



Community Health Annual Report

Update to the 2022 Community Health Needs Assessment Implementation Plan



Department of Community Health

Fiscal Year 2024

Prepared by

Whitney E. Szmodis, Ph.D., M.Ed.

Rajika E. Reed, Ph.D., MPH, M.Ed.

TABLE OF CONTENTS

EXECUTIVE SUMMARY..... 3

PREFACE..... 4

Allentown and Sacred Heart Hospitals..... 5-14

Anderson and Easton Hospitals 15-21

University Hospital Bethlehem 22-30

Carbon and Lehighton Hospitals..... 31-36

Geisinger St. Luke’s 37-42

Miners Hospital..... 43-49

Monroe Hospital..... 50-55

Quakertown and Upper Bucks Hospitals..... 56-61

Warren Campus..... 62-66

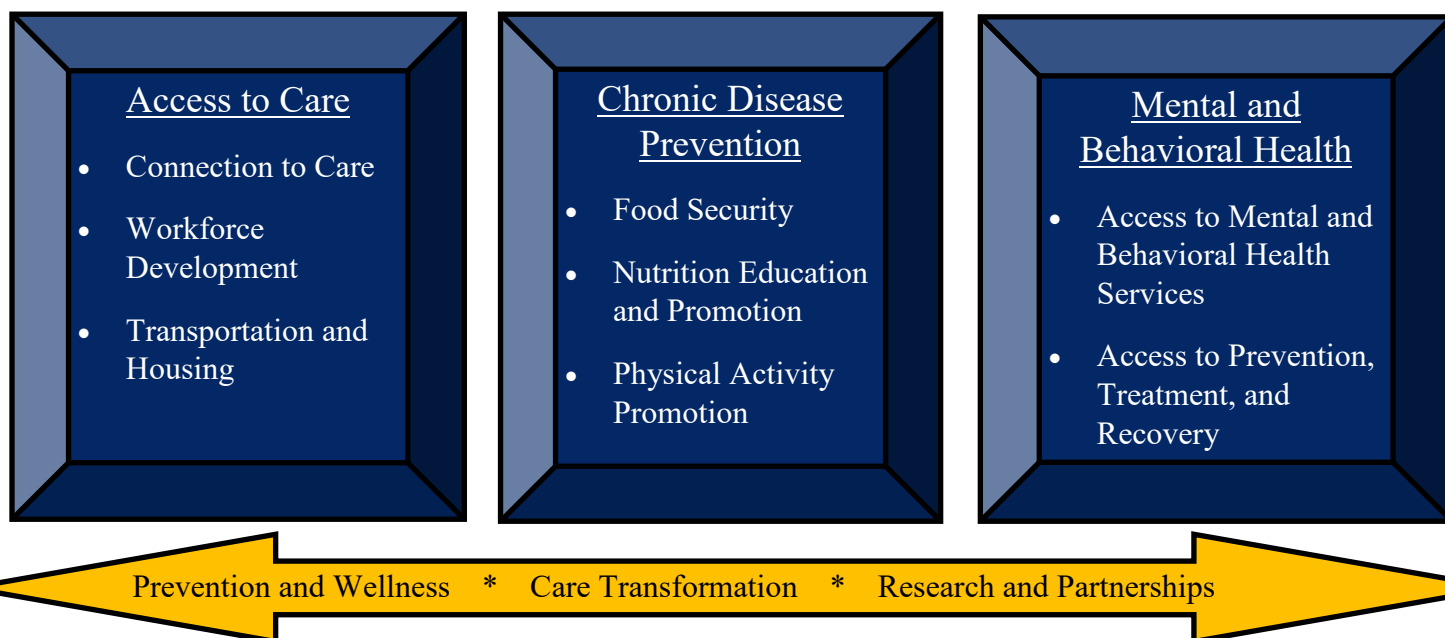
Executive Summary

During Fiscal Year 2024 (FY24), St. Luke's University Health Network (SLUHN) continued efforts related to top priorities established through the 2022 Community Health Needs Assessment (CHNA). These priorities, outlined in the 2022-2025 Implementation Strategy, are listed below and progress with initiative updates from FY24 are detailed in the report. Our efforts to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes are a result of data-driven strategies to promote overall health and wellbeing. While there are many issues facing our communities, the results from the 2022 CHNA found the top priorities for the St. Luke's Network to include:

Top Priorities (Fiscal Year 2022)	
Connection to Care	Workforce Development
Transportation and Housing	Food Security
Nutrition Education and Promotion	Physical Activity Promotion
Access to Mental Health Services	Access to Opioid and other Substance Use Disorder Services
Access to Prevention, Treatment, and Recovery	COVID-19 <i>Removed as a priority (Fiscal Year 2023)</i>

The needs outlined in our implementation strategy serve as a guide to support strategic initiatives through the pillars of Prevention and Wellness, Care Transformation, and Research and Partnerships. Through collaborations with community and Network partners, we aim to promote a more equitable society with better health outcomes for all, with an emphasis on supporting the diverse needs of our most vulnerable populations.

The needs related to the priority areas outlined in this document served as our guide in creating this Network Implementation Plan to best address the needs of populations within the SLUHN service areas. Results from the 2022 CHNA found access to care as the main barrier facing our community, particularly within the four main priority areas. The updates to the Fiscal Year 2022-2025 implementation strategy include removing the priority area of COVID-19. Given the end of the public health emergency and continued decline of the pandemic, COVID-19 was removed from the implementation strategy as a top priority for the Fiscal Year 2023 update as well as for Fiscal Year 2024. Continued monitoring of COVID-19 ensures that the Network is prepared to pivot and re-prioritize as necessary.



PREFACE

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, as well as the CHNA key informant interviews, forums, and surveys with community members, we see significant issues facing our communities that impede healthy lifestyles. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

SLUHN supports a Department of Community Health that utilizes CHNA results to inform its strategic plan and catalyze initiatives that address priority needs for underserved communities. The Department's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. The Department's vision is for everyone in our community to have access to exceptional healthcare built on a foundation of trust and compassion. Through collaborations with community and Network partners, the Department of Community Health aims to promote a more equitable society with better health outcomes, especially within the Network's most vulnerable populations. Community Health Liaisons and Community Health Workers (CHW) help to build trust to improve access to care, services, and resources. Pathways have been established and strengthened to connect families to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

St. Luke's University Health Network's Department of Community Health oversees the CHNA for the communities served by hospitals within the Network. The department is led by Vice President Rajika E. Reed, Ph.D., MPH, M.Ed., who has served the local community for more than 25 years in the field of public health. The Department of Community Health collects primary and secondary data in support of sustainability and data-driven decision making with its comprehensive community-based programming initiatives strengthening established collaborative partnerships.



St. Luke's University Health Network Service Area by County

St. Luke's Allentown and Sacred Heart Campuses

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

Through collaborations with community and Network partners, the Department of Community Health (Community Health) aims to promote a more equitable society with improved health outcomes, especially within the Network's most vulnerable populations. Community Health's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. The Department envisions a community where everyone has access to exceptional healthcare built on a foundation of trust and compassion. SLUHN partners with local schools, civic organizations, and community-based organizations to provide community resources to improve the health of the residents of Lehigh County and the surrounding area.

Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

St. Luke's Allentown and Sacred Heart Campuses support the CHNA priority areas that are identified within the campus service area through monitoring and evaluating current initiatives and incorporating community input. The St. Luke's Allentown and Sacred Heart Community Forum for the 2025 CHNA was held on May 31, 2024, and engaged 28 external and 17 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives. Overall assessment results from 2022 highlight three main priority focus areas for our Community Health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



St. Luke's Allentown and Sacred Heart Campuses

Improving Access to Care

Allentown School District (ASD) Partnership Committees: Community Health and ASD have a longstanding collaboration that connects students and their families to a medical home (i.e., primary care physician), vision, dental, behavioral health, and other social services. These efforts have improved access to care and services to families in need. St. Luke's participates in the ASD health partner monthly meetings to address emerging medical issues facing children and their families, as well as the ASD Homelessness Task Force which brings together key community partners to help address issues for students experiencing homelessness.

Raub Middle School: St. Luke's partners with the United Way of the Greater Lehigh Valley, as well as other local partners, to implement the Community School Model. This includes financial and programmatic support of the school-based Community School Coordinator (CSC) who is cross-trained as a Community Health Worker (CHW). An After School Coordinator (ASC) is also employed to provide enrichment opportunities and to support and connect students and families to services. The Raub CSC and ASC organized 20 diverse programs and initiatives resulting in more than 700 encounters (duplicated), as well as school-wide events available to all students. The Allentown Nurse Excellence Committee supports priority needs at Raub through fundraising efforts, contributing more than \$4,500 dollars to assist students with identified barriers.



St. Luke's Raub After School and Activities Coordinator

A financial literacy program called the Money Club, in collaboration with First Commonwealth Credit Union, was implemented in September 2023. The program ran for 12 consecutive weeks and was led by two representatives from the bank. The goal was to give students and parents the ability to understand and effectively use various financial skills, including personal financial management, budgeting, and investing. From September 2023-May 2024 there were 20 families in the adult classes and 32 students in the after-school program.

The Raub food pantry served only Raub families during the second half of FY24, when the community mobile market transitioned to a school-based pantry. From January-May 2024, the school-based pantry served 388 families (1,858 individuals) and a total of 12,626 pounds of food valued at \$53,855.

Mobile Youth Health Centers (MYHC): The MYHC provided care and services at Newcomer Academy, Raub Middle School, and William Allen High School to 370 unique students in the Allentown School District through 1,066 encounters and connected them to medical insurance, a medical home, vision services, dental services, and community resources. The Allentown MYHC care team completed referrals resulting in 58 completed visits with a primary care physician. A total of 88 vision vouchers were provided to ASD district students with a monetary value of \$15,851. Additional health screenings, vaccines, and other services were provided to 580 students. School partnerships and activities were also provided at Harrison Morton Middle School, Hays Elementary School, and Union Terrace Elementary School.

Star Community Health: Star Community Health is a Federally Qualified Health Center Look-Alike (FQHC-LA) affiliated with St. Luke's that provides care and wraparound services to uninsured and underinsured individuals and families at little or no out-of-pocket cost. Sigal Center, located in Allentown, provided connection to care and services including Primary Care, Family Medicine, Pediatrics, Women's Health, Same-Day Care, and Dental. Star Community Health's Dental Van visited 10 ASD schools, they served 658 patients and a total of 733 sealants and 218 restorations were provided.

St. Luke's Allentown and Sacred Heart Campuses

Family Medicine Resident Community Education: St. Luke's Sacred Heart Family Medicine first-year medical residents participated in the evidence-based model "See the City You Serve" to provide an opportunity to meet with key partners that help promote overall health and wellbeing. Family Medicine Residents also rotate through the Department of Community Health annually to work with Allentown-based community initiatives.

Workforce Development and Career Mentoring: St. Luke's supports workforce development initiatives for both school-aged populations and adults including CareerLinking Academy, Health Career Exploration Program, and the new Cultural and Linguistic Workforce Development Centers.

- **CareerLinking Academy:** CareerLinking Academy combines observational learning experiences and professional development sessions focusing on exposure to healthcare careers with job readiness skills training. During the 2023-24 academic year, the program partnered with Lincoln Leadership Academy to serve 8 high school students.
- **Health Career Exploration Program (HCEP):** Established more than 15 years ago, HCEP offers experiential learning opportunities for high school students from diverse backgrounds explore careers in the healthcare industry. The program assists students to gain insight into clinical and non-clinical roles, learn employability skills, understand future employment opportunities, and build confidence in their abilities. The students spend a maximum of 20 hours per week working in their assigned department and receiving group instruction on a variety of topics to increase their knowledge on employability skills, (e.g., resume development, interviewing skills, leadership, communication in the workplace). Since program inception, 98% of participating students have graduated from high school. During FY24, 14 students from the Allentown School District enrolled in the program, with all students successfully completing the program.
- **Cultural and Linguistic Workforce Development Centers (CLWDC):** The Centers assist workers at any stage in their career to train for and access employment opportunities that meet the demands of local employers in the Lehigh Valley. During FY24, the Allentown Center engaged a total of 269 individuals. Of these clients, 68% enrolled in English as a Second Language (ESL) classes in partnership with The Literacy Center, skill-based trainings with Lehigh Carbon Community College and/or received employment services.

Community Health Navigation: Community Health

Navigation had 1,591 encounters (e.g., calls, appointments, follow ups) with 408 unique individuals. These encounters resulted in 235 referrals and 178 established and completed visits. Of those referrals, 155 patients completed a visit with a primary care physician. Various resources such as clothing, hygiene, and bus passes were provided to patients in need. This includes homeless or near homeless, adults, families, and others facing hardships. Bridging the Gap funds were distributed to patients to support their basic needs totaling \$7,460.57. Community Health Navigation also partners with local community-based organizations such as Ripple Community Inc. and Daybreak to coordinate care and connection to services, as well as the Student-Led Interdisciplinary Care Center (SLICC) led by Temple/St. Luke's medical students.



Adolescent Career Mentoring Specialists with a Lincoln Leadership Academy CareerLinking Academy Participant

St. Luke's Allentown and Sacred Heart Campuses

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com).

findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health teams work collaboratively, especially with Star Community Health, to 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health Liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In Lehigh County, there were a total of 8,950 searches during FY24, with the top searches including food, transportation, and federal and state assistance programs.

