



Our news and your stories



capitahealth



MATERNAL HEALTH INNOVATION CENTER

TRENTON, N.J. (April 12, 2024) – The New Jersey Economic Development Authority (NJEDA) Board approved three anchor tenants to lead the **Maternal and Infant Health Innovation Center (MIHIC)** in Trenton. These entities, **Rutgers, the State University of New Jersey; Capital Health; and Trenton Health Team**, will work collaboratively to provide services focused on addressing a myriad of issues around maternal and infant health in Trenton and across New Jersey, including pre- and post-natal clinical services; education programs to cultivate the perinatal workforce; and social and wrap-around services. The NJEDA is developing the MIHIC in partnership with the Office of First Lady Tammy Murphy and the newly established Maternal and Infant Health Innovation Authority (MIHIA) which will oversee the MIHIC’s day-to-day operations long term.

To ensure the MIHIC meets the needs of the Trenton community, the NJEDA partnered with the John S. Watson Institute for Urban Policy and Research at Kean University to lead community engagement efforts to inform the development of the Center. The Watson Institute has been leading an interactive, iterative, and open dialogue process with Trenton residents and stakeholders to better understand current programs and service offerings for expectant mothers and infants as well as gaps in service, opportunities to leverage existing community assets, and an ideal location for Trenton residents. This ongoing community engagement process will play a key role in informing the Center’s design and service delivery models, working in partnership with the Lead tenants, MIHIC and NJEDA. (NJEDA press release April 12, 2024). Continued page 6.

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**SAVE
the
DATE**

OCTOBER 8TH, 2024
Time: TBD

Our partner nonprofit Leadership will gather to review the health gaps and priorities determined from the recent surveys, focus groups, and key stakeholder discussions. Partners will help form the next Mercer County Community Health Improvement Plan 2024. Lunch will be served at this all day event.

Location: RWJ Fitness Center
3100 Quakerbridge Rd. Hamilton

BUILDING OUR CHIP

Join us on October 8th, for a stimulating interactive development of our 2024 Community Health Improvement Plan (CHIP). In HRiAs September 9th data presentation, the priority areas will be outlined, and then it is your turn to help develop an action plan that will address the gaps and priorities. Objectives that are S.M.A.R.T. (Specific/Measurable/Achievable/Result-oriented/and Time Bound) will be discussed and the agreed upon actions from each organization will be committed to the Community Health Improvement Plan 2024. These actions will be tracked for the next three years, and then assessed to see if there was a measurable improvement in community health. Invitations will be emailed in August. For more information, email Carol at projectdirector@gmphp.org

CHA KEY FINDINGS & PRIORITIZATION

As we move into the summer, HRiA is wrapping up data gathering efforts and working to synthesize and review the data collected to develop the Greater Mercer County Community Health Assessment (CHA). There will be a virtual Key Findings Presentation and Prioritization Session on Monday, **September 9th from 11:00-1:00** for a presentation of the data, a review of the key themes and health issues that emerged from the assessment, and a facilitated prioritization process to identify 3-4 priority areas for the Greater Mercer County Community Health Improvement Plan (CHIP). The priorities identified will provide an important focus for CHIP planning. HRiA will be facilitating a 1-hour virtual Pre-planning Session on Monday, **September 30 from 12:00-1:00** to prepare participants for the Tuesday, **October 8 CHIP Planning Session**. At the interactive, all-day session, participants will be working in priority area groups to develop the plan elements and will have the opportunity to provide feedback on the work of other priority area groups. Broad and diverse representation during the planning process is essential for developing a plan to address the most important health issues in our communities. The final CHIP will outline how the community will address the needs in each priority area in a coordinated and collaborative approach to enhance collective impact. We are grateful for all the support our partners have provided throughout this process. See you in person on October the 8th.

CHIP Elements	
Goals	Describe in broad terms a desired outcome of the planning initiative for a priority area
Objectives	State the changes you want to make - how much of what you hope to accomplish and by when to achieve your goal. Should be SMART/SMARTIE.
Outcome Indicators	Describe the baseline and target values for each objective based on data that are relevant and available
Strategies	Outline specific ways to meet each objective, or HOW an objective will be achieved.
Partners and Resources	Reflect the individuals, agencies, or organizations who are key to achieving the objective and moving it forward (may already have initiatives underway) and the resources that will be needed to achieve each objective and its strategies.

