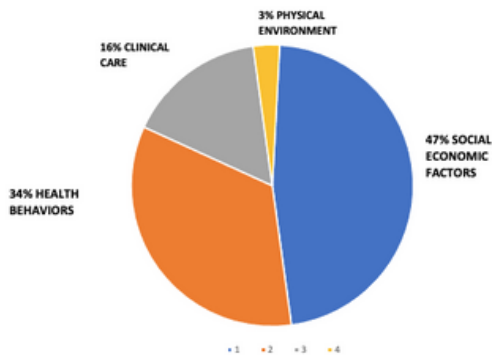


Social Determinants of Health



SOCIAL DETERMINANTS OF HEALTH



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CHIP 2022-24

As you read our Community Health Improvement Plan (CHIP), you will notice a distinct new direction we are taking compared to the 2018 CHIP. More emphasis is on the social determinants of health. The CDC defines Social Determinants of Health as “the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.” The 5 domains are: 1) healthcare access and quality, 2) education access and quality, 3) social and community context, 4) economic stability, and 5) neighborhood and built environment. Our partners will be tackling safe housing, transportation, neighborhoods and access to nutritious foods to name a few. In 2016, County Health Rankings reported a strong link between SDOH and health outcomes. We are grateful for the new partners and strategies in our CHIP that will help to address the SDOH. For more information on SDOH: *AmJ Prev Med.* 2016 Feb;50(2):129-35. doi:10.1016/j.amepre.2015.08.024. Epub 2015 Oct.

To learn more about the GMPHP
 our Community Health Improvement Plan, and
 our partner's programs, go to:
healthymercer.org

RESOURCE FAIR 2022

When we reconnected with our partners to develop the Community Health Improvement Plan this spring, it became apparent that the pandemic had triggered a huge staff turn over in every organization. We realized that it was time to reacquaint people with the GMPHP, and all of the great programs being offered in our county by our partners. On October 19th, we held a resource fair for professionals at the RWJ Fitness Center. There were 29 organizations tabling, and 81 participants in attendance. Four dynamic speakers explained the services they provide, and how they partner with other non-profits to provide services. Attendees enjoyed dinner together, and the chance to meet peers in person for the first time since the fall 2019. We were so pleased in 2019 when partners said they no longer felt like they were working in a silo. Our goal for 2023 is to rebuild a strong effective coalition that will benefit all.

Speakers:

Left to right - Cheryl Kastrenakes - GMTMA; Sarah Stewart - HomeFront; Robyn D'Oria and Tyrone Miller - CJFHC.



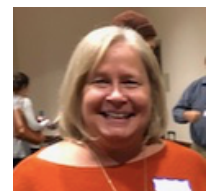
Welcome New Board Members

The GMPHP thanks outgoing President Jeffrey Grosser and Secretary Kathryn Koellner for their year of service on the GMPHP Executive Board. It was a busy year launching the new Community Health Improvement Plan, and their input and knowledge of public health best practices was invaluable. We would like to introduce the new President Jeremye Cohen, President Elect Angela Chatman, and Secretary Jill Swanson, for the 2023-24 term.



Jeremye Cohen
Vice President - Strategy and Business Development at Capital Health Medical Center.

Angela Chatman
Manager of Events and Special Projects
Thomas Edison State University



Jill Swanson
Health Officer
West Windsor Health Department



CAPITAL HEALTH EAST TRENTON

On December 21, Capital Health assumed responsibility for health care services previously provided by St. Francis Medical Center. That campus, which now operates an Emergency Department and some outpatient services, has been renamed Capital Health – East Trenton and no longer operates as an acute care hospital. The Emergency Department remains open 24/7 in the same location and patients needing hospital admission will be transferred appropriately for the care they need. The Outpatient Primary Care Clinic, located next to the Emergency Department, remains open in the same location. Specialty Care Clinic Services are available at various locations based on specialty. Physicians in the medicine clinic can help direct patients to the appropriate specialty clinic. The Schools of Nursing and School of Radiologic Technology also remain open on the Capital Health – East Trenton campus, as does the C.A.R.E.S program. Capital Health also now operates the PACE program which has been renamed Capital Health LIFE. Cardiac services and behavioral health services have been moved to Capital Health Regional Medical Center.