SLICC (Student-led Interdisciplinary Care Center): SLICC is a student-run center in collaboration with Temple/St. Luke's School of Medicine. The goal of the center is to meet community needs, especially in, or near, the housing insecure populations in the community. Students work with medical faculty mentors to establish a bridge between those with limited access to care and the greater health system by promoting cooperation and trust between the healthcare system and the community. SLICC not only provides clinical services with the goal of connecting patients to a medical home, but they also address SDOH by providing basic needs during clinic hours (e.g., food, clothing, hygiene products). During FY24, SLICC provided clinical services to 68 unique individuals with 129 encounters and more than 500 SDOH resources (e.g., clothing, food, hygiene products) to individuals and families in need.



Community Health Navigation at SLICC

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshares, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft and Uber rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

St. Luke's Allentown and Sacred Heart Campuses

Blueprint Community Program: The Federal Home Loan Bank of Pittsburgh (FHLBank) selected ten new communities to become a Blueprint Community Program, including Allentown's 1st, 6th, and Jordan Heights areas. The program invests in the revitalization of communities and neighborhoods in Delaware, Pennsylvania, and West Virginia. St. Luke's, the only healthcare network to join this community team, will participate for the next 18 months in a comprehensive training to plan for a revitalization effort in Allentown. The effort was spearheaded by Embassy Bank of the Lehigh Valley and includes the following organizations: Casa Guadalupe, Allentown Economic Development Corp, Lehigh County Housing Authority, Allentown Housing Authority, City of Allentown, and Community Action of the Lehigh Valley. The team will develop strategies for revitalization that improve quality of life for residents and focus on building community assets, engagement, housing improvements and increased employment and economic engagement. Past participating communities have leveraged the Blueprint Communities efforts into millions of public/private investments for their communities.



St. Luke's Allentown Joins Partners in the Blueprint Communities Initiative

Housing Action Committee: Habitat for Humanity Lehigh Valley, Community Action Lehigh Valley, City of Allentown, and additional partners provided home repairs and lead abatement services in Allentown. St. Luke's continues to be part of the monthly meeting to discuss current work orders and collaborations on work projects, as well as providing support and resources to community members.

HOPE (Health, Outreach, Prevention, Education): HOPE at St. Luke's provides clinical, case management, and prevention services to persons living with HIV. At the end of FY24, 368 active (unduplicated) patients were receiving medical care at the Bethlehem and Easton locations. There has been an increase in patients with complex needs (e.g., medically compromised, homeless, uninsured, undocumented). There were 489 active patients that received Medical Case Management services in Allentown, Bethlehem, Easton, and Tannersville. In collaboration with AIDSNET and the Pennsylvania Department of Health, HOPE opened an office at St. Luke's Sacred Heart Campus in 2022, expanding HOPWA (Housing Opportunities for People with AIDS) services to Lehigh County. HOPE hired five Housing Coordinators and two additional Case Managers to meet the growing needs of those served. During FY24, 127 patients received housing

St. Luke's Allentown and Sacred Heart Campuses

assistance through ongoing rental assistance, connection to public housing, or by actively working with a Housing Coordinator to identify housing opportunities for 182 housing services.

Maternal and Child Health: Since 1919, St. Luke's Visiting Nurse Association (VNA) has been serving the Lehigh Valley and surrounding communities. It is a not-for-profit agency that provides a full range of services including home health and hospice services; and mother/baby care to residents of the communities served. The VNA operates three programs under the Maternal Child Health department that support children and families. The first is a prevention model Nurse-Family Partnership (NFP) which supports and fosters positive parenting in our community making the Lehigh Valley a better place for families and children. St. Luke's NFP program was established in 2001 and serves low-income families in Lehigh and Northampton counties and its goals are to improve pregnancy outcomes, improve child health and development, and enhance the economic self-sufficiency of the family. Each NFP family is partnered with a Registered Nurse (RN) early in the mother's pregnancy and receives ongoing nurse home visits throughout the pregnancy and after birth through the child's second birthday.

During FY24, NFP had 1,038 referrals, 440 families served, and 4,839 visits completed. There were 84% of babies in the program born at term and 85% of those babies born at a healthy weight. There were 97% of children vaccinated at two years of age, and 66% of mothers working at the time they graduated from the NFP program. Additionally, 87% of mothers who completed the program delayed their next pregnancy beyond two years. The second is a new model brought to the VNA this fiscal year in collaboration with St. Luke's Behavioral Health Integrations team, Moving Beyond Depression, is in the pilot phase to help support mothers enrolled in NFP with a diagnosis of major depression. Initial results indicate a 93% client satisfaction score, with 83% of clients reporting improved quality of life and 83% more likely to seek mental health care in the future.



St. Luke's NFP program was established in 2001 and serves low-income families in Lehigh and Northampton counties

The third program is an intervention program, the Visiting Nurse Advocate for the County (VNAC). This intensively focused program provides services to families that are referred by the Offices of Children, Youth, and Family Services (OCYS) in Lehigh and Northampton Counties.

The program works to promote positive growth in the families and serves to create safety nets for the children involved. Families are partnered with a RN, who provide family support, parenting education and guidance, life skills, and case management services. The services are provided using a holistic nursing approach, centered on family preservation. The goals of this program are that the parent/caregiver will provide a safe environment for the child, to increase parenting knowledge and skills, and that the parent/caregiver will meet the child's health and medical needs. During FY24, there were 99 families served, with 82% showing improved safety in the living environment, 73% improved parenting knowledge and skills, and 85% improved child's health and medical needs being met.

St. Luke's Allentown and Sacred Heart Campuses

Preventing Chronic Disease

Raub Food Pantry: Through a partnership with Second Harvest Food Bank, St. Luke's school-based staff implemented a monthly mobile food pantry at Raub Middle School for students, families, and the school community. The pantry was open to the community until November 2023 and was serving approximately 350 households each month, providing approximately \$91,000 of food. Beginning in November 2023, the pantry shifted to become an internal school-based pantry to provide more frequent access to food for students and their families. From January-May 2024, the school-based pantry served 388 families (1,858 individuals) and a total of 12,626 pounds of food valued at \$53,855.



Raub Middle School Food Pantry—a Community School partnership with Second Harvest Food bank

Summer Meals Food Access: St. Luke's Sacred Heart Campus, in partnership with Catholic Charities and other local organizations, provided daily meals (Monday-Friday) for food insecure children from the ages of 0-18 during the summer months. There were 1,366 meals served to children and 592 meals to adults at the Sacred Heart site between June-August 2024. Through grant funds, families were provided fresh vegetables every week with shares from local farmers along with weekend bags of non-perishable items. These bags also included recipes, community resources, and education. Financial support for the program was provided by Westside Hammer Electric, a division of Hatzel and Buehler.



Community Health Dietitian providing a food demo to summer meals participants

St. Luke's Allentown and Sacred Heart Campuses

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture (CSA) Program, health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. In the Allentown and Sacred Heart service area, a total of \$52,560 was invested in our local farms during the 2023 CSA season. Additionally, through this initiative, 284 shares were donated in the Allentown and Sacred Heart service area to a local food pantries and non-profit organizations.



St. Luke's Local CSA Produce

Diabetes Education and Prevention: Diabetes Self-Management, Education, and Support (DSMES) is provided for patients in Allentown, Bethlehem, and Coaldale through the Department of Community Health. This program is executed through our partnership with the Association of Diabetes Care and Execution Specialists for our Diabetes Education Accreditation Program (DEAP). Additionally, St. Luke's Center for Diabetes & Endocrinology serves additional sites throughout the network. The Department of Community Health established a quality improvement initiative, Diabetes CARES (Clinical Assessment, Resources, Education, and Support), for patients at Star Community Health (Allentown and Bethlehem). This program, in collaboration with our residencies, provides DSMES and a focused team approach to reduce the percentage of patients with poorly controlled diabetes ($HbA1c > 9.0$). This initiative included clinical diabetes visits, diabetes education with a bilingual Community Health Worker, physical activity opportunities, diabetes self-management, support, and access to healthy food. The project's goal was to decrease the clinic's overall Diabetes Poor Control from 34% to 30%; Star Community Health Sigal Center achieved 30%.

Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards.

Physical Activity: Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

St. Luke's Allentown and Sacred Heart Campuses

Improving Mental and Behavioral Health

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication and transparency, while helping to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. Additionally, a Certified Recovery Specialist (CRS) is employed in both the Allentown and Sacred Heart emergency departments to support WHO. In the Allentown and Sacred Heart Hospitals, a total of 793 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

Narcan Education and Distribution: This service is provided to the community and in the Emergency Department, including a Certified Recovery Specialist, for individuals that present with Opioid Use Disorder (OUD) and/or overdose.

St. Luke's SUD Services: St. Luke's Sacred Heart Campus' Medical Detox Unit and SUD services (e.g., Medication Assisted Treatment (MAT), SHARE clinic, behavioral health services) continue to provide vital SUD services.

Recovery Center Support: Partnership between St. Luke's and Treatment Trends Inc. provides an opportunity for Temple/St. Luke's medical students to implement the Student-Led Interdisciplinary Care Center (SLICC) which engages with underserved populations, provide connections to care and other SDOH services.



Temple/St. Luke's Medical Students speaking at the opening of SLICC at Treatment Trends Inc.

St. Luke's Allentown and Sacred Heart Campuses

Education: Through our Community School partnership, positive mental health messaging and support was provided to Raub Middle School students, teachers, and staff.

Suicide Prevention Coalition of the Lehigh County: St. Luke's supports the Lehigh County Suicide Task Force's steering committee as well as their action teams (Prevention and Intervention and Awareness and Engagement). St. Luke's, along with other partners, collaborate to support social service organizations concerned about the rising number of deaths by suicide. This is funded by Lehigh County Mental Health and a community project grant from SAMHSA.

St. Luke's Penn Foundation Education: St. Luke's Penn Foundation Mental Health provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just STArT the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 show is a fun, educational, and the short video series is designed to help students 12+ and adults thrive (with over 100 episodes). Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.



'Just STArT the Conversation!' discusses timely topics in mental health. Each month, the St. Luke's team helps the community deal with issues that can affect everyone's mental health.

Partnership Collaborations

Allentown Police Department, Allentown Health Bureau, Allentown Public Library, Allentown Economic Development Corporation, Allentown School District, Allentown Housing Authority, Bloom, Allentown Economic Development Corp., CareerLink (Sacred Heart Campus), Bradberry Sullivan LGBT Community Center, Embassy Bank for the Lehigh Valley, Casa Guadalupe, Catholic Charities, Cedar Crest College, Century Promise, Community Service for Children, City of Allentown, Cohesion, Community Action of the Lehigh Valley, Daybreak (Lehigh Conference of Churches), DeSales University, Embassy Bank, First Commonwealth Federal Credit Union, Habitat for Humanity of the Lehigh Valley, LANTA, Laundry on Linden, Lehigh Carbon Community College, Lehigh Valley Planning Commission, Lehigh Carbon Technical Institute, Lehigh Valley Economic Development Cooperation, Coalition for Transportation Lehigh Valley, Lehigh Conference of Churches, Lehigh County Suicide Task Force, Muhlenberg College, Penn College, Pennsylvania Downtown Center, Promise Neighborhoods, Pinebrook Family Answers, Ripple Community, Inc., Sacred Heart Church, Second Harvest Food Bank of the Lehigh Valley and Northeastern Pennsylvania, Star Community Health, Treatment Trends, Inc., The Center (Treatment Trends, Inc.), United Way of the Greater Lehigh Valley, YMCA

St. Luke's Anderson and Easton Campuses

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The goal of the St. Luke's Rodale Institute Organic Farm is to grow 60,000 pounds of produce this season, all to be distributed through our campuses to our patients, employees, and community

St. Luke's Anderson and Easton Campuses

Improving Access to Care

School Districts: St. Luke's partnered with Easton Area and Wilson Area School Districts to connect families to vaccinations, physicals, and care with Star Community Health KidsCare and St. Luke's Family Medicine (Easton). The Community Health Department participated on School District Wellness Committees and St. Luke's continues to support Paxinosa Elementary Community School (Easton Area school District) by volunteering at family engagement and school events. St. Luke's Family Medicine (Easton) residents also presented "Sleep and Stress" to Easton Area School District as part of their required professional development sessions. Wilson Area School District had "Wilsonaires" caroling the halls of the Easton Campus during this past holiday season and elementary school students met with the Cardiology team during Heart Health Month in the spring. St. Luke's also attended the Wilson Borough Elementary Career Day teaching about Gastroenterology. In the Bangor Area School District, schools provided connections to care for medical, dental, and vision services. Additionally, literacy is promoted through Read Across America at local schools and Little Free Libraries are located at Bangor Area School District and the Anderson and Easton Campuses.



Wilsonaires caroling the halls of the Easton Campus

Star Community Health: Star Community Health is a Federally Qualified Health Center Look-Alike (FQHC-LA) affiliated with St. Luke's that provides care and wraparound services, including dental van services, to uninsured and underinsured individuals and families at little or no out-of-pocket cost. Star Community Health KidsCare, located in Easton, PA, provided connection to care and services to Easton Area and Wilson Area School Districts students seeking new primary care and mandated school vaccinations.

Career Mentoring and Workforce Initiatives: Workforce development initiatives continued to grow in FY24, including School-to-Work and their wellness curriculum visits to the St. Luke's Anderson Campus Rodale Organic Farm.