MEET OUR HRiA CONSULTANTS



Donna Burke
Director Strategic
Planning and
Organizational
Effectiveness



Ariadna Capasso
Director Research
and Evaluation

OVERDOSE AWARENESS DAY

Date: Thursday, August 29th, 2024

Time: 5:30pm – 8:00pm

Location: Veterans Park North (Klockner Rd Entrance) – Hamilton, NJ

Join us for an evening of remembrance, support, and action.

The event will feature various activities, including:

- Guest Speakers and Awareness Campaigns: Inspiring talks from community leaders, healthcare professionals, and individuals with lived experiences.
- Grief Recovery and Treatment Resources/Connections: Access to a comprehensive array of grief recovery resources and treatment options, with local organizations and service providers on-site.
- Family Support Sessions: Dedicated spaces for families and loved ones affected by addiction to receive guidance and share their experiences.
- Memorial Display & Vigil: A poignant memorial display where attendees can contribute personal mementos, photographs, or written messages, culminating in a candlelight vigil to honor those we've lost.
- Narcan Demonstration: Demonstrations on how to administer Narcan, a life-saving medication that can reverse opioid overdoses.

Mercer Council's 9th Annual
OVERDOSE AWARENESS DAY
AUGUST 29, 2024 • 5:30-8PM
Veterans Park North (Klockner Rd) • Hamilton, NJ
Event parking at Steinert High School

Free t-shirt with registration!

Scan to register now!

Join us at this free community event, for a time of memorial, reflection, resources and more! Now accepting vendors and sponsors.

www.mercercouncil.org/IOAD
pcmc@mercercouncil.org

MERCER COUNTY LGBTQIA2S+ Community Health and Food Security Interviews!!

Searching for people that:

- Identify at part of the LGBTQIA+ Community
- Live in Mercer County, NJ
- Are 18 Years Old or Older
- Experienced food insecurity within the past 12 months

Use the Link or QR code to complete the pre-screening survey

If eligible, you will be contacted by Ricardo Kairios to schedule your interview, which should take 75-90 minutes to complete

Eligible participants that complete the interview will receive a **\$50 e-gift card!!**

https://rutgers.ca1.qualtrics.com/jfe/form/SV_d071YfGjJozS8yG

COOPERATING AGENCIES: RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY, U.S. DEPARTMENT OF AGRICULTURE, AND BOARDS OF COUNTY COMMISSIONERS. RUTGERS COOPERATIVE EXTENSION, A UNIT OF THE RUTGERS NEW JERSEY AGRICULTURAL EXPERIMENT STATION, IS AN EQUAL OPPORTUNITY PROGRAM PROVIDER AND EMPLOYER.

IRB ID: Pro2024000418
Approval Date: 5/15/2024
Expiration Date: 12/31/2499

WIC ON WHEELS

MOBILE WIC SERVICES WILL BE AVAILABLE EVERY TUESDAY OUTSIDE CAPITAL HEALTH OBGYN CLINIC!

🕒 10:00AM TO 12:00PM

We are located in the parking lot outside of the clinic

433 Bellevue Ave, Trenton, NJ 08618

FREE CABLE GUNLOCKS AVAILABLE

Ask yourself, is there an unlocked gun in the house? Now is an excellent time to review how you store firearms, especially if children are in your home. Proper storage of firearms plays a vital role in reducing the risk of gun accidents. Keeping them secure protects children and adults by preventing unintentional discharge, accidental gun deaths, suicide, and gun theft.

“The safe and responsible storage of a firearm is essential to preventing tragedy,” Mercer County Sheriff Jack Kemler said. “And, under New Jersey law, a firearm must be secured if there is a child in the home.”

Free cable gunlocks are available to any Mercer County resident to secure firearms. Obtaining a gunlock is completely anonymous, with no questions asked. The cable locks can be used with practically any gun, including revolvers, pistols, shotguns, and rifles. Once the lock is in place, the gun can't be fired. Contact the Mercer County Sheriff's Office - Program Section at (609-278-7159 during business hours or email JARmanoc@mercercounty.org to arrange to receive a free gunlock. The free cable-style locks are available through a nationwide grant from Project ChildSafe (<https://projectchildsafe.org/>). Supplies are limited.



