

Community Service Plan
2015 Update



Margaretville Hospital
Delaware County

Margaretville Hospital, Delaware County

Professional and public focus groups were conducted in 2013 throughout Delaware County to gain insight from consumers and other stakeholders to identify the most pressing healthcare issues. The two other Critical Access Hospitals in Delaware County were consulted regarding their identified priority healthcare needs, with additional input received from the local Public Health Department, area community healthcare stakeholders, and our Acute and Emergency Department physicians and providers.

The public health priorities selected were:

- 1) Prevent Chronic Disease
- 2) Promote Mental Health and Prevent Substance Abuse

Prevention Agenda Priority: Prevent Chronic Disease

Prevention Agenda Focus Area: Reduce Obesity in Children and Adults

Community Health Needs Addressed: Obesity

1. Goal: Create Community environments that promote and support healthy beverage choices and physical activity

a. Objective: increase the percentage of adults ages 18 and older who participate in leisure time physical activity.

Margaretville Hospital Response

- Collaborate with the Margaretville Hospital Auxiliary Wellness Committee and area Chambers of Commerce, local government and other community organizations to develop a plan for mapping and advertising the available walking, biking, jogging and hiking routes within the hospital service area.
- Educate and engage the local physicians, mid-level health care providers, and Emergency Departments to implement the walking trail prescription program.
- Collaborate with the Margaretville Hospital Auxiliary Wellness Committee to investigate the organization of other physical activity initiatives, such as Peddlers and Paddlers, organized community activity events, and securing an indoor walking environment for the winter months to ensure leisure time activity availability year round.
- Provide leisure time physical activity event information at the hospital health fairs and at our mobile van events.
- Investigate the ability to provide diabetes educational support at the Margaretville Hospital.

2015 Update

- Margaretville Hospital's mobile van was brought to the Fleischmann's Memorial Day Street Fair on May 23rd, the Margaretville Auxiliary Antique Flea Market on August 2nd, & to the Cauliflower Festival on September 26th to promote community wellness. Staff from Margaretville Hospital also had tables at the Roxbury Sidewalk Fest on July 4th, & the Belleayre Mud run on September 5th. Information was offered at all community events on educational opportunities, healthcare services, and resources provided at the hospital as well as pamphlets for the Get Out and Walk initiative and the Prescription trails program.
- A DVD/Video education library for public use on health disease prevention and management has been created to also be used by staff for public education. A video education series on various healthcare topics is provided via TV in the hospital lobby during specific periods of time throughout the year.

Prevention Agenda Priority: Prevent Chronic Disease, cont'd

Prevention Agenda Focus Area: Increase access to high quality chronic disease preventive care and management in both clinical and community settings

Community Health Needs Addressed: Diabetes

1. Goal: Increase screening rates for cardiovascular disease, diabetes and breast/cervical/colorectal cancers, especially among disparate populations.

a. Objective: Increase the percentage of adults 18 years and older who had a test for high blood sugar or diabetes within the past three years by 5% from 58.8% (2011) to 61.7%

Margaretville Hospital Response

- By December 31, 2014, complete an evaluation for the ability to establish a diabetes education program led by a certified diabetes educator on the Margaretville Hospital
- Collaborate with the HealthAlliance Diabetes Education Center in Kingston to assess the feasibility of establishing a program

2015 Update

- We continued to engage our community outreach programs to assist us to implement education in our community this quarter. Advertisement weekly in the Catskill Mountain News was continued. Flyers introducing our diabetes education program were given to CVS and Miller's Pharmacy to distribute to any individual just starting on a diabetes medication or renewing their diabetes medications. Arrangements were made at Freshtown Supermarket to set up a table there to offer supermarket tours and hand out literature on healthy eating. A table was set up at the Catskills Forest Festival & the Cauliflower Festival with Diabetes information.
- We have had one in-house referral and one individual session this quarter. There is another individual session planned this week for a new onset gestational diabetic. We did get two referrals to the program but both individuals were not interested in attending classes. Plans for increasing community education continue. Mountainside Residential Center was contacted regarding the possibility of presenting an educational program at their facility. They were excited about the idea of a presentation and we will be following up with them to schedule a date.

Prevention Agenda Priority: Promote Mental Health/Prevent Substance Abuse

Prevention Agenda Focus Area: Prevent Substance Abuse and other MEB disorders

Prevention Agenda Focus Area: Strengthen Infrastructure across Systems

Community Health Needs Addressed: Mental Health, Suicide

Goal: Prevent suicides among youth and adults.

a. Objective: reduce the age adjusted suicide mortality by 10% to 5.9% per 100,000.

2. Goal: Strengthen infrastructure for mental, emotional, and behavioral (MEB) health promotion and MEB disorder prevention

a. Objective: Strengthen training and technical assistance of primary care physicians, MEB health workforce and community leaders in evidence-based training, cultural sensitivity training, approaches to MEB disorder prevention and mental health promotion.

Margaretville Hospital Response

- Collaborate with Delaware County to provide Emergency Department staff with Applied Suicide Intervention Skills Training (ASIST) and suicide first aid training for first responders.
- Collaborate with HAHV to provide education for our staff in recognition and therapeutic approaches for behavioral health issues such as the “Practical Tips for Promoting and Maintaining Behavioral Wellness in Youth” program.
- Continue to serve as a location for weekly mental health and drug addiction counseling services through the Delaware County Mental Health Department.
- Provide information, resources and referrals related to depression/suicide prevention at our hospital health fairs and during public event attendance by our mobile van
- Participate in a newly formed Delaware County Mental Health Task Force and Suicide Coalition
- Promote the utilization of Licensed Medical Social Workers in Primary Care settings.

2015 Update

Two members of our Wellness Committee have joined the county-wide Mental Health Task Force and are working with other members to assess and address the county mental health needs. Our Vital Access Provider Grant program began in April of 2015. This program provides adolescent mental health services by Dr. Danilyn DeClaro Hago, Psychiatrist, specializing in that field. Dr. Hago offers appointments on every other Monday & Tuesday at her office located in Fleischmann’s. We are currently receiving referrals from Margaretville & Roxbury schools as well as local health care providers, who were invited to attend a meet & greet with Dr. Hago on August 31, 2015. The program has received 25 referrals and 21 patients are currently receiving services through the grant. We are attempting to expand the program to the Andes, Delhi, & Downsville school districts through a grant application recently submitted to the Appalachian Regional Commission. The superintendent, Dr. Robert Chakar, of the Margaretville & Andes school district hosted a public education/presentation with Dr. Hago on depression and other mental health illnesses in adolescents on November 9, 2015. We continue to provide office space to the Delaware County Office of Mental Health for mental health and substance abuse counseling on a weekly basis.