- **ProJeCt of Easton:** St. Luke's Community Health and St. Luke's Anderson and Easton Campus's Human Resources teams collaborate with ProJeCt of Easton to support their student success programs (e.g., Summer Sizzle!), adult literacy, workforce development, and career placement programs. During FY24, there were 11 ProJeCt of Easton clients (ESL or GED students) employed at St. Luke's Easton and St. Luke's Anderson Campus, and 14 of the 17 clients that have participated since inception of the program are still employed. Employed individuals work as environmental service aides, case management outreach coordinator, medical receptionist, patient care assistants, nutrition services aides, cook, and dietary hostess. St. Luke's "ESL Journey to the USA" success story was also shared to ProJeCt of Easton students led by Dr. Israel Zighelboim and Valeska Zighelboim.



Two ProJeCt of Easton ESL/GED students hired by St. Luke's Easton Campus in Environmental Services

St. Luke's Anderson and Easton Campuses

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com). findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, with more than 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Anderson and Easton service area, there were a total of 9,261 searches during FY24 (Northampton County), with the top services including food, housing, and transportation.

Family Medicine Resident Community Education: St. Luke's Anderson Campus first-year family medicine residents participated in the evidence-based model "See the City [Community] You Serve" to provide residents with a better sense of the community and key partners that help promote overall health and wellbeing. Residents also rotate through the Department of Community Health during their first year.



St. Luke's Anderson First Year Residents partnering Third Street Alliance, Shelter for Women & Children, and the Easton Police Station

Housing: Stable housing greatly impacts an individual's ability to access and maintain regular medical care. St. Luke's partners with local organizations to address the housing shortage through community partnerships at the campus-level to build capacity within the community.

Transportation: St. Luke's transportation services, in collaboration with Uber and Lyft rideshare, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft and Uber rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

St. Luke's Anderson and Easton Campuses

HOPE (Health, Outreach, Prevention, Education): HOPE at St. Luke's provides clinical, case management, and prevention services to persons living with HIV. At the end of FY24, 368 active (unduplicated) patients were receiving medical care at the Bethlehem and Easton locations. There has been an increase in patients with complex needs (e.g., medically compromised, homeless, uninsured, undocumented). There were 489 active patients that received Medical Case Management services in Allentown, Bethlehem, Easton, and Tannersville. In collaboration with AIDSNET and the Pennsylvania Department of Health, HOPE opened an office at St. Luke's Sacred Heart Campus in 2022, expanding HOPWA (Housing Opportunities for People with AIDS) services to Lehigh County. HOPE hired five Housing Coordinators and two additional Case Managers to meet the growing needs of those served. During FY24, 127 patients received housing assistance through ongoing rental assistance, connection to public housing, or by actively working with a Housing Coordinator to identify housing opportunities and expanded housing services.

Maternal and Child Health: Since 1919, St. Luke's Visiting Nurse Association (VNA) has been serving the Lehigh Valley and surrounding communities. It is a not-for-profit agency that provides a full range of services including home health and hospice services; and mother/baby care to residents of the communities



St. Luke's NFP Nurse feeding a baby

served. The VNA operates three programs under the Maternal Child Health department that support children and families. The first is a prevention model Nurse-Family Partnership (NFP) which supports and fosters positive parenting in our community making the Lehigh Valley a better place for families and children. St. Luke's NFP program was established in 2001 and serves low-income families in Lehigh and Northampton counties and its goals are to improve pregnancy outcomes, improve child health and development, and enhance the economic self-sufficiency of the family. Each NFP family is partnered with a Registered Nurse (RN) early in the mother's pregnancy and receives ongoing nurse home visits throughout the pregnancy and after birth through the child's second birthday.

During FY24, NFP had 1,038 referrals, 440 families served, and 4,839 visits completed. There were 84% of babies in the program born at term and 85% of those babies born at a healthy weight. There were 97% of children vaccinated at two years of age, and 66% of mothers working at the time they graduated from the NFP program. Additionally, 87% of mothers who completed the program delayed their next pregnancy beyond two years. The second is a new model brought to the VNA this fiscal year in collaboration with St. Luke's Behavioral Health Integrations team, Moving Beyond Depression, is in the pilot phase to help support mothers enrolled in NFP with a diagnosis of major depression. Initial results indicate a 93% client satisfaction score, with 83% of clients reporting improved quality of life and 83% more likely to seek mental health care in the future. The third program is an intervention program, the Visiting Nurse Advocate for the County (VNAC). This intensively focused program provides services to families that are referred by the Offices of Children, Youth, and Family Services (OCYS) in Lehigh and Northampton Counties. The program works to promote positive growth in the families and serves to create safety nets for the children involved. Families are partnered with a RN, who provide family support, parenting education and guidance, life skills, and case management services. The services are provided using a holistic nursing approach, centered on family preservation. The goals of this program are that the parent/caregiver will provide a safe environment for the child, to increase parenting knowledge and skills, and that the parent/caregiver will meet the child's health and medical needs. During FY24, there were 99 families served, with 82% showing improved safety in the living environment, 73% improved parenting knowledge and skills, and 85% improved child's health and medical needs being met.

St. Luke's Anderson and Easton Campuses

Preventing Chronic Disease

St. Luke's Rodale Organic Farm: In 2014, Rodale Institute established an organic farm in partnership with the St. Luke's Anderson Campus to offer organic produce to patients and staff. On 14 acres, our farmers grow thousands of pounds of high-quality, organic produce for distribution to St. Luke's campuses in the region as well as hospital patient meals, the cafeterias, and employee Community Supported Agriculture (CSA). Donations of fresh produce is also provided to community organizations to be distributed to people in need.

Older Adult Meal Program: The Anderson Campus Older Adult Meals Program is designed to provide subsidized meals to adults ages 65 and older at the Anderson Campus cafeteria, which served 14,970 meals during FY24. This initiative addresses food security and loneliness among older adults.

Local Food Pantry Support: ProJeCt of Easton and St. Luke's Family Medicine – Easton continues to utilize the “Food Rx” initiative, lifestyle medicine resources, and provided vital resources to key community partners and schools.

Diabetes Self-Management Education and Support: Anderson and Easton Campuses serve as sites for diabetes education.

Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards. Additionally, Catch My Breath trainings were done with local schools (Wilson and Easton specifically), including vaping presentations to the districts and a Northampton County vaping panel recording in collaboration with St. Luke's, CHC, Wilson Area School District, Easton Area School District, and local police departments.

Physical Activity: St. Luke's Anderson Medical Residents promoted literacy and physical activity in partnership with ProJeCt of Easton's Summer Sizzle! Program, including Get Your Tail on the Trail walks with Easton Area School District students. Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.



ProJeCt of Easton Summer Sizzle! Program participants for Get Your Tail on the Trail

St. Luke's Anderson and Easton Campuses

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce and invested \$46,920 back into the community through support of local farmers. Through this initiative, 105 shares were donated in the Anderson and Easton service area to a local food pantries and non-profit organizations.



A St. Luke's Employee picking up their CSA Produce at St. Luke's Anderson

Improving Mental and Behavioral Health

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Anderson and Easton Hospitals, a total of 267 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

Northampton County Task Forces: Community Health worked with the Northampton County Opioid Task Force to connect patients to SUD treatment and recovery services as well as the Northampton County Suicide Prevention Task Force to provide mental health trainings, including Question, Persuade, Refer (QPR) Suicide Prevention.

School-based Programs: Your Emotional Strength Supported (YESS!) school-based mental health counseling is designed to support students with mental health needs at school. Your Emotional Strength Supported (YESS!) established school-based mental health counseling at school districts in the Anderson and Easton service area. A total of 11,606 student encounters for the YESS! Program occurred during FY24 in the Bangor, Easton Area, Nazareth Area, and Northampton Area school districts.

St. Luke's Anderson and Easton Campuses

Adolescent Behavioral Health Unit (ABHU): St. Luke's Adolescent Behavioral Health Unit at the Easton Campus also provides connection to care and services for youth in need with a 16-bed unit.

St. Luke's Penn Foundation Substance Use Prevention/Recovery Education: Substance use prevention and recovery education was provided to students in area school districts.

St. Luke's Penn Foundation Education: St. Luke's Penn Foundation Mental Health provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just START the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 show is a fun, educational, and the short video series is designed to help students 12 + and adults thrive (with over 100 episodes). Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.



Partnership and Collaborations

Cops 'n' Kids of Easton, Star Community Health, St. Luke's Family Medicine, Greater Easton Development Partnership including Easton Main Street and West Ward Initiatives, JusticeWorks family of Services, Plan of Safe Care, YMCA Easton/Phillipsburg, Easton Area School District, Wilson Area School District, LV Active Life, SHARE Housing Program, Lehigh Valley Domestic Violence Task Force, Bangor Area School District, Bethlehem Health Bureau, ProJeCt of Easton, Pennsylvania State Trooper community affairs outreach, Children's Home of Easton, Hispanic Center Lehigh Valley, Pennsylvania Area Health Education Center, The Lafayette Experience Mentoring Program, Slater Family Network, Family Connection of Easton, City of Easton, Pennsylvania Downtown Center, The Whole Life Center Food Pantry, Safe Harbor of Easton, Northampton Community College, Wilson LINCS Family Center, Third Street Alliance for Women and Children, Northampton County Human Services, United Way of the Greater Lehigh Valley, Easton Housing Authority, United Fellowship Lutheran Church, Twelve Baskets Full Food Pantry, Pinebrook Family Answers, Easton Area Public Library, Lehigh Conference of Churches, Easton, Wilson Mary Meuser Memorial Library, Boys and Girls Club of Easton, Two Rivers Health and Wellness Foundation, Treatment Trends, Inc., Palmery Recovery Center, Wilson Area Partners in Education Foundation, Greater, Shiloh Church, Easton Area Neighborhood Center, Wilson Area Communities that Care Coalition, Nature Nurture, and Easton Area Community Center

St. Luke's University Hospital Bethlehem Campus

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

Through collaborations with community and Network partners, the Department of Community Health (Community Health) aims to promote a more equitable society with improved health outcomes, especially within the Network's most vulnerable populations. Community Health's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. The Department envisions a community where everyone has access to exceptional healthcare built on a foundation of trust and compassion. SLUHN partners with local schools, civic organizations, and provides community resources to improve the health of the residents of Lehigh and Northampton counties and the surrounding area.

Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

St. Luke's Bethlehem supports the CHNA priority areas that are identified within the campus service area by collecting and analyzing data and incorporating community input. Based on the identified needs and priorities, each campus develops plans and programs to improve the health of the community. The St. Luke's Bethlehem Community Forum for the 2025 CHNA was held on May 17, 2024 and engaged 18 external and 12 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives. Overall assessment results from 2022 highlight three main priority focus areas for our community health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



Bethlehem Area School District School to Work Students

St. Luke's University Hospital Bethlehem Campus

Improving Access to Care

Bethlehem Area School District (BASD): The partnership between Community Health and BASD began more than 25 years ago, and continues to connect students and their families to a medical home (i.e., primary care physician), vision, dental, behavioral health, and other social services. These efforts have improved access and services to families in need. St. Luke's is part of the BASD Wellness Committee to strategize how best to improve and promote student and staff wellbeing and the BASD Attendance Committee.

Community School Model: St. Luke's partners with the United Way of the Greater Lehigh Valley, as well as other local partners, to implement the Community School Model. This includes financial and programmatic support of a full-time school-based Community School Coordinator at Marvine Elementary School that works school-wide and a Family Development Specialist (FDS) at Donegan Elementary School that supports and connect students and families in need to services. During FY24, the Marvine Community School Coordinator worked with more than 700 elementary school families to address barriers to student attendance and improve parent and caregiver engagement. At Donegan Elementary, the FDS supported more than 70 families referred by staff. Literacy promotion through Read Across America was implemented at Marvine and Donegan Elementary Schools.



First graders at Donegan Elementary School celebrated for perfect attendance



Wendy Lazo, President of St. Luke's Bethlehem Campus, reading to students at Marvine Elementary School for Read Across America



Bethlehem MYHC Nurse with the Mobile Medical Van

Mobile Youth Health Center (MYHC): During FY24 the MYHC provided care and services to 334 unique students through 529 encounters at Broughal Middle School, Freedom High School, Liberty High School, and Northeast Middle School. These encounters included connections to medical insurance, a medical home, vision and dental services, and additional community resources. The MYHC team also provided an additional 4,350 health screenings, vaccines, and other services to students. The MYHC care team provided 142 vision vouchers to the district students with a value of \$9,645.

St. Luke's University Hospital Bethlehem Campus

Star Community Health: Star Community Health is a Federally Qualified Health Center Look-Alike (FQHC-LA) affiliated with St. Luke's that provides care and wraparound services to uninsured and underinsured individuals and families at little or no out-of-pocket cost. Southside Medical and Family Medicine (Easton Avenue), located in Bethlehem, provided connection to care and services for families, medical and dental service. In Bethlehem, Star Community Health's Dental Van visited 13 schools and provided care to 575 students with a total of 634 sealants and 177 restorations.