Shuttles will run between Capital Health – East Trenton and Capital Health Regional Medical Center (RMC) seven days a week, between the hours of 6 a.m. and 9 p.m. Shuttles will leave Capital Health - East Trenton from the turnaround located on Chambers Street by the former lobby every hour, on the hour, beginning at 6 a.m.

IMPORTANT RESOURCES

Mercer County Older Americans Act Services

Available to County Residents 60 years old or older

All NJ Counties get the funding and support programs based on their local needs assessments, so specific programming may vary.

- o Adult Protective Services
- o Home delivered meals
- o Nutrition education and counseling
- o Transportation
- o Information, assistance and referral
- o Outreach
- o Friendly visiting
- o Respite care
- o Adult Day Services
- o Telephone reassurance
- o Home health services
- o Residential maintenance
- o Legal Services
- o Caregiver support services
- o Congregate meals

Funded by the Mercer County ADRC & Provided by Partner Agencies in the Community. No financial eligibility terms to participate.

Personal Assistance Services Program (PASP)

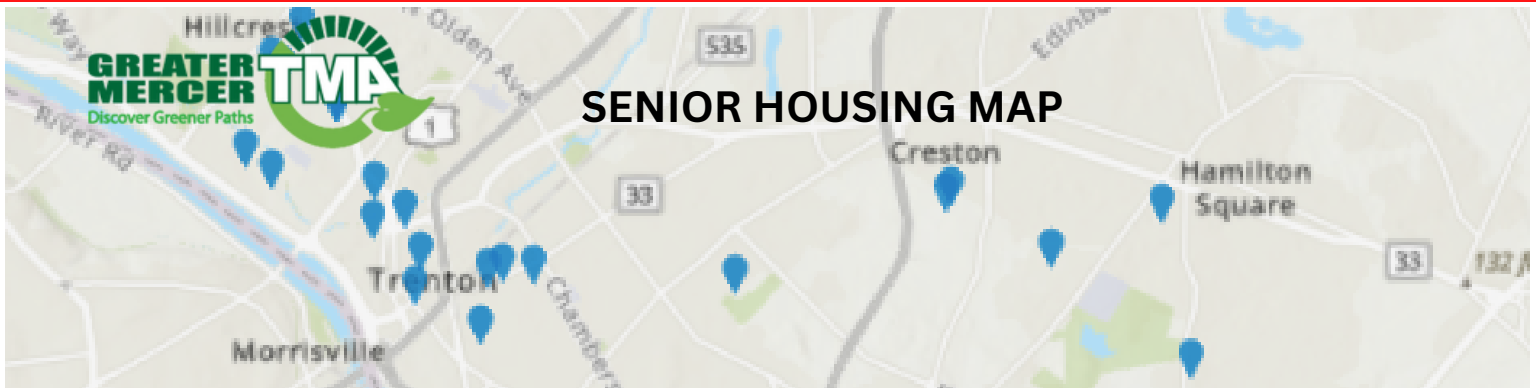
- o PASP is a personal care assistance program that provides up to 40 hours per week of routine, non-medical personal care assistance to adults with permanent physical disabilities who are 18 years of age or older, who are employed, preparing for employment, attending school or involved in community volunteer work and who are able to self-direct their own services and are *NOT* eligible for Medicaid.
- o PASP participants:
 - o Receive a monthly budget to purchase services
 - o Create their own individualized plan to direct their personal care needs
 - o Choose who will provide the services
 - o Tailor the services to meet their schedule and needs

PASP is available in all NJ counties, often coordinated by the county directly, though some counties use private non-profits.