PREVENTING FOOD INSECURITY

Arm In Arm food and mobile pantries are continuing to serve at very high levels, averaging over 4,000 pantry visits and deliveries per month, to households facing food insecurity. It takes more than 75 volunteers per week to ensure that Arm In Arm can deliver food to those who need it most. Arm In Arm has an urgent need for volunteers to help sign in and register clients, organize and restock inventory, as well as to help pack and distribute food. The Mobile Food Pantry is at:

- Capital Health – East Trenton first and third Wednesdays 9:30-12
- Capital Health Family Health Center Bellevue Ave. second and fourth Wednesdays 9:30-12
- 2751 Brunswick Pike, Lawrence Township 08648 (Lawrence Library) Mondays 2 PM to 4 PM
- 142 E. Hanover Street, Trenton (located at Trenton Meeting of Friends) Tuesdays and Thursdays 9:30 AM to 12 PM

Many Mercer County neighbors turn to Arm In Arm's Hunger Prevention program for support in difficult times. When faced with food insecurity, low-income people from up to 5,000 households are served through our food pantries and mobile pantry each month.

Teams of volunteers deliver food to the homes of 150 elderly and house bound people in Trenton and Princeton each month. 40 percent of the people helped in our Hunger Prevention program are 17 and under; 25 percent are age 55 and above.

To sign up to volunteer at Arm in Arm pantry in Trenton, Hamilton, Princeton, and Mobile sites, please contact Shariq Marshall at 609-396-9355 x21 or shariqm@arminarm.org.





Full Moon Ride

September 14th, 7-9pm

Bike a 6-mile loop loaded with surprises under the glow of the moon. Decorate your bike and compete for a prize. Enjoy a DJ at the start and finish, plus fanciful lighting, the Trenton Circus Squad's glow in-the-dark juggling show, and live music along the route. Register at:

<https://lhtrail.org/event/full-moon-ride-2024/>

WIC Turns 50!
Come Celebrate With Us

-  **SAVE THE DATE!**
-  **Saturday, September 21st**
-  **10 AM - 3 PM**
-  **1440 Parkside Ave., Ewing**
-  **Community resources and fun activities for all!**

 The Children's Home Society of New Jersey 

OFFICE OF RESILIENCE TRAIN THE TRAINER

The **Office of Resilience** is working to develop a Trauma-Responsive and Healing-Centered foundational training, providing a general understanding of trauma, Positive and Adverse Childhood Experiences (PACES) and the impact on individuals, groups and communities. The training will also promote frameworks for building resilience and creating trauma-responsive and healing-centered organizations and environments. The foundational trauma training will be facilitated in multiple modules over an 8-hour format that will be available for free to organizations throughout New Jersey. There are a wealth of resources and trauma trainings offered through different means within New Jersey, however many times there are restrictions to access them depending on the individual organizations' mission or focus. Our desire is to continue to support the ongoing conversation and trauma-responsive work being done throughout New Jersey by providing a training resource that is readily accessible in all 21 counties, and that can be shared within the communities. The Office of Resilience will facilitate a train the trainer model to allow other organizations access to the foundational training, thereby creating a network of certified trainers. Once certified, those trainers will be able to train any person or organization throughout NJ. With this foundational training, our goal is to increase knowledge and insight of trauma and resilience science while promoting consistent language regarding trauma-responsive care throughout New Jersey. We hope the availability of this training resource will support community driven strategies and efforts to create more healing-centered systems and environments for every individual, child and family throughout New Jersey. Registration will start in the fall.



The Center will be a hub for multiple types of programs & services



Pre- & Post-Natal Clinical Services



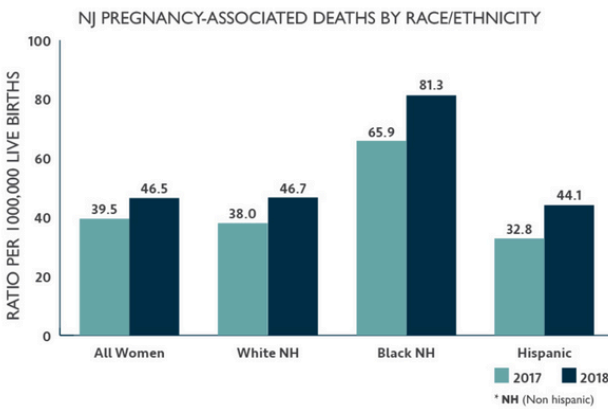
Perinatal Workforce Education & Training