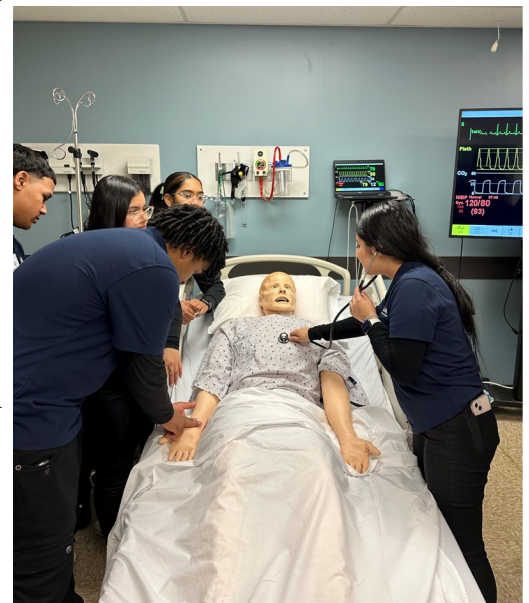


Star Community Health Mobile Dental Van

Temple/St. Luke's Medical Students Community Health Engagement Program (CHEP): Temple/St. Luke's offers the opportunity to participate in a Mentorship Program for students from the Bethlehem Area School District. This program seeks to connect medical students with twelve tier-two high school students who could benefit from additional support. Tier two interventions include increased instruction, supervision, positive reinforcements, academic support, and more. The medical students meet with the high school students on a one-on-one basis, twice monthly, for forty-five minutes. Their time together is spent discussing college preparation, studying techniques, and any other topics identified by the high school students.

Workforce Development and Career Mentoring: St. Luke's supports workforce development initiatives for both adults and school-aged populations including the School-to-Work initiative, Health Career Exploration Program, and the new Cultural and Linguistic Workforce Centers. These opportunities promote education, experiential learning, and skills-based training to prepare individuals for the workforce and help them gain employment that provides them with a livable wage. Adolescent career mentoring programs target both in-school and out-of-school youth between the ages of 15-24 years old who reside in Lehigh and Northampton Counties through a combination of hospital rotations, professional development sessions, and work experience.

- **School-to-Work (STW):** The STW partnership between SLUHN and BASD has been operating for more than 25 years to help expand learning and career opportunities for local students. Since the program was founded in 1997, it has offered 400 local students an opportunity to sharpen personal communication skills while providing hands-on experience in the healthcare field. For many of them, it has led directly to successful careers which, in turn, helped to enrich St. Luke's work force. During FY24 the initiative enrolled 18 ESL students, with 17 completing the program.



School to Work Students Visit the Sim Lab at SLB

St. Luke's University Hospital Bethlehem Campus

- Health Career Exploration Program (HCEP): HCEP was established more than 15 years ago. Through HCEP, St. Luke's provides experiential learning opportunities for students from diverse backgrounds to explore careers in the healthcare industry to help them gain insight into clinical and non-clinical roles, teach them job-keeping and job-seeking skills, help them understand future employment opportunities, and build confidence in their abilities. The students spend approximately 15 hours each week working in their assigned department and receiving group instruction in key life skills including financial literacy, leadership, resume development and interviewing skills. Since the program inception, 98% of students who participated in HCEP have graduated from high school. During FY24, 29 HCEP students enrolled the program, 15 placed at the Bethlehem Campus, and shared a final presentation where they highlighted their experiences and the skills they learned.
- Cultural and Linguistic Workforce Development Centers: The Centers assist workers at any stage in their career to train for and access employment opportunities that meet the demands of local employers in the Lehigh Valley. During FY24, the Bethlehem Center engaged 163 individuals of which 73.6% enrolled in ESL classes or skill-based trainings with Northampton Community College and/or received employment services.



National, Local, and regional officials partnering with the Cultural and Linguistic Workforce Development Centers.



School to Work Students at a Construction Site Visit

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com).

findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, with more than 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Bethlehem service area, there were a total of 9,261 searches during FY24 in Northampton County, with the top services including food, housing, and transportation. In Lehigh County, there were a total of 8,950 searches with the top searches including food, transportation, and federal and state assistance programs.

St. Luke's University Hospital Bethlehem Campus

HOPE (Health, Outreach, Prevention, Education): HOPE at St. Luke's provides clinical, case management, and prevention services to persons living with HIV. At the end of FY24, 368 active (unduplicated) patients were receiving medical care at the Bethlehem and Easton locations and there has been an increase in patients with complex needs (e.g., medically compromised, homeless, uninsured, undocumented). There were 489 active patients that received Medical Case Management services in Allentown, Bethlehem, Easton, and Tannersville. In collaboration with AIDSNET and the Pennsylvania Department of Health, HOPE opened an office at St. Luke's Sacred Heart Campus in 2022, expanding HOPWA (Housing Opportunities for People with AIDS) services to Lehigh County. HOPE hired five Housing Coordinators and two additional Case Managers to meet the growing needs of those served. During FY24, 127 patients received housing assistance through ongoing rental assistance, connection to public housing, or by actively working with a Housing Coordinator to identify housing opportunities and additional housing services were provided.

Hispanic Center of the Lehigh Valley (HCLV): St. Luke's has established collaborative processes with community partners, such as HCLV, to meet individuals where they are and promote connections and access to care and services, including a community food pantry that served 742 households, with 2,256 visits and a total of 7,556 encounters in FY24. St. Luke's continues to support the infrastructure and capacity building at HCLV.



HCLV Staff in the Food Pantry

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshares, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

Housing: Stable housing greatly impacts an individual's ability to access and maintain regular medical care. St. Luke's partners with local organizations to address the housing shortage through community partnerships at the campus-level to build capacity within the community. St. Luke's is also working with the City of Bethlehem on a Choice Neighborhood Planning Grant.

St. Luke's University Hospital Bethlehem Campus

Maternal and Child Health: Since 1919, St. Luke's Visiting Nurse Association (VNA) has been serving the Lehigh Valley and surrounding communities. It is a not-for-profit agency that provides a full range of services including home health and hospice services; and mother/baby care to residents of the communities served. The VNA operates three programs under the Maternal Child Health department that support children and families. The first is a prevention model Nurse-Family Partnership (NFP) which supports and fosters positive parenting in our community making the Lehigh Valley a better place for families and children. St. Luke's NFP program was established in 2001 and serves low-income families in Lehigh and



St. Luke's Nurse Family Partnership Program

Northampton counties and its goals are to improve pregnancy outcomes, improve child health and development, and enhance the economic self-sufficiency of the family. Each NFP family is partnered with a Registered Nurse (RN) early in the mother's pregnancy and receives ongoing nurse home visits throughout the pregnancy and after birth through the child's second birthday.

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St. Luke's University Hospital Bethlehem Campus

Preventing Chronic Disease

Food Access: Food access is a critical component of maintaining health and preventing chronic disease. Issues related to food access include access to healthy foods. SLUHN partners with local organizations through our schools and community partners to decrease food insecurity and promote healthy lifestyles.

- **Marvine Food Pantry:** Through partnerships with Second Harvest Food Bank, Marvine Elementary School provides a food pantry for students and families facing food insecurity. During FY24, more than 1,100 households (duplicated) were supported through Marvine's food initiatives.
- **Community Supported Agriculture (CSA):** St. Luke's Bethlehem CSA donated 121 shares to local community organizations including the cancer support community and local churches. A total of \$86,520 was invested back into the community in revenue for local farmers.
- **Hispanic Center Lehigh Valley (HCLV):** The food pantry at HCLV provided access to food for families in need through their pantry in Southside Bethlehem. During FY24, the food pantry assisted 742 households, with 2,256 visits and a total of 7,556 encounters.
- **New Bethany Inc:** St. Luke's Bethlehem Campus works closely with New Bethany Inc to help address food insecurity. To date, they have provided over \$3,592.56 of food donations to New Bethany Inc.



Marvine Families participating in Cooking Matters, an after school program run by Second Harvest Food Bank, which teaches families how to cook healthy food together

Physical Activity: Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

Diabetes Education and Prevention: Diabetes Self-Management, Education, and Support (DSMES) is provided for patients in Allentown, Bethlehem, and Coaldale through the Department of Community Health. This program is executed through our partnership with the Association of Diabetes Care and Execution Specialists for our Diabetes Education Accreditation Program (DEAP). Additionally, St. Luke's Center for Diabetes & Endocrinology serves additional sites throughout the network. The Department of Community Health established a quality improvement initiative, Diabetes CARES (Clinical Assessment, Resources, Education, and Support), for patients at Star Community Health (Allentown and Bethlehem). This program, in collaboration with our residencies, provides DSMES and a focused team approach to reduce the percentage of patients with poorly controlled diabetes ($HgA1c > 9.0$). This initiative included clinical diabetes visits, diabetes education with a bilingual Community Health Worker, physical activity opportunities, diabetes self-management, support, and access to healthy food. The project's goal was to decrease the clinic's overall Diabetes Poor Control from 34% to 30%; Star Community Health Southside Bethlehem achieved 30%.

St. Luke's University Hospital Bethlehem Campus

Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards.

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. Through this initiative, 121 shares were donated in the Bethlehem service area to a local food pantries and non-profit organizations.



St. Luke's Community Supported Agriculture (CSA) Local Farmers

St. Luke's University Hospital Bethlehem Campus

Improving Mental and Behavioral Health

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Bethlehem University Hospital, a total of 144 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

Northampton County Task Forces: Community Health worked with the Northampton County Opioid Task Force to connect patients to SUD treatment and recovery services as well as the Northampton County Suicide Task Force to provide mental health trainings, including Question, Persuade, Refer (QPR) Suicide Prevention.

School-based Programs: Your Emotional Strength Supported (YESS!) school-based mental health counseling is designed to support students with mental health needs at school. A total of 4,408 student encounters for the YESS! Program occurred during FY24 in nine Bethlehem elementary schools and Northeast Middle School. Your Emotional Strength Supported (YESS!) established school-based mental health counseling in Bethlehem Area School District. Mindfulness rooms were created at Marvine Elementary School for staff, Donegan Elementary School for students, and Boys and Girls Club of Bethlehem for adults and children to support mental health and self-care.



St. Luke's Penn Foundation Education: St. Luke's Penn Foundation Mental Health provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just STArT the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 show is fun and educational, and the short video series is designed to help students 12 + and adults thrive (with over 100 episodes). Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.

Partnerships and Collaborations

Boys and Girls Club Bethlehem, Bethlehem Health Bureau, Community Action Lehigh Valley (CALV), Bethlehem Library, Northampton Community College, Coalition for Appropriate Transportation, Bethlehem Police Department, SHARE Housing, Pinebrook Family Services, Moravian University, Star Community Health, Hispanic Center Lehigh Valley, Just Born, Lehigh University, New Bethany Ministries, Northampton County SUD Response, Northampton County Suicide Task Force, Northampton County Question, Persuade, Refer trainings, Second Harvest Lehigh Valley, United Way of the Greater Lehigh Valley, Volunteer Center Lehigh Valley, City of Bethlehem, Cay Galgon, and Bethlehem Emergency Shelter

St. Luke's Carbon and Lehighton Campuses

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

Through collaborations with community and Network partners, the Department of Community Health (Community Health) aims to promote a more equitable society with improved health outcomes, especially within the Network's most vulnerable populations. Community Health's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. The Department envisions a community where everyone has access to exceptional healthcare built on a foundation of trust and compassion. SLUHN partners with local schools, civic organizations, and provides community resources to improve the health of the residents of Carbon and Schuylkill counties and the surrounding area.

Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

St. Luke's Carbon and Lehighton Campuses supports the Community Health Needs Assessment (CHNA) priority areas that are identified within the campus service area by collecting and analyzing data and community input. The St. Luke's Carbon and Lehighton 2025 CHNA Community Forum was held on April 26, 2024, and engaged 17 external and 13 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives in the communities we serve. Overall 2022 assessment results highlight three main priority focus areas for our community health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



Blue Mountain Community Day partnership with Local Schools

St. Luke's Carbon and Lehighton Campuses

Improving Access to Care

Head Start: Head Start is a federally funded program designed to promote school readiness for children from low-income families. It serves children from birth to age five and supports their cognitive, social, and emotional development. Community Health staff, cross trained as CHWs, provide connection to care services to students and families at PathStone Head Start.

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com). findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, with more than 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Carbon and Lehighton service area, there were a total of 1,951 searches during FY24 (Carbon County), with the top services including food, housing, and health (e.g., dental care, disability benefits).

Literacy: St. Luke's promotes literacy in Carbon County through the evidence-based Reach Out and Read (ROR) program in partnership with Carbon County Community Foundation. ROR is integrated into our Carbon County pediatric and family medicine practices to engage families during each well patient visit. In addition, Brush, Book, Bed (BBB), an American Academy of Pediatrics initiative to engage families on the importance of a regular bedtime routine, is integrated to promote oral health, literacy, and healthy lifestyles and behaviors. The Dolly Parton Imagination Library initiative, also funded by the Carbon County Community Foundation, further supports literacy and provides age-appropriate books for all Carbon County children enrolled. During FY24, participating St. Luke's Physician Group pediatrics and family medicine practices completed 1,711 well visits for children ages 0-5 years in which trained providers and staff engaged families with messaging and resources vital for growth and development. The Dolly Parton Imagination Library initiative provides Carbon County children with an age-appropriate new book each month. At the end of FY24, there were 1,281 active children in the program, and since 2021, 649 have "graduated", meaning they aged-out of the program (i.e., reached age six). Additionally, literacy promotion through Read Across America was implemented at local schools along with the Veterans Literacy Initiative at the St. Luke's Lehighton Campus as well as Little Free Libraries.