For more information 609-989-6661

The last shuttle will depart at 8:00 p.m. Return shuttles will leave RMC every hour, on the half hour, beginning at 6:30 a.m. The last shuttle will depart at 8:30 p.m. The shuttle does not make stops between the two locations. The shuttle is available for patients and their visitors who need to come to the RMC campus.

For more information: www.capitalhealth.org



Greater Mercer Transportation Management Association has created a mapping tool to help planners and senior service providers learn about the locations of older adults in Mercer County. The tool enables the user to look through multiple different data layers, including:

1. The location of market-rate and affordable age-restricted housing developments.
2. Census data by block group showing the locations of 65 and older populations.
3. NJ Transit 1/4 mile walk sheds.
4. The NJ Transit Access Link service area.

The age-restricted community layer was created by GMTMA and is available for download by going here (<https://arcg.is/1HerWCO>). The data can also be downloaded in CSV format by going to the tool and selecting the download button. The layer also includes data on the size of the community, the year it was built, type of housing, and the median home value of the community.

GMTMA hopes this tool will help planners and senior service providers learn more about transportation gaps in Mercer County.



YOUR CHILD'S DEVELOPMENT

Important Milestones: Birth to 36 Months

Regional Early Intervention
Collaborative—REIC

STATEWIDE TOLL-FREE
1-888-653-4463

www.njreic.org
<http://nj.gov/health/fhs/eis>

Collaboration is a win-win-win!

In an effort to enhance The NJ Early Intervention Systems CHILD FIND AND OUTREACH efforts, Mid-Jersey CARES Regional Early Intervention Collaborative (a program of the **Central Jersey Family Health Consortium**) received 400 zippered, insulated grocery bags with the NJEIS logo and referral information in English and Spanish printed on the bags.

Our goal was to reach young families who may not be aware of early child development and early intervention services. Mid Jersey added informational NJEIS developmental brochures, Connecting NJ, and our Perinatal Mood program, as well as early literacy information and a board book for infants/toddlers.

We partnered with Mercer Street Friends Parent Program, and thanks go to Sherries Anderson, as our bags were then filled with groceries, diapers, or other necessities and given to families with young children.

With one phone call and one drive over to Mercer Street Friends, 50 families received a very practical, re-usable bag, along with information about helpful resources, and a bag full of necessities from their trusted neighborhood friends. It was definitely a win-win-win!

YMCA

Thanks to generous funding from YWCA USA Google Workforce Development and the Princeton Area Community Foundation Community Impact Grants program, YWCA Princeton has launched its newest economic empowerment pilot: LEAP – Learn Empower Advance Programs. The first piece of the pilot, known as Strive, recently completed its first 12-week cohort; Strive offers free digital literacy skills training and professional development. The YWCA USA Google grant has been instrumental in helping YWCA Princeton expand its advocacy efforts, including the promotion of staffer Brigitte Jean-Louis to Director of Advocacy. The next Strive cohort will feature a 10-week course meeting once a week for 3 hours at YWCA Princeton starting in January 2023. To learn more about Strive and register, visit <https://www.ywcaprinceton.org/advocate/economic-empowerment/>



On October 9th, **Capital Health Trauma Team** partnered with Ewing Police Department Traffic Unit and Grace Cathedral Church for Nation Faith and Blue Event. Car seats were provided and installed on site by Certified Passenger Safety Technicians. We were able to provide 46 car seats free of charge to local community members in need of new seats with a grant from The Brain Injury Alliance of New Jersey.



TESU SCHOOL READINESS FAIR

Thomas Edison State University's Back-to-School Readiness Fair, held on Aug. 6, 2022, supplied students with backpacks, school supplies and food donations the TrentonDaily reported. TESU and Mercer Street Friends hosted the fair to help prepare the community for the new school year. "We want to make sure that everybody knows that Thomas Edison State University is here and we're part of this community. We believe in the children in Trenton, and we want to make sure that they rise up, graduate high school and then, at some point, can attend college," said Marcela Ospina Maziarz, vice president for Community and Government Affairs. According to the outlet, TESU gave out 290 backpacks stuffed with grade-appropriate supplies to Trenton children and 100 bags of groceries for local families. The University partnered with multiple community members like Henry J. Austin, and Zufall Health staff provided vaccinations, physicals, dental screenings and treatment. Walmart provided eyeglass cleanings and adjustments, while United Way of Mercer County provided information on FAFSA (Free Application for Federal Student Aid) assistance, tax preparation. The Shiloh Baptist Church brought volunteers to help with the fair.