Maternal & Infant Health Innovation Incubator



Policy, Research, & Data Collaborative

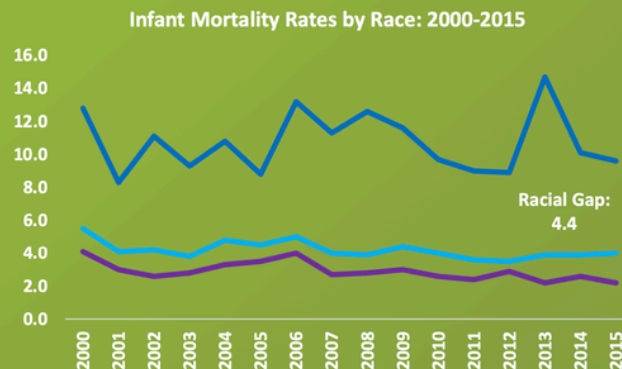
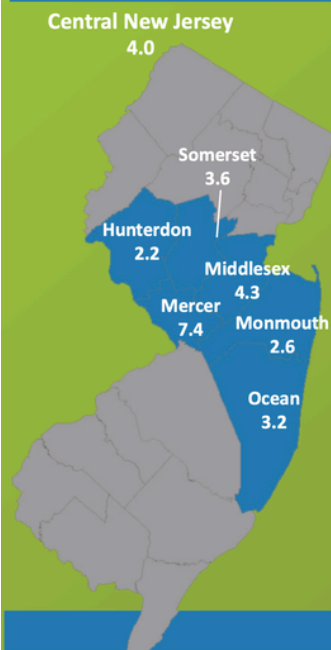


Nurture NJ has three primary objectives:

- (1) Ensure all women are healthy and have access to care before pregnancy,
- (2) Build a safe, high-quality, equitable system of care and services for all women during prenatal, labor and delivery, and postpartum care.
- (3) Ensure supportive community environments and contexts during every other period of a woman's life so that the conditions and opportunities for health are always available.

Infant Mortality in the Central Region

Racial Disparities in Infant Mortality



Nearly 125 infants in Central New Jersey die before their first birthday. Of those, 72% are neonates (less than 28 days after birth). African American women are at dramatically greater risk of experiencing the death of an infant than their white counterparts, such that African American infants die at more than 4 times the rate of white infants (NJ SHAD).

Causes of Death





WOMEN TALKING ABOUT HEALTH

Professionals from THT, Capital Health Physical Therapy, Hunterton Mercer Chronic Disease Coalition, GMPHP, Screen NJ, Speaker Dr Green, and Women’s Fellowship Ministry all contributed services to this successful event.

A woman’s health program, "Women Talking About Health" was held on Saturday, May 11, 2024 at Union Baptist Church hosted by the Women's Fellowship Ministry. Women experience unique health challenges from pregnancy and menopause to gynecological conditions; and chronic diseases/conditions such as heart disease, cancer and diabetes are leading causes of death for women. The aim of the program was to provide health information, prevention strategies, resources, and highlight the health impact associated with lifestyle choices. Moderated by Loletha Johnson from the NJ Department of Health, the program featured several experts that presented a holistic, proactive approach to health that was engaging and dynamic to an audience of 80+ community members. Onsite prevention services included screening and educational resources from local partners.

Greater Mercer TMA Awarded Funding for Enhancing JARC Services in Mercer County



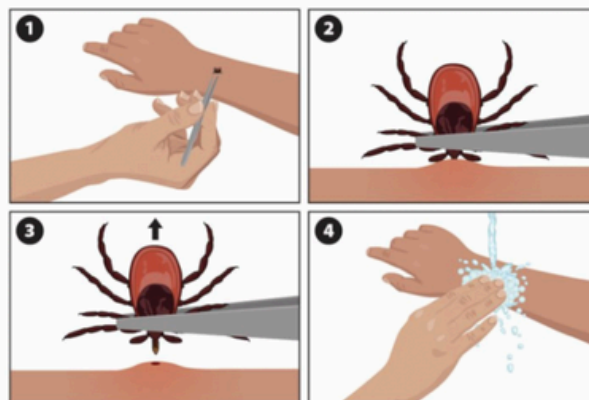
The Delaware Valley Regional Planning Commission (DVRPC) announced awards for their Travel Options Program (TOP) Grant. **CAB member Greater Mercer Transportation Management Association** was awarded \$76,800 in federal funds for the Hop on the Bus! Creating Greater Awareness and Improving the Rider Experience on JARC Bus Services project. JARC bus services focus on serving employment locations that are unserved by other transit. The ZLine and Route 130 Connection are the JARC services in Mercer County. The project will include an enhanced and targeted marketing campaign to increase awareness of the services to both the users and the businesses served and the creation of a real-time information service for the routes.