Carbon Campus Community Health Liaison with staff at Lehighton Family Practice promoting literacy through the evidence-based initiative, Reach Out and Read

St. Luke's Carbon and Lehighton Campuses

Carbon Collaborative: St. Luke's Community Health partners with the Carbon County Interagency

Collaborative to provide consistent communications and support. More than 100 Carbon County social service organizations and nonprofit partners are represented, with over 35 regularly contributing to collaborative meetings. The committee identifies gaps, barriers, and opportunities and prioritizes how to best align existing services and strengthen connections to care, education, and resources. Additionally, several subcommittees and initiatives are established to build capacity for key community needs (e.g., transportation, literacy, early childhood education, prevention efforts, homeless task force).

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshare, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft and Uber rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

Carbon County School Districts: St. Luke's University Health Network (SLUHN) school-based staff

provide services to students and families in the Panther Valley School District (PVSD) and our Community Health Workers (CHW) help support programs and initiatives at Carbon County School Districts. St. Luke's staff also help to implement a food pantry for PVSD families facing food insecurity. In collaboration with the St. Luke's Rural Health Centers and with support from CHWs, connections to care were established to improve access to school physicals, vaccinations, education, and resources. The Star Community Health Dental Van partnered with 11 local schools during FY24 providing services to 555 patients, including 452 sealants and 119 restorations. The Carbon County schools the dental van visits are Panther Valley Elementary, Intermediate, and High School, SS Palmer Elementary School, Weatherly Elementary School, Behavioral Health Associates (BHA), as well as visits to PathStone Lehighton Head Start.

Priorities in Panther Valley School District (PVSD) aligned with the Community School Model to connect students and their families to a medical home, vision, dental, behavioral health services, and other social services. During FY24, through the Mobile Youth Health Centers, 73 unique students were provided care and services through 73 encounters and consistent connection to care with school-based coordinators.



Carbon Campus President, John Nespoli, reading to a classroom at S.S. Palmer Elementary School during Read Across America

St. Luke's Carbon and Lehighton Campuses

Preventing Chronic Disease

Community Supported Agriculture: St. Luke's Community Supported Agriculture (CSA) donated 22 shares of fresh fruits and vegetables from the St. Luke's Anderson Rodale Organic Farm to PathStone Head Start families. The Panther Valley Community Food Pantry was held monthly at Panther Valley Elementary and parent outreach services were provided at the pantry. The CSA invested a total of \$12,440 as revenue for local farmers.

Older Adult Meal Program: The Carbon Campus Older Adult Meals Program is designed to provide subsidized meals to adults 65 and older at the Carbon Campus cafeteria, which served 6,101 meals during FY24. This initiative addresses food security and loneliness among older adults.

Food Security: The Rural Health Center food access partnership was implemented to improve patient intake of fresh produce to help support healthy eating habits. The VALOR Foundation Stand Down Lansford for veterans provided quarterly food access support services.



St. Luke's Older Adult Meal Program at the St. Luke's Carbon Campus

Physical Activity: Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. Through this initiative, 22 shares were donated in the Carbon and Lehighton service area to a local food pantries and non-profit organizations.

St. Luke's Carbon and Lehighton Campuses

Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards.

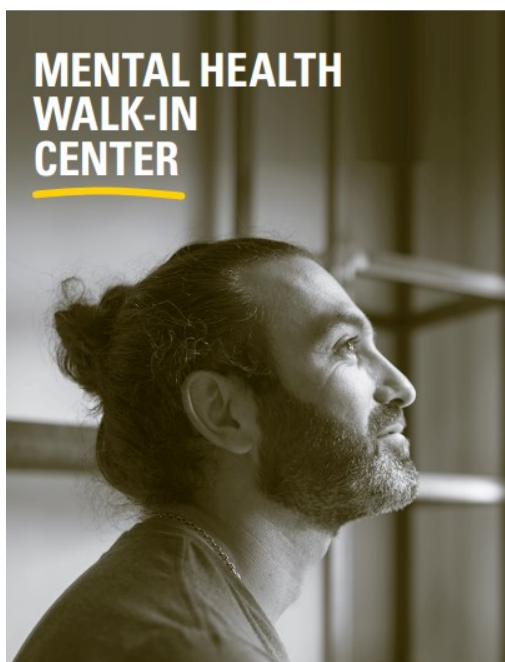
Improving Mental and Behavioral Health

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Carbon Hospital (Lehighton does not have an emergency department), a total of 63 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

Stigma Presentations: The Department of Community Health worked with partners to deliver a Community Stigma Presentation for Carbon and Schuylkill Counties.

Narcan Education and Distribution: Narcan education and distribution was provided during FY24 to community members in Carbon and Schuylkill Counties through eleven events and providing 141 boxes of Narcan to the community.

Safe Medication Disposal: Safe medication disposal boxes continued to provide a space to dispose of unwanted medicines at the St. Luke's Carbon Campus. During FY24, 297.7 pounds of unused medication were safely disposed.



Behavioral Health Walk-in Center: St. Luke's Psychiatric Associates' behavioral health walk-in center is located at the Lehighton Campus, offers a welcoming and comfortable, non-residential environment for those dealing with a variety of mental health issues. Those seeking services or support for a non-life-threatening mental health circumstance will be greeted by a medical receptionist and will be assessed by a professional crisis intervention specialist in a relaxed, non-clinical environment. Individuals will be evaluated and provided with the resources and/or referrals needed to deal with the immediate situation. This may include psychotherapy sessions or connections other community resources (e.g., Veterans Affairs) and specialists. A case manager may be assigned to provide ongoing support.

St. Luke's Carbon and Lehighton Campuses

St. Luke's Penn Foundation Education: St. Luke's Penn Foundation Mental Health provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just STARt the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 show is fun and educational, and the short video series is designed to help students 12 + and adults thrive (with over 100 episodes). Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.

*Carbon County Junior Advisory Council in Partnership with
Carbon Monroe Pike Drug and Alcohol and Local Schools*



Partnerships and Collaborations

Area Health Education Center (AHEC), Blue Mountain Ski Resort Community partnership, Carbon County Area Agency on Aging, Carbon County Transit, Carbon County KidZone, Carbon County Interagency Collaborative Council, Carbon County Mental Health, Carbon County Technical Institute, College and Carbon County CareerLink Career Mentoring, Carbon County Veteran Affairs, Houser Newman, Panther Valley School District, Waverly School District, Panther Valley School District, Lehighton School District, Palmerton School District, Jim Thorpe School District, Weatherly School District, PathStone Head Start, Pennsylvania State Police



Geisinger St. Luke's Campus

St. Luke's University Health Network (SLUHN) and the Geisinger St. Luke's (GSL) Campus conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

Through collaborations with community and Network partners, the Department of Community Health (Community Health) aims to promote a more equitable society with improved health outcomes, especially within the Network's most vulnerable populations. Community Health's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. The Department envisions a community where everyone has access to exceptional healthcare built on a foundation of trust and compassion. SLUHN partners with local schools, civic organizations, and provides community resources to improve the health of the residents of Schuylkill County and the surrounding area.

Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

The GSL campus supports the CHNA priority areas that are identified within the campus service area by collecting and analyzing data and incorporating community input. Based on the identified needs and priorities, each campus develops plans and programs to improve the health of the community. The GSL 2025 CHNA Community Forum was held on April 29, 2024, and engaged 21 external and 11 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives. Overall 2022 assessment results highlight three main priority focus areas for our community health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



Geisinger St. Luke's staff promote literacy through Read Across America at Blue Mountain Elementary East

Geisinger St. Luke's Campus

Improving Access to Care

Child Development Head Start: GSL Community Health Workers (CHW) and Community Health staff provide services to students and families at Child Development Head Start. The partnership between St. Luke's Department of Community Health and Child Development Head Start began in 2013 through the St. Luke's Miners Campus. When GSL opened in 2019, SLUHN was able to further prioritize the partnership by embedding a CHW at Child Development Head Start. The GSL Community Health Worker (CHW) provides outreach to all Schuylkill School Districts with connection to health education and services. They include Blue Mountain, Mahanoy Area, Marian, Minersville, Nativity, North Schuylkill, Pine Grove, Pottsville, Saint Clair, Schuylkill Haven, Shenandoah, Tamaqua, Tri-Valley, Williams Valley and the Schuylkill Intermediate Unit #29. These efforts have measurably improved access and services to families in need.



Back to School Outreach Bags Distributed to over 500 Child Development Head Start Families

Rural Health Centers (RHC): In collaboration with the St. Luke's Rural Health Centers and with support from CHWs, connections to care were established to improve access to school physicals, vaccinations, education, and resources. Additionally, the RHCs employs a full-time Public Health Dental Hygienist who is also trained as a CHW.

Literacy: Literacy promotion through Read Across America was implemented at local Schuylkill County Schools. A total 14 of readers participated in March 2024 during Read Across America week, with more than 1,500 literacy resources shared with students in the community.

Workforce Development: A new partnership developed during FY24 with the Lifelong Learning Center to address workforce and education connections in Schuylkill County and the Panther Valley area. Miners Campus Human Resources spoke with adult education students to share employment and educational opportunities in healthcare to create an employment pipeline.

findhelp: SLUHN and GSL partner with findhelp, a free self-navigating online platform, that continues to expand its reach to provide community members in need with connections to care, education, and resources in their local community at low or no-cost. findhelp (sluhn.findhelp.com) is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, the RHCs, and 1,246 established (i.e., claimed) community-based partners. The self-navigating online platform allows community members to search and connect to Social Determinants of Health (SDOH) support (e.g., financial assistance, food pantries, medical care, transportation). This platform, as well as United Way's 211, are tools to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Geisinger St. Luke's service area, there were a total of 1,283 searches (Schuylkill County) during FY24, with the top services including food, housing, and transportation.

Geisinger St. Luke's Campus

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshare, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft and Uber rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

Preventing Chronic Disease

Local Food Pantry Support: Geisinger St. Luke's employees provided monthly volunteer support to the Orwigsburg Food Pantry.



St. Luke's staff with Helping Harvest Mobile Market in Mahanoy City

Physical Activity: Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

Fireside Chats: Fireside chats were available to the community to help share information and resources for topics such as Heart Health, The Aging Brain, Your Lung Health, Wound Care, and Urology.

Diabetes Self-Management Education and Support: St. Luke's Diabetes Education Accreditation Programs (DEAP) is governed by the Association of Diabetes Care and Education Specialists. These programs include Diabetes Self-Management Education and Support (DSMES) and Medical Nutrition Therapy. The Community Health DEAP program provides diabetes education to vulnerable populations at the Miners campus and the Ringtown Rural Health Center with Diabetes Self-Management Education and Support, DSMES, classes through one-on-one and group sessions, which are both offered in-person or virtually.

Geisinger St. Luke's Campus

Older Adult Meals: Older adults in the area of the Geisinger St. Luke's Campus are welcome to enjoy a low-cost healthy meal in the cafeteria. During FY24, 6,885 meals were served during the program. This initiative addresses food security and loneliness among older adults.

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. Through this initiative, three shares were donated in the Geisinger St. Luke's service area to a local food pantries and non-profit organizations.



Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards.

Lead Testing: Geisinger St. Luke's joined St. Luke's phlebotomists at eight Child Development Centers for lead testing services in April 2024. Center locations included two Pottsville locations, Shenandoah, Mahanoy City, Fountain Springs, Tamaqua, St. Clair, and Schuylkill Haven. Sixty-two children received tests, three children from Shenandoah and Mahanoy City Centers were uninsured and six tests resulted in elevated lead levels. Families without insurance were provided information about St. Luke's Rural Health Centers by the Family Advocate from Child Development. The process included promoting access to our local laboratory services through flyers sent home to the families and providing those with transportation barriers an onsite visit from our lab technician(s) to complete the testing. The Health and Development Manager from Child Development worked closely with GSL's team to collect the necessary paperwork that included signed consents, insurance and date of birth information and worked with a local pediatrician to review results and refer to additional testing if results were abnormal.

Geisinger St. Luke's Campus

Community Supported Agriculture: St. Luke's Community Supported Agriculture (CSA) was provided through the GSL campus and the CSA invested a total of \$2,200 as revenue for local farmers.

Improving Mental and Behavioral Health

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Geisinger St. Luke's Hospital, a total of 34 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

Prevention: Schuylkill County Drug and Alcohol partners with Community Health for assistance with prevention activities in Schuylkill County. During FY24, our CHW in Schuylkill County provided 720 hours of information dissemination, education, and community-based activities on behalf of Schuylkill County Drug and Alcohol.

Stigma Reduction: The Department of Community Health worked with partners to deliver a Community Stigma Presentation for Carbon and Schuylkill community members.

Narcan Education and Distribution: Narcan education and distribution was provided during FY24 to community members in Carbon and Schuylkill Counties through eleven events and providing 141 boxes of Narcan to the community.

Safe Medication Disposal Boxes: GSL provides 24/7 access to safe medication disposal as a harm reduction service to dispose of unwanted medicines. During FY24, 230.1 pounds of unused medication at GSL were safely disposed.



Tall Cop Drug Trends community presentation at North Schuylkill School District

Geisinger St. Luke's Campus

Mental Health Support and Messaging: Weekly positive messaging and resource newsletters were distributed via school email blasts and social media. A RHC social worker provided support services and connections to mental and behavioral health services for students, families, and community members.