TEST TO TREAT PILOT

Under the leadership of County Executive Brian M. Hughes, Mercer County Division of Public Health (MCDOPH), in collaboration with Capital Health System (CHS), NJ Department of Health and Medical Home Pharmacy was able to successfully run a pilot program of COVID TEST TO TREAT for four weeks at the CURE ARENA.

MCDOPH and CHS provided separate clinic trailers for COVID laboratory testing and nursing evaluation. Residents were able to get a rapid COVID PCR test by CHS laboratory staff. In the event of a positive result, the resident was then evaluated by CHS nursing staff and then connected to a physician at CHS for a telemedicine visit. If appropriate, the resident could receive a prescription for antiviral medication which was sent electronically to Medical Home Pharmacy, across the street from CURE ARENA. Vaccination for healthy residents was provided by MCDOPH with the assistance of clinical and non-clinical Medical Reserve Corp Volunteers (MRC). This pilot showed that residents who test positive for COVID can be screened, evaluated and treated at one location in a timely manner and could be scaled up, or down, depending on need. This pilot was performed and provided at no cost to residents.



Good News!

Mercer County Executive Brian M. Hughes announces Safe Streets to Transit grants:

- Hamilton Township (\$341,000)**
- Princeton (\$636,000)**
- West Windsor Township (\$222,000)**

Local Bikeway Program grants:

- Lawrence Township (\$802,000)**
- Princeton (\$750,000)**
- West Windsor Township (\$377,000)**

Transit Village Program grants:

- West Windsor Township (\$89,000)**

MEDICAL SHELTER TRAINING

On December 2, 2022, Mercer County Division of Public Health (MCDOPH) hosted a Medical Needs Shelter (MNS) training exercise for the Medical Reserve Corp Volunteers (MRC). With the assistance of Lawrenceville Health Department and Lawrence Station Road Firehouse, MCDOPH held a successful training exercise with 35 MRC attendees as well as nurses from Princeton and Lawrenceville Health Departments. Attendees unloaded a MNS trailer, set up cots and other equipment, inspected and inventoried all equipment and reloaded the trailer. This exercise is a requirement for MCDOPH and met a deliverable under the Operational Readiness Grant.



NEW LEGISLATION

MENTAL HEALTH

In January of 2022, 8,754 people in New Jersey, including 1,799 children under age 18, were experiencing some form of homelessness. Seeking to address the growing issue, the assembly sponsored a five-bill legislative package combating homelessness with preventative and supportive measures.

- **A-4105:** Establishes an inter-agency council on homelessness.
- **A-4755:** Allows behavioral and mental health care providers to operate in homeless shelters.
- **A-4756:** Requires the state Division of Children’s System of Care to establish training program for employees of emergency homeless shelters.
- **A-4757:** Requires resource navigators to conduct surveys and report data related to homelessness in administering the Rental Assistance Navigation Program.
- **A-684:** Requires homelessness prevention program agencies to remain open during public health emergencies and mandates funding for additional agencies in certain counties.

<https://www.assemblydems.com/democrat-sponsored-legislation-combating-homelessness-in-new-jersey-clears-assembly-human-services-committee/>

HOME VISITING ACT 2022

Advocates for Children of New Jersey reports that "on 12/5/22, the U.S. House passed the Jackie Walorski Maternal and Child Home Visiting Act of 2022 (HR 8876), named after the late Congresswoman, a champion for home visiting. It reauthorizes the MIECHV Program for five years, providing the first-ever funding increase to the program since its creation over a decade ago. The Maternal Infant and Early Childhood Home Visiting (MIECHV) Program is the primary source of funding for New Jersey’s robust home visiting system, with more than 5,000 New Jersey families annually benefiting from home visiting services that improve children's health, school readiness and economic security. For more than 10 years, the MIECHV Program has helped improve the well-being of children and families in New Jersey and across the nation. Today, we are one step closer to ensuring these vital programs continue."