To review the Mercer County Mobility guide, go to: <https://gmtma.org/mobility-guide/>

REMOVING AN ATTACHED TICK

As soon as possible:

- Use fine-tipped tweezers
- Grasp the tick as close to the skin’s surface as possible
- Pull upward with steady, even pressure
- Clean the bite area with rubbing alcohol and clean your hands with soap and water



**IT’S THAT TIME OF YEAR AGAIN!
CHECK FOR TICS
AFTER OUTDOOR
ACTIVITIES**

WORDS MATTER! Say This Not That....

Language we use in our verbal and written communications can be supportive or hurtful to those impacted by mental health conditions. A few simple changes to the way we communicate can support those living with mental health conditions and help end stigma. A few shifts: we can be more kind and accepting with the things we say, we can stop defining people by their mental health conditions, and we can stop minimizing the experiences of those affected. Here are some examples of what to say – and not to say – about mental health.

Let's stop defining people by mental health conditions.

Say This: She lives with bipolar disorder; he lives with schizophrenia; my friend lives with OCD.

Not This: She's bipolar; he's a schizophrenic; my OCD friend.

Let's be more kind and accepting and stop spreading toxic positivity.

Say This: Your feelings are valid. I'm here to listen.

Not This: Good vibes only! Why don't you focus on the positive?

Say This: What you're going through is difficult. I'm here for you.

Not This: It could be worse. You could try harder to get over it.

Let's stop minimizing mental health conditions.

Say This: The weather has been unpredictable.

Not This: The weather is so bipolar.

Say This: I spent all day cleaning my house.

Not This: I was so OCD this weekend, I spent all day cleaning my house.

Say This: I'm having a hard time paying attention.

Not This: I'm so ADD right now.

Say This: That's so surprising/unpredictable.

Not This: That's so crazy/insane/mental.

Say This: That was embarrassing.

Not This: It was so embarrassing, I wanted to kill myself!

Say This: I can see you're having a hard time. I'm here for you.

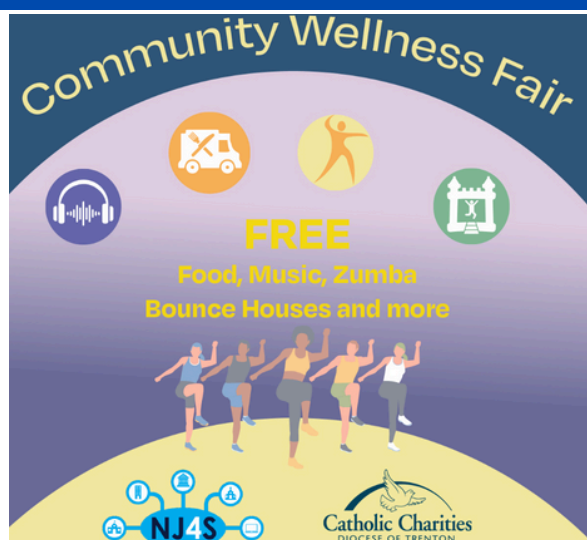
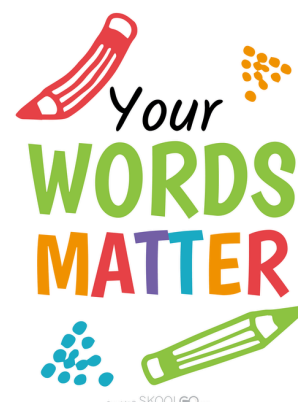
Not This: Just relax.

Let's reframe the way we speak about suicide.

Say This: He died by suicide or he ended his life; it was an attempted suicide.

Not This: He committed suicide; it was an unsuccessful suicide.

– Stef McDonald - <https://namica.org/blog/say-this-not-this-speaking-about-mental-health/>



WELLNESS FAIR JULY 12TH

Happening on Friday, July 12 from 4 to 7pm at Veterans Park South Court Games Pavilion (Kuser Road Entrance) in Hamilton. There will be games, prizes, food, music, Zumba and more. Rain date, Friday, July 19.