County Drug and Alcohol Partnerships: Community Health partnered with Schuylkill County Drug and Alcohol and Mental Health Services and coordinated a Schuylkill County Student Advisory Board. This initiative brought together students from each of the Schuylkill County School Districts to discuss how to bring awareness to mental health and substance use issues in their schools and across the county. Students and their advisors attended in-person meetings to brainstorm ideas for implementation at their respective schools. Meetings will continue to be held quarterly.

St. Luke's Penn Foundation Education: St. Luke's Penn Foundation Mental Health provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just STArT the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 show is fun and educational, and the short video series is designed to help students 12 + and adults thrive (with over 100 episodes). Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.



Salvation Army in Pottsville as part of their Food for the Body and Soul Café

Partnerships and Collaboration

Schuylkill County Mental Health/Developmental Services and Drug & Alcohol Programs, Clinical Outcomes Group, Inc. (COGI), Schuylkill REACH (SUD Prevention Task Force), Schuylkill County Drug and Alcohol, East Central Area Health Education Council (AHEC), Health Resources and Services Administration (HRSA), Lehigh Carbon Community College, Helping Harvest Food Bank, Child Development, Inc., The Nurse Family Partnership of Schuylkill County, Suicide Prevention Task Force of Schuylkill County, The Salvation Army Pottsville Corps, The Salvation Army Schuylkill Service Center of Tamaqua, Schuylkill United Way, Diakon Community Services, Lifelong Learning Center, Schuylkill Community Action, Sexual Assault Resource and Counseling Center (SARCC), Schuylkill Intermediate Unit #29, Rural Community Opioid Response Program (RCORP)

*Disclaimer: St. Luke's University Health Network is the lead partner collaborating on a RCORP psychostimulant grant to improve treatment and recovery services

St. Luke's Miners Campus

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

Through collaborations with community and Network partners, the Department of Community Health (Community Health) aims to promote a more equitable society with improved health outcomes, especially within the Network's most vulnerable populations. Community Health's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. The Department envisions a community where everyone has access to exceptional healthcare built on a foundation of trust and compassion. SLUHN partners with local schools, civic organizations, and provides community resources to improve the health of the residents of Schuylkill and Carbon counties and the surrounding area.

Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

St. Luke's Miners Campus supports the CHNA priority areas that are identified within the campus service area through monitoring and evaluating current initiatives and incorporating community input. The St. Luke's Miners Campus 2025 CHNA Community Forum was held on April 22, 2024 and engaged 14 external and 11 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives. Overall 2022 assessment results highlight three main priority focus areas for our community health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



Panther Valley CareerLinking Academy Students at the Miners Campus

St. Luke's Miners Campus

Improving Access to Care

Panther Valley School District (PVSD): The partnership between Community Health and PVSD began in 2013 to connect students and their families to a medical home (i.e., primary care physician), vision, dental, behavioral health, and other social services. These efforts have improved access and services to families in need. St. Luke's partners with the United Way of the Greater Lehigh Valley, as well as other local partners, to implement the Community School Model. This includes support of a full-time school-based Community School Coordinator and a Family Development Specialist (FDS), both cross trained as Community Health Workers (CHW), to support and connect students and families to services. The Panther Valley Elementary School Community School Coordinator worked with families referred by staff and supported 620 elementary students to address barriers to student attendance and improve parent and caregiver engagement. At Panther Valley Junior/Senior High School, the FDS supported more than 50 families referred by staff and coordinated a prosocial student activity group called Step Up Panthers.



Panther Valley Elementary Student, Staff, and Family Engagement through the St. Luke's Community School Partnership

Mobile Youth Health Center (MYHC): The rural health care team provides monthly healthcare services at PVSD to improve access to care. During FY24, 73 unique students were provided care and connection to resources through school-based coordination.

Head Start: Community Health staff, cross trained as CHWs, provide services to students and families at Child Development Head Start (Schuylkill) and PathStone Head Start (Carbon). The partnership between Community Health and Head Start began in 2013 through the St. Luke's Miners Campus.

Rural Health Centers (RHC): Community Health collaborates with the RHC team to provide connections for local students and families to improve access to school physicals, vaccinations, education, and resources. Additionally, the RHCs employ a full-time Public Health Dental Hygienist who is also trained as a CHW.

Star Community Health Dental Van: Star Community Health Dental Van partnered with 11 schools in the St. Luke's Miners service area during FY24 providing care to 555 patients, 452 sealants, and 119 restorations. In Schuylkill County, the dental van visits Tamaqua Elementary, West Penn Elementary School, and Tamaqua Middle School. In Carbon County, the schools seen are Panther Valley Elementary, Intermediate, and Junior/Senior High School, SS Palmer Elementary, Behavioral Health Associates, Weatherly Elementary and Middle School, Pathstone Head Start, and Parkside Elementary.

St. Luke's Miners Campus

Literacy: Literacy initiatives took place through Read Across America at local Schuylkill and Carbon County Schools. In Carbon County, Community Health implements the evidence-based Reach out and Read with Brush, Book, Bed at local pediatrics and family medicine practices to all children 5 and under. Additional literacy initiatives include Veterans books for families and Little Free Libraries. During FY24, 1,711 children and families received books through SLUHN offices.

Workforce Development: Community Health developed a partnership during FY24 with the Lifelong Learning Center to address workforce and education connections in Schuylkill County and the Panther Valley area. Miners Human Resources department spoke with adult education students. St. Luke's partners with the Pocono Counties Workforce Development Area and Pocono Mountain West High School to implement the CareerLinking Academy (CLA) program. During FY24, 5 participated in the program.

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshares, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft and Uber rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.



Panther Valley Mobile Sim Lab Event at Miners Campus



St. Luke's Miners Human Resources works with Panther Valley Junior Senior High School CareerLinking students on writing a resume, job applications, interviewing, and job seeking and job keeping skills

St. Luke's Miners Campus

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com).

findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, with more than 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Miners service area, there were a total of 1,283 searches in Schuylkill County during FY24, with the top services including food, housing, and transportation.

Older Adult Meals: Older adults in Miners Campus area are welcome to enjoy a low-cost healthy meal at the hospital cafeteria. During FY24, a total of 3,270 meals were served as part of this program.

Preventing Chronic Disease

PVSD Food Pantry: In partnership with Community Health and Second Harvest Food Bank, PVSD opened a monthly school-based community food pantry that supports up to 450 households per month. The Panther Valley Community Food Pantry was held monthly at Panther Valley Elementary and parent outreach services were provided at the pantry.

Community Supported Agriculture (CSA): the St. Luke's Miners CSA donated 17 shares to the Miners Infusion Center for patients receiving cancer treatments and invested a total of \$16,080 as revenue for local farmers.

Local Food Pantry Support: Community Health partners with a food pantry in Tamaqua as part of the Tamaqua Hunger Coalition to provide assistance and resources as needed.

Rural Health Center Food Access: RHC food access partnership was implemented in Tamaqua to improve patient intake of fresh produce. During FY24, 132 households were able to benefit from this 12-week program.

Veterans Food Access: VALOR Foundation Stand Down Lansford and the Tamaqua Hunger Coalition partnership were additional food access points.

Physical Activity: Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

Summer Meals: SLUHN staff supported the PVSD Summer Meals program, which served a total of 42,502 breakfasts and 42,502 lunches from June-August 2024 to support families in need of food security during the summer months.



*Rural Health Center
Produce Program*

St. Luke's Miners Campus

Diabetes Education and Prevention: Diabetes Self-Management, Education, and Support (DSMES) is provided for patients in Allentown, Bethlehem, and Coaldale through the Department of Community Health. This program is executed through our partnership with the Association of Diabetes Care and Execution Specialists for our Diabetes Education Accreditation Program (DEAP). Additionally, St. Luke's Center for Diabetes & Endocrinology serves additional sites throughout the network. This initiative included clinical diabetes visits, diabetes education with a bilingual Community Health Worker, physical activity opportunities, diabetes self-management support, and access to healthy food. The Community Health DEAP program provides diabetes education to vulnerable populations at the Miners campus and the Ringtown Rural Health Center with Diabetes Self-Management Education and Support, DSMES, classes through one-on-one and group sessions, which are both offered in-person or virtually.



St. Luke's Miners Veterans Partnership

Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards.

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. Through this initiative, 17 shares were donated in the Miners service area to a local food pantries and non-profit organizations.

St. Luke's Miners Campus

Improving Mental and Behavioral Health

Tamaqua Area School District (TASD) and PVSD: Through a Federal Office of Rural Health Policy (FORHP) grant, TASD school-based coordinators and PVSD staff assist Community Health and local substance use disorder (SUD) partners to identify and connect students in need of physical, behavioral, and social services. Weekly positive messaging and resource newsletter were distributed via school email blasts and social media. For PVSD this included community Panther Valley Food Pantry Facebook (768 followers) and Panthers Step Up Instagram (219 followers). Additionally, PVSD works to consistently connect students, staff, and families to substance use prevention education and messaging.

PVSD Behavioral Health Counseling: Your Emotional Strength Supported (YESS!) school-based mental health counseling is designed to support students with mental health needs at school. A total of 840 student encounters for the YESS! Program occurred during FY24 at all PVSD schools.

County Drug and Alcohol Partnerships: Community Health partnered with Carbon Monroe Pike Drug and Alcohol and Mental Health Services and coordinated a Carbon County Student Advisory Board. This initiative brought together students from each of the Carbon County School Districts to discuss how to bring awareness to mental health and substance use issues in their schools and across the county. Students and their advisors attended in-person meetings to brainstorm ideas for implementation at their respective schools. Meetings will continue to be held quarterly.

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Miners Hospital, a total of 36 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

Prevention: Schuylkill Drug and Alcohol partners with Community Health for assistance with prevention activities in Schuylkill County. During FY24, our CHW in Schuylkill County provided 720 hours of information dissemination, education, and community-based activities.

Stigma Reduction: Community Health partners to deliver a community stigma presentation for Carbon and Schuylkill community members.



Narcan Education and Distribution: Narcan education and distribution was provided during FY24 to community members in Carbon and Schuylkill Counties through eleven events and providing 141 boxes of Narcan to the community.

St. Luke's Miners Campus

Safe Medication Disposal Boxes: St. Luke's Miners provides 24/7 access to safe medication disposal as a harm reduction service to dispose of unwanted medicines. During FY24, 270.5 pounds of unused medication at St. Luke's Miners were safely disposed.

Mental Health Support: The Federal Office of Rural Health Policy (FORHP) grant also supported a social worker provided community support services and connections to mental and behavioral health services for students, families, and community members.

St. Luke's Penn Foundation

Education: St. Luke's Penn Foundation Mental Health provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just STARt the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from

Dealing With A Loved One's Addiction as a Family to Youth Sports and Mental Health. St. Luke's Wellness 101 show is fun and educational, and the short video series is designed to help students 12 + and adults thrive (with over 100 episodes). Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.



St. Luke's findhelp to Connect to Vital Resources at Free/Reduced Cost

Partnerships and Collaborations

Carbon County Interagency Collaborative, Carbon County KidZone, Carbon County Veterans Affairs, Carbon, Monroe, Pike Drug and Alcohol, Schuylkill Drug and Alcohol, Carbon, Monroe, Pike Mental Health and Developmental Services, Schuylkill Mental Health, Clinical Outcomes Group (COGI), Carbon and Schuylkill Substance Use Task Force, Carbon County Area Agency on Aging, East Central Area Health Education Council (AHEC), Greater Lehigh Valley United Way, Health Resources and Services Administration (HRSA), Lehigh Carbon Community College, Nurse Family Partnership (Schuylkill), Panther Valley School District, Tamaqua Area School District, PathStone Head Start, Second Harvest Food Bank, Helping Harvest Food Bank, Schuylkill Child Development, Schuylkill Suicide Prevention Task Force, Schuylkill United Way, Lifelong Learning Center, Schuylkill Intermediate Unit #29, Start Community Health Dental Vans, Tamaqua Community Partnership and Hunger Coalition, Lehigh Carbon Technical Institute (LCTI), CareerLink, Hauser Neuman, Lehigh Valley Childcare Centers, Rural Community Opioid Response Program (RCORP)

*Disclaimer: St. Luke's University Health Network is the lead partner collaborating on a RCORP psychostimulant grant to improve treatment and recovery services

St. Luke's Monroe Campus

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

Through collaborations with community and Network partners, the Department of Community Health (Community Health) aims to promote a more equitable society with improved health outcomes, especially within the Network's most vulnerable populations. Community Health's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. The Department envisions a community where everyone has access to exceptional healthcare built on a foundation of trust and compassion. SLUHN partners with local schools, civic organizations, and provides community resources to improve the health of the residents of Monroe County and the surrounding area.

Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

St. Luke's Monroe supports the CHNA priority areas that are identified within the campus service area by collecting and analyzing data and incorporating community input. Based on the identified needs and priorities, each campus develops plans and programs to improve the health of the community. The St. Luke's Monroe 2025 CHNA Community Forum was held on May 23, 2025, and engaged 14 external and 9 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives in the communities we serve. Overall 2022 assessment results highlight three main priority focus areas for our community health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



Pocono Mountain West High School CareerLinking Academy Final Presentations & Graduation Celebration

St. Luke's Monroe Campus

Improving Access to Care

Pocono Mountain School District (PMSD): The partnership with PMSD provides a pathway to connect students and their families to a medical home (i.e., primary care physician), vision, dental, behavioral health, and other social services. These efforts have improved access and services to families in need. Additionally, the PMSD partnership with St. Luke's Sports Medicine has measurably improved food access and access to social services and resources to families in need through the PMSD school-based food pantries.

