

# SUBURBAN HOSPITAL

## 2016-2017 **Community Health Improvement** Report



# Behavioral Health: High Priority, Deliberate Approach

The 2016 Community Health Needs Assessment (CHNA) process identified—through primary and secondary data, community surveys and input from public health experts and stakeholders—five health priorities: cancer, obesity, cardiovascular health, diabetes and behavioral health. As a result of these findings, strategies have been developed to address and evaluate each health need. They also overlap with local, state and national priorities as well as Suburban’s 2013 CHNA findings. This relationship affords Suburban the ability to align its community health improvement efforts in order to decrease health inequities, lack of access and unhealthy behaviors. Read more about this collective impact approach on the next page.

During the 2016 CHNA priority-setting process, behavioral health was identified as the top health priority among stakeholders, and for those reasons, we are highlighting this health issue.

The statistics in our community are harrowing. Since the last CHNA in 2013, there has been a 12 percent increase in people visiting a hospital emergency department for a behavioral health condition in

Montgomery County. The suicide rate has remained at or over seven deaths per 100,000 population since 2007. “We face an epidemic of opioid and heroin use that is killing young people and destroying families throughout our community,” notes Beth Kane-Davidson, director of Suburban’s Addiction Treatment Center. “Treatment and prevention of substance abuse is more critical now than ever before in my 30 years working in this field. Drug overdoses kill more people than car crashes and guns combined. Our Addiction Treatment Center takes hundreds of calls each year from distraught parents and family members seeking

“We face an epidemic of opioid and heroin use that is killing young people and destroying families throughout our community.”

**Beth Kane-Davidson,**  
Director of Suburban’s  
Addiction Treatment Center

help for their loved ones. We must do everything we can to protect our community and provide treatment to all those in need.”

Suburban Hospital remains committed to living out its mission of improving health with skill and compassion to help shape Montgomery County as a healthy, vibrant and resilient community. The following report takes an in depth look into the various and complex challenges we face as we address behavioral health. It also outlines the outcomes we aim to achieve and how we apply the expertise of our professional care providers to address behavioral health concerns.

## Some of our initiatives include:

- Comprehensive services for individuals with emotional problems, mental illness and addictive diseases, as well as services designed to foster mental health;
- Support groups to help community members manage emotional stress associated with chronic and acute health conditions; and
- Community health improvement programs to foster social support, particularly among the senior population.

“There is such a significant need for these services in our community and I am proud of the approach Suburban Hospital takes in providing behavioral health care,” notes Suburban Hospital president Jacky Schultz. “Our programs are recognized across the region because we emphasize respect for the patient and family while also providing the least restrictive level of care both within the hospital and in the community. In fact, we are in the process of expanding our crisis unit to meet the needs of our patients. Behavioral health services are a priority at Suburban Hospital.”

To see the entire 2016 CHNA and associated implementation plan for all five health priorities, log on to: [suburbanhospital.org/CHNA](http://suburbanhospital.org/CHNA).

## 2016 CHNA Priorities

12