** First Virtual Tail on the Trail and Walk with a Doc during the pandemic was kicked off in rural on Saturday, May 2 with Dr. Joanne Calabrese. The "Get Your Tail on the Trail" program, offered by St. Luke's University Health Network and the Delaware & Lehigh National Heritage Corridor (D&L), is off and running for its seventh year. The program challenges participants to log 165 miles of exercise such as walking, hiking, running, biking or paddling from May 1 to November 2, 2020. Dr. Calabrese's first virtual provided step by step guidance on how to keep our body and minds health during COVID-19 by continuing to walk practicing social distancing. This walk provided reassurance to our rural neighbors, our network and our partners as we learned how to adjust, adapt and maintain safe, self-care.

Western Rural Campuses, Highlights and Successes

- **Healthy Living:** The first Virtual Tail on the Trail and Walk with a Doc during the pandemic was kicked off in rural on Saturday, May 2 with Dr. Joanne Calabrese. The "Get Your Tail on the Trail" program, offered by St. Luke's University Health Network and the Delaware & Lehigh National Heritage Corridor (D&L), is off and running for its seventh year. The program challenges participants to log 165 miles of exercise such as walking, hiking, running, biking or paddling from May 1 to November 2, 2020. Dr. Calabrese's first virtual event provided step-by-step guidance on how to keep our body and minds health during COVID-19 by continuing to walk while practicing social distancing. This walk provided reassurance to our rural neighbors, our Network and our partners as we learned how to adjust, adapt and maintain safe self-care.
- **Substance Use Disorder Response:** The Rural Community Opioid Response Program Steering Committee met monthly throughout COVID-19 to ensure SUD response and connection to prevention, treatment and recovery was communicated and facilitated through partners within the rural region. Each month, 25-30 partners, including those with lived experience, attended virtual meetings and shared resources and strategies to reduce the morbidity and mortality of SUD/ODU in the rural region during the COVID-19 pandemic. Throughout the 2020-21 year, the committee worked with the St. Luke's Miners Rural Family Medicine Program for Naloxone Education and Distribution, as well as with county and local partners.

Addressing COVID-19 In Our Rural Communities

- **Education:** CH Staff worked with the Marketing Department and community partners to distribute over 5,000 flyers and posters in 4 different languages to spread the message about social distancing and staying safe during the pandemic, as well as how to identify and report abuse.
- **Collective Impact:** CH Rural Staff have been integral members of Community COVID-19 response committees including the United Ways' community response, Nurse Family Partnership, Child Development and PathStone Head Start, Local Chamber, Salvation Army, and Family Promise, as well as many other local non-profits leading and supporting coordinated responses. All the committees focused efforts on serving the community during the pandemic
- **Rural Community Health Team:** The Rural Community Health Team and School Coordinators continued to serve their students and families even when schools were closed. They served as vital members of the school team, making sure their families were getting the food and supplies they needed.
 - **Adopt-a-School (AAS):** During the challenging times of COVID-19 stay-at-home orders and measures, our AAS services continued to assist the staff, students and families at Panther Valley providing support and services via weekly Microsoft TEAMS meetings, phone calls, district-wide updates, and social media messaging. The team continued distributing resources and hygiene products - and even delivered eye glasses - through the 'grab and go' lunch distribution sites that the school-based coordinators assist with. In addition, "Mental Health Mondays" began April 2020 and has continued each week throughout the school year; this was made available to all students and staff, as well as posted on websites and social media (Panther Valley Athletic Director and School-Based Coordinator has 966 followers on Twitter and 869 followers on Facebook). Messaging was consistent and often included sentiments such as "you are not alone," while also providing local resources including United Way 211 and crisis lines.

St. Luke's Rural Community Health Programs partner on a national, state, county and local level to measurably improve outcomes and would like to thank our partners for their consistent support and engagement.

This program was sponsored in part and supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a 3-year award totaling \$1,000,000 (implementation grant) with approximately 50% financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.”

Warren Campus Report



SLW Highlights and Successes

- During the COVID-19 pandemic, the Community Health Department worked with the Network on education, testing and vaccination at each campus.
- The Community Health Department supported Warren County school districts with COVID-19 education and recommendations.
- As part of the 2022 Community Health Needs Assessment (CHNA), a community forum was conducted with key stakeholders in Warren County in order to discuss the major health needs and social determinants of health among members of the Warren county community.
- **Programming at SLW**
 - **Community Fitness Programs:** The Fit for Life Strategy supports the promotion of a minimum of 150 minutes of exercise per week. The two primary programs designed to promote community engagement in physical activity include **Get your Tail on the Trail (a program in partnership between SLUHN and the D&L)** and **Walk with a Doc (WWAD)**. Across the Network communities, the total miles accumulated under this program has surpassed five million total miles. A School-Based Get Your Tail on the Program was initiated which increased engagement by the <18 years age group. In April 2020, a virtual WWAD program was created with videos, sharing them on the St. Luke's website, social media, Tail on the Trail (www.tailonthetrail.org), and through local partners and businesses. In person WWAD events were resumed in May 2021 in Quakertown and Green Lane.
 - **Healthy Living Presentations and Programs:** St. Luke's Healthy Kids Bright Futures Garden Program provided garden resources for the school-aged population. These resources included seed packets with planting instructions, recipes for utilizing fresh produce and a weekly Healthy Living Tracker to record and monitor physical activity, sleep and fruit/vegetable consumption. Throughout the 2020-21 school year, virtual education resources were sent monthly to include healthy living topics and literacy programs. These were provided to schools and organizations throughout the community.
 - **Literacy Programs:** Book donations were accepted and organized with distribution of 485 books to the local schools. Additionally, a Little Free Library is available at the front entrance of the Quakertown Park Avenue Campus.
 - **Read Across America**, a National literacy initiative, was supported this year with a virtual newsletter distributed to schools throughout our community. The virtual resources included recorded book readings and literacy activities. Hard copies of books and bookmarks were provided to the schools.