Workforce Development: St. Luke's partnered with the Pocono Counties Workforce Development Area and Pocono Mountain West High School to implement the CareerLinking Academy (CLA) program. The goal of the CLA is to provide high school students with exposure to a variety of career options in healthcare and maximize their future professional options. CLA exposes students from diverse backgrounds to careers in the healthcare industry, helps them gain insight into clinical and non-clinical roles, teaches them job-keeping and job-seeking skills, helps them understand future employment opportunities, and builds confidence in their abilities. During FY24, 11 students participated in the program.



Pocono Mountain West Highschool Students Performing a Code Drill on the Mobile Sim Lab as part of their CLA Experience

The Mountain Center (TMC): The Mountain Center is home to Pocono Services for Family and Children (PSFC), a single resource for family assistance that connects people with services to help support and improve the social determinants of health (e.g., food, housing, education) in a centralized location. The Mountain Center is a hub in the community that provides social services, including a St. Luke's Family Medicine practice, government services, and more. The St. Luke's Family Practice-Tobyhanna staff and providers were trained in tobacco cessation services including Nicotine Replacement Therapy (NRT). During FY24, 11 patients have received tobacco cessation services at TMC. Literacy Initiatives at TMC include Brush, Book and Bed (BBB), an American Academy of Pediatrics initiative to engage families on the importance of a regular bedtime routine while promoting oral health, literacy, and healthy lifestyles and behaviors.

St. Luke's Monroe Campus

Star Community Health Dental Van: The Star Community Health mobile dental van partnership provided services at The Mountain Center to 27 patients providing 15 cleanings, 8 sealants, and 5 fillings. The dental van team worked with TMC and the four school districts in Monroe County to support 126 patients providing 42 cleanings, 80 sealants, and 17 fillings during FY24.

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com). findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, with more than 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Monroe service area, there were a total of 2,664 searches during FY24 (Monroe County), with the top services including food, housing, and transportation.



Provider with a Patient at St. Luke's Family Practice– Tobyhanna located at The Mountain Center

HOPE (Health, Outreach, Prevention, Education): HOPE at St. Luke's provides clinical, case management, and prevention services to persons living with HIV. At the end of FY24, 368 active (unduplicated) patients were receiving medical care at the Bethlehem and Easton locations and there has been an increase in patients with complex needs (e.g., medically compromised, homeless, uninsured, undocumented). There were 489 active patients that received Medical Case Management services in Allentown, Bethlehem, Easton, and Tannersville. In collaboration with AIDSNET and the Pennsylvania Department of Health, HOPE opened an office at St. Luke's Sacred Heart Campus in 2022, expanding HOPWA (Housing Opportunities for People with AIDS) services to Lehigh County. HOPE hired five Housing Coordinators and two additional Case Managers to meet the growing needs of those served. During FY24, 127 patients received housing assistance through ongoing rental assistance, connection to public housing, or by actively working with a Housing Coordinator to identify housing opportunities. An additional 182 authorizations were approved to expand housing services.

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshares, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft and Uber rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

St. Luke's Monroe Campus

Preventing Chronic Disease



Pocono Mountain West Highschool Athletic Trainer and CHW, Evelyn Payne with donated CSA produce

Community Supported Agriculture (CSA): St. Luke's Community Supported Agriculture (CSA), in partnership with Josie Porter Farm, donated 33 shares of fresh fruits and vegetables to a cancer support community and Feeding Families Ministry food bank. A total of \$16,080 in revenue from the CSA was provided to local farmers.

Older Adult Meal Program: The older adult meals program at St. Luke's Monroe Campus provides subsidized meals in the cafeteria. During FY24, a total of 2,908 meals were provided. This initiative addressed food security and loneliness for older adults.

PMSD Food Pantry: Pocono Mountain High School food pantry served 114 unique students for a total of 387 visits and distributed 6,156 items in FY24. The high school food pantries are organized and staffed by our school-based athletic trainers who are also cross trained as Community Health Workers.

Food Pantry Support: As part of the Sanofi US partnership, the Monroe Campus was able to provide food access support and resource sharing with Feeding Families food pantry at TMC and East Stroudsburg Area School District.



Pocono Mountain West Highschool Food Pantry supported by the Sanofi Grant Food Access Partnership

Physical Activity: Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. At the Mountain Center, 10 patients received nicotine replacement therapy at no cost. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards.

St. Luke's Monroe Campus

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. Through this initiative, 33 shares were donated in the Monroe service area to a local food pantries and non-profit organizations.

Improving Mental and Behavioral Health



PMSD Behavioral Health Counseling: Your Emotional Strength Supported (YESS!) school-based mental health counseling is designed to support students with mental health needs at school. YESS! school-based mental health had 806 student encounters for the YESS! Program occurred during FY24 at PMSD.

PMSD Aevium Club: Both Pocono Mountain West and East Junior and Senior High Schools have Aevium Clubs to improve mental health messaging, support, and resources and reduce stigma.

Integrated Behavioral Health Services: SilverCloud, an evidence-based wellbeing and behavioral health online platform with local social work support, was available through St. Luke's Monroe County physician practices.

County Drug and Alcohol Partnerships: Community Health partnered with Carbon Monroe Pike Drug and Alcohol and Mental Health Services to promote prevention resources and harm reduction services including Narcan education and distribution.

PMSD Aevium Club Snow Globe

Activity—take deep, mindful breaths as the glitter swirls and settles

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Monroe Hospital, a total of 85 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

St. Luke's Monroe Campus

St. Luke's Penn Foundation Education: St. Luke's Penn Foundation Mental Health provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just STARt the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 show is fun and educational, and the short video series is designed to help students 12 + and adults thrive (with over 100 episodes). Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.



*Clear Run Elementary Center's Zen Den
—a Space Designated to Support
Educator's Social, Emotional, and
Mental Health.*

Partnerships and Collaborations

Carbon Monroe Pike Drug & Alcohol,
Northampton Community College
(Pocono Campus), East Stroudsburg
University, NAACP, Pocono Services for
Families and Children, Salvation Army,
Giant, Shoprite, Pocono Mountain United
Way, Meals on Wheels, Monroe County
School Districts, Monroe County
Interagency Council, Monroe County
Pathways Coalition (MCPC), The
Mountain Center, Workforce Board,
Pocono Mountain School District



St. Luke's Quakertown and Upper Bucks Campuses

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

Through collaborations with community and Network partners, the Department of Community Health (Community Health) aims to promote a more equitable society with improved health outcomes, especially within the Network's most vulnerable populations. Community Health's mission is to create pathways for equity toward measurable health outcomes through advocacy, access, and navigation of resources for partners and underserved communities. We envision a community where everyone has access to exceptional healthcare built on a foundation of trust and compassion. SLUHN partners with local schools, civic organizations, and provides community resources to improve the health of the residents of Bucks, Lehigh, and Montgomery Counties and the surrounding area.

Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

The St. Luke's Quakertown and Upper Bucks Campuses support the CHNA priority areas that are identified within the campus service area by collecting and analyzing data and incorporating community input. Based on the identified needs and priorities, each campus develops plans and programs to improve the health of the community. The Quakertown and Upper Bucks 2025 CHNA Community Forum was held on May 30, 2024, and engaged 16 external and 12 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives in the community. Overall 2022 assessment results highlight three main priority focus areas for our community health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



St. Luke's Quakertown and Upper Bucks staff promote Literacy through Read Across America at Neidig Elementary School

St. Luke's Quakertown and Upper Bucks Campuses

Improving Access to Care

Quakertown Community School District (QCSD) Partnership: Community Health and QCSD have a longstanding collaboration that connects students and their families to a medical home (i.e., primary care physician), vision, dental, behavioral health, and other social services. These efforts have improved access to care and services to families in need. St. Luke's participates in school-based events, such as back to school and family nights, education sessions, literacy initiatives, and club and sport activities (athletic trainers). St. Luke's provided Quakertown Elementary 1,000 books for their classrooms, library, and reward book vending machine and Neidig Elementary was provided relaxation resources for both a student and employee Mindful Room. The Mindful Room was provided to address the need for stress reduction in a calm, safe environment.

Upper Bucks Intermediate Unit Head Start: Community Health and Upper Bucks Intermediate Unit's Head Start, which is located within Neidig Elementary School, work together to provide literacy resources to students. St. Luke's provided Upper Bucks Intermediate Unit's Head Start with classroom books specifically for their students at a preschool reading level.



Bucks County Intermediate Unit: Head Start Book Shelf Donation

Star Community Health: Star Community Health is a Federally Qualified Health Center Look-Alike (FQHC-LA) affiliated with St. Luke's that provides care and wraparound services to uninsured and underinsured individuals and families at little or no out-of-pocket cost. The Star Community Health dental van provided services for Quakertown School District one day per month at either Quakertown or Neidig Elementary Schools during FY24, with 92 patients receiving care, including 40 sealants and 24 restorations.

Vision Vouchers: Vision plays an critical role in children's physical, cognitive, and social development. In the classroom, vision is essential in ensuring that students receive accurate, important information from reading, writing, and other academic tasks. Regular eye screenings can often be cost-prohibitive for families in need, and St. Luke's organized a partnership between Quakertown Eye Associates and the Trumbauersville Lions Club, for a free eye exam (and glasses if needed) for students in QCSD.

St. Luke's Quakertown and Upper Bucks Campuses

Workforce Development and Career Mentoring: St. Luke's supports workforce development initiatives to promote education, experiential learning, and skills-based training to prepare individuals for the workforce and help them gain employment that provides them with a livable wage. Medical Career Pathways Program (MCP) is a robust program with lectures and shadowing experiences within the network. MCP entered its ninth year, providing adolescent mentoring for high school students interested in a career in healthcare. During FY24 there were 19 students participating from Quakertown, Palisades, and Upper Perkiomen School Districts. Additional shadow and volunteer experiences were provided for the local school district students.

Housing: St. Luke's remains actively involved in housing initiatives through partnership with several community organizations: Advocates for the Homeless of Upper Bucks (AHUB), Helping Upper Bucks Become Universally Better (HUBBUB), and Bucks County Health Improvement Partnership (BCHIP). Processes have been established for hospital discharges with direct connection to Bucks County Housing Link.

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshares, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com). findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, with more than 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Quakertown and Upper Bucks service area, there were a total of 1,625 searches during FY24 (Bucks County), with the top services including housing, goods (e.g., baby supplies), and health (e.g., parent education, counseling services).

St. Luke's Quakertown and Upper Bucks Campuses

Preventing Chronic Disease

Summer Meals Program: In partnership with Free Fall Action Sports and Quakertown Community School District, 4,042 meals for children and 962 meals for adults were served in Quakertown during the summer with weekly distribution of weekend bags and 55 Community Supported Agriculture (CSA) shares. The Open Link's Summer Meals Program for Upper Perkiomen School District was supported with 30 CSA shares. The program received funding from Penn Community Bank, the Drueding Foundation, and support from the federal Summer Food Service Program administered by the Pennsylvania Department of Education.



Free Fall Action Sports Staff Serving Food during the Quakertown Summer Lunch Program

Smoking Cessation Program: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows



St. Luke's Community Health received the BCHIP Distinguished Partner Award for the Smoking Cessation Program

and to recognize organizations whose smoking cessation services exceed exceptional standards. Both the Pulmonology and Surgical Optimization Clinic served Quakertown/Upper Bucks with virtual visits available. BCHIP held its Quit Smoking class at the Quakertown Campus and virtually, providing free nicotine replacement therapy to participants. During FY24, 51 SLUHN patients signed up and completed the program through BCHIP.

St. Luke's Quakertown and Upper Bucks Campuses

Physical Activity: Quakertown was the recipient of a Walk Works Grant, supported through the Pennsylvania Department of Health and Pennsylvania Downtown Center. St. Luke's participates in meetings for the Active Transportation Plan and promotes activities such as the Get Your Tail on the Trail Program. Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

Older Adult Meals: The Older Adult Meals Program was offered at the Upper Bucks Campus. Community members ages 65 and over are offered a daily dinner meal for \$3.99. During FY24, there were 5,230 meals served at the Upper Bucks cafeteria. This initiative addressed food security and loneliness for older adults.

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. Through this initiative, 40 shares were donated in the Quakertown and Upper Bucks service area to local food pantries and non-profit organizations.

Improving Mental and Behavioral Health

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Upper Bucks Hospital (Quakertown does not have an emergency department), a total of 187 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.



Penn Foundation's Recovery is for Everyone Walk

St. Luke's Quakertown and Upper Bucks Campuses

Safe Medication Disposal Boxes: St. Luke's provides 24/7 access to safe medication disposal as a harm reduction service to dispose unwanted medications. During FY24 there were 156 pounds collected at the Quakertown Campus and 110 pounds at the Upper Bucks Campus for a total of 266 pounds. St. Luke's was the winning hospital for the Bucks County Medication Take Back Contest organized by Bucks County Drug and Alcohol and BCHIP.

St. Luke's Penn Foundation Substance Use Prevention/Recovery Education: Substance use prevention and recovery education was provided to students throughout the Quakertown and Upper Bucks service area. A Prevention Engagement initiative was implemented at Free Fall Skate Park in December to run throughout the year. There were three screenings of Tipping the Pain Scale with staff and community members in attendance. Bucks County Library Staff were trained on WRAP (Wellness Recovery Action Planning). During May, Mental Health Mondays were held to provide information and resources. St. Luke's Penn Foundation Mental Health also provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just STARt the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 show is fun and educational, and the short video series is designed to help students 12 + and adults thrive with over 100 episodes. Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.