For more information about the advocacy work of ACNJ go to:
<https://acnj.org/about-us/>

Practice Self Care

- Honor your commitments to yourself and your family
- Set clear boundaries between your personal life and work
- Make dates with your loved ones and keep them
- Do activities that you enjoy that are not work-related
- Volunteer, take up a hobby, take a “me-day”, read a book and enjoy your free time
- Humans are spiritual beings. Adding mindfulness, prayer, and meditation can be a healthy addition to a balanced life



JOB OPENING

Hopewell Township is seeking a part-time public health nurse to ensure the delivery of public health services such as home and clinic services, teaching, conducting epidemiological investigations, to promote and protect the health of the population. Maximum 21 hours a week. For more information : <https://www.hopewelltpw.org/602/Job-Listings>

ARE YOU LOOKING FOR A SPEAKER TO ATTEND YOUR NEXT MEETING, PROFESSIONAL DAY OR GROUP?

The Central Jersey Family Health Consortium provides FREE presentations for professional staff as well as consumers.

All of our presentations are customizable to fit your unique needs. Topics Include:

1. Booze, Brains & Babies: A Closer Look at Fetal Alcohol Spectrum Disorders
2. Connecting Through Compassion
3. Healthy Families/Children of Substance Abuse
4. The Keys to Loving Relationships: Locking Out Causes of Domestic Violence
5. The Opioid Epidemic- Heroin and Prescription Drugs in 2018
6. Understanding the Impact Substances have on the Body, Brain and Heart
7. Getting Smart: The Little Known Dangers of 2nd & 3rd Hand Smoke
8. Knowledge is Power: Getting the Facts about Tobacco, Vaping and E-cigarettes
9. Substance Use Facilitated Sexual Assault
10. The Impact of Marijuana on Pregnancy & Breastfeeding
11. Addressing Unconscious Bias & Judgement

*We also offer a free, 4-6 week Smoking Cessation Program with flexible scheduling.

For more information, please contact:

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DRUG DEATHS 2022

NJ Spotlight News reported on December 9, 2022 that "New Jersey is likely to see fewer than 3,000 drug-related deaths this year, according to State Police predictions – marking the first real year-over-year drop in at least a decade. Their data also shows a growing number of these fatalities involve Black and Hispanic residents and those over age 55.

Reports from the state medical examiner's office indicate overdoses and other deaths involving drugs were on track to fall nearly 7% in 2022 when compared to last year. State Police now believe New Jersey could end the year with 2,904 such fatalities, the lowest since 2017, when 2,737 residents lost their lives to drugs and the last time the total fell below the 3,000 mark.

But while drug-related deaths are trending downward overall this year among white residents, the picture is different for New Jersey residents of color, according to the medical examiner data shared. In 2015, more than three-quarters of the fatal overdoses involved white people, while Black people accounted for 13% and Hispanic residents 9%. In 2022, white people comprise just over half of the fatalities, while Black deaths make up 28% and Hispanic people 15%."

<https://www.njspotlightnews.org/2022/12/drug-related-overdose-rates-show-disparity-black-hispanic/>

SUICIDE PREVENTION

The most important thing you can do:

LISTEN AND ASK QUESTIONS IN A NON-JUDGMENTAL WAY.



Don't criticize or blame.



Try to understand what the person is going through and **how you can help.**



Suggest the person seek **professional help.**



Never keep talk of suicide a secret.

Further reading:

SuicidePreventionLifeline.org/help-someone-else | SuicideCallBackService.org.au/worried-about-someone/how-to-talk-to-somebody-about-suicide