SLUHN findhelp on Vimeo

Partnerships and Collaborations

Area Agency on Aging, Head Start (Bucks Intermediate Unit), United Way Bucks County, Free Farmers Market in partnership with Bucks County Opportunity Council, NAMI Bucks County, Free Fall Action Park, The Open Link, Quakertown Borough Parks and Recreation, Quakertown School District, Bucks County Health Improvement Partnership (BCHIP), Helping Upper Bucks Be Universally Better (HUBBUB), Advocates for Homelessness of Bucks County (AHUB), A Woman's Place, Bucks County Drug and Alcohol, Bucks County Health Department, Bucks County Suicide Task Force, Career Link, Indian Valley Chamber of Commerce, Quakertown Community School District, Fresh Connect, Richlandtown Borough Parks and Recreation, Upper Bucks Chamber of Commerce, Upper Perkiomen Chamber of Commerce, Family Service Association of Bucks County, Pennsylvania State Police, Quakertown Borough, Maternity Care Coalition, Quakertown Alive, United Way of Bucks County, Upper Perkiomen School District, Upper Perkiomen YMCA, Upper Bucks YMCA

St. Luke's Warren Campus

St. Luke's University Health Network (SLUHN) conducts a Community Health Needs Assessment (CHNA) every three years as part of the Patient Protection and Affordable Care Act. Through our analysis of primary and secondary data, including the CHNA key informant interviews, forums, and surveys with community members, we see significant issues related to social determinants of health (SDOH) facing our communities. Our efforts in prevention, care transformation, research, and partnerships help support our work to implement sustainable initiatives that focus on a wide range of health and quality of life outcomes.

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Community Health Liaisons and Community Health Workers (CHW) build trust in the community to improve access to care, services, and resources. Established pathways strengthen connections to primary care, social services, food access, financial literacy, career mentoring, and workforce development.

The overarching top priority that emerged from the results of the 2022 CHNA was access to care. This prioritizes access to primary care, mental health, dental care, and other services, with an emphasis on promoting connections to care for underserved communities. Strategies to support vulnerable populations include a comprehensive approach in our urban and rural communities and school-based efforts in high-need schools and school districts. Schools serve as a community hub and provide sustainable access points to connect with students, families, and the surrounding community. Based on the identified needs and priorities, each campus develops plans and sustainable initiatives to improve the health of the community.

St. Luke's Warren Campus support the CHNA priority areas that are identified within the campus service area through monitoring and evaluating current initiatives and incorporating community input. The St. Luke's Warren Campus 2025 Community Forum was held on May 7, 2022, and engaged 26 external and 10 internal partners. Partner input and feedback was integrated into the strategy and response for implementing evidence-based community health initiatives. Overall 2022 assessment results highlight three main priority focus areas for our community health initiatives that include improving access to care, preventing chronic disease, and improving mental and behavioral health.



*Foodshed
Alliance
LocalShare*

St. Luke's Warren Campus

Improving Access to Care

School Districts: St. Luke's partnered with Phillipsburg School District to connect families to vaccinations, physicals, and care with Star Community Health KidsCare (Easton) and St. Luke's Coventry Family Practice in Phillipsburg. St. Luke's supported Phillipsburg Elementary School in creating their "Peace Room" to practice skills to promote emotional, mental, and physical wellness for students and families. St. Luke's Warren Medical Residents also visited the Firth Youth Center to present during Career Week.

Case Management: The St. Luke's Warren Campus inpatient and outpatient case management collaborate with Community Health on "NJ Community Health Resources" team channel continues to provide vital resources and partnership presentations to build relationships with our non-profit/social service organizations to support patients.

Star Community Health: Star Community Health is a Federally Qualified Health Center Look-Alike (FQHC-LA) affiliated with St. Luke's that provides care and wraparound services to uninsured and underinsured individuals and families at little or no out-of-pocket cost. Star Community Health KidsCare, located in Easton, PA, provided connection to care and services to Phillipsburg School District students seeking new primary care and mandated school vaccinations.

findhelp: St. Luke's partners with findhelp, a free self-navigating online platform (sluhn.findhelp.com). findhelp is a social care network established to provide a comprehensive platform for people to find social services in their communities and for nonprofit and other community-based organizations to coordinate their service delivery and support services. St. Luke's Information Technology, Quality, Case Management, and Community Health work collaboratively, especially with Star Community Health, with more than 1,246 established (i.e., claimed) community-based partners in the communities we serve. findhelp allows community members to search for and connect to Social Determinants of Health (SDOH) support such as financial assistance, food pantries, medical care, transportation, and more. This platform, as well as United Way's 211, are tools that Community Health liaisons use to assist our community members, patients, and staff to connect to vital resources. Community Health continues to onboard priority partners to ensure accurate and up-to-date resources are available to our communities. Network-wide there were 30,227 searches during FY24 with the top searches including food, housing, and utilities. In the Warren service area, there were a total of 1,966 searches during FY24, with the top services including food, transportation, and housing.

Family Medicine Resident Community

Education: This past year, St. Luke's Community Health developed the first-ever St. Luke's Warren Campus/Coventry Family Practice Family Medicine residents "See the City [Community] You Serve" in Phillipsburg, NJ, evidence-based model to provide residents with a better sense of the community and key partners that help promote overall health and wellbeing.

Housing: Stable housing greatly impacts an individual's ability to access and maintain regular medical care. St. Luke's partners with local organizations to address the housing shortage through community partnerships at the campus-level to build capacity within the community.



Warren Family Medicine Residents visit Norwescap Food Bank during See the City [Community] You Serve.

St. Luke's Warren Campus

Transportation: St. Luke's transportation services, in collaboration with Lyft and Uber rideshares, ensures access to care by supporting rides to and from appointments. Transportation initiatives supported by SLUHN align with the primary goal of improving access to primary care for homeless and near homeless populations. By providing complimentary Lyft rides to and from appointments with primary care doctors and other specialists, this initiative allows patients to receive routine care in a timely manner, with the added goal of reducing the frequency and overuse of Emergency Department resources. More than \$900,000 in Lyft and Uber rides were provided for services Network-wide.

Preventing Chronic Disease



Warren Campus partnership with the Foodshed Alliance LocalShare Produce Market at the Hillcrest Plaza

Community Supported Agriculture (CSA): St. Luke's CSA provided 30 donated shares to Phillipsburg Housing Authority from Clear Spring Farm.

Older Adult Meal Program: The Warren Campus Older Adult Meals Program is designed to provide subsidized meals to adults 65 and older at the Warren Campus cafeteria, which served 12,830 meals during FY24.

Food Access Initiatives: Continued partnerships with both Norwescap Food Bank and Foodshed Alliance's LocalShare provided critical food access points for community members facing food insecurity. Norwescap Food Bank donated 5,100 pounds of produce to St. Luke's Coventry Family Practice for patients in FY24. During FY24, Foodshed Alliance's LocalShare free pop-up produce markets at the St. Luke's Hillcrest Plaza distributed more than a thousand pounds of produce and goods to monthly to more than 100 families. St. Luke's Warren & St. Luke's Community Health, 2024 "Healthy New Jersey" finalist: Leveraging Strategic Partnerships and Sustainable Initiatives to Support Food Access for Underserved Communities.

Diabetes Self-Management Education and Support: Warren Campus serves as a site for diabetes education.

Smoking Cessation: SLUHN's smoking cessation program provides services with certified tobacco treatment specialists, physicians, and/or advanced practitioners for individuals currently using tobacco and interested in quitting. During FY24, 324 SLUHN patients received treatment for nicotine/tobacco, a 17% increase from FY23. St. Luke's received a Comprehensive Center of Excellence accreditation from the Smoking Treatment Accreditation & Recognition (STAR) team, a program funded by the PA Department of Health and managed by the Health Promotion Council. STAR's mission is to facilitate the integration of tobacco dependence treatment into existing health care workflows and to recognize organizations whose smoking cessation services exceed exceptional standards.

Physical Activity: Get Your Tail on the Trail is a free program created in 2013 by SLUHN and Delaware & Lehigh National Heritage Corridor. The program aims to help people of all ages and abilities to meet their personal fitness goals. Since program inception, there have been a total of 5,757,196 miles recorded. Network-wide, there were 2,382 active users that logged 712,995 miles during FY24.

St. Luke's Warren Campus

Employee Wellness: St. Luke's University Health Network recognizes that the health of its workforce is important and vital to the success of our organization. In order to support our employees and their spouses, the St. Luke's Employee Wellness Team provides evidence-based programming and health education to empower individuals to positively impact their health and reduce their risk of chronic health conditions through making healthy lifestyle choices. In alignment with the Network CHNA top priorities (i.e., Access to Care, Chronic Disease Prevention, Mental and Behavioral Health), Employee Wellness provides opportunities for employees and their spouses to focus on their physical, mental and social well-being, to help foster a high quality of life while managing the demands of their roles at work and home. During FY24, the following programs and resources were provided to support employee wellness: *Caring Starts with You Core* (annual biometric and health risk assessment program), Community Supported Agriculture Program (CSA), health coaching, Plant Based Eating Class, Diabetes Prevention Program (DPP), tobacco cessation, Employee Fitness Incentive Program, massage therapy, Silver Cloud, Employee Assistance Program, and Therapy Anywhere. The CSA program provided the opportunity to improve access to fresh, local produce. Through this initiative, 30 shares were donated in the Warren service area to a local food pantries and non-profit organizations.

Wellness Initiative for Senior Education (W.I.S.E.):

Community Prevention Resources of Warren County received funding from the Department of Mental Health and Addiction Services to facilitate the W.I.S.E. program. The program reimbursed the Older Adult Meal cost for any senior that came between 4-5:30 PM during the 6 days (1 day a week for 6 weeks). The educational workshops that took place during the Older Adult Meals program/meals provided support and information to promote health and wellbeing for older adults. Topics included: Understanding the Changes Associated with Aging, Aging Sensitivity, Valuing Cultural and Generational Diversity, Medication and the Older Adult, Addiction, ATOD (Alcohol, Tobacco, and Other Drugs), and the Older Adult, and An Enhanced Quality of Life. The average number of meals they paid for was 125 people (the turkey dinner night we had 151 people come through). A total of 53 people registered and the potential of 39 to receive their gift cards as they would meet the requirements for classes attended.



Get Your Tail on the Trail Event

Improving Mental and Behavioral Health

St. Luke's Substance Use Disorder (SUD) Response Warm Hand Off (WHO): WHO is an initiative to support the continuum of care for patients in need of multiple services and providers. It is a transfer of care between providers with the patient (and potentially family) present to ensure clear communication, transparency, and helps to build relationships between patients and providers. St. Luke's collaborates with local community-based organizations and local county to support WHO efforts. In the Warren Hospital, a total of 167 WHO were conducted for alcohol, cannabis, cocaine, opioids, and other stimulants during FY24.

St. Luke's Warren Campus

Warren County Task Forces: Community Health worked with the Warren County Mental Health Board, including trainings such as Question, Persuade, Refer (QPR) Suicide Prevention in partnership with Center for Family Services.

St. Luke's Penn Foundation Substance Use Prevention/Recovery Education: Substance use prevention and recovery education was provided to students in Phillipsburg Area School District. St. Luke's Penn Foundation Mental Health also provides educational lectures series, videos, and podcasts during the year on topics such as *Recognizing Signs and Symptoms of Childhood Anxiety and Depression and Interventions that Parents Can Use*. St. Luke's "Just START the Conversation: a dialogue on mental health" podcast is available throughout the community to discuss timely topics in mental health. Over 30 episodes discuss topics ranging from *Dealing With A Loved One's Addiction as a Family* to *Youth Sports and Mental Health*. St. Luke's Wellness 101 Show is a fun, educational, and short video series designed to help students 12 + and adults thrive with over 100 episodes. Wellness 101 Junior is for children ages 6-12 with 30 episodes to choose from that range in topics from sleep to how to ask for help.



St. Luke's supported the Phillipsburg Elementary School Peace Room—a place to “PAWS” and practice skills to promote emotional, mental, and physical wellness

Partnerships and Collaborations

Zufall Health Center, Firth Youth Center, Phillipsburg Drug Free Community Coalition, LEAD (Learn, Education, Advocate, Develop), United Way of Northern NJ, Northern New Jersey Rural Health Advisory Council, New Jersey SNAP-Ed Warren County Hunger Coalition, Warren County Senior Services Provider Network, Warren County Community Health Initiatives Committee (CHIC), Warren County Collaborators, Warren County Department of Child Protection and Permanency, Warren County Department of Human Services (DHS) including the Children's Interagency Coordinating Council (CIACC), Domestic Abuse and Sexual Assault Crisis Center of Warren County (DASACC), River of Life Food Pantry, Abilities of Northwest NJ, Warren County Hispanic Coalition, Catholic Charities, Family Promise of Warren County, Center for Family Services, Phillipsburg Free Public Library, Phillipsburg School District, Phillipsburg Housing Authority, Warren County Health Department, Foodshed Alliance LocalShare, Warren County Public Library, Star Community Health, Community VNA New Jersey, Warren County Technical School, YMCA Phillipsburg/Easton Branch, Rutgers New Jersey Medical School, Care Center, Norwescap, including the Foodbank, Health Connections, and Traditions Family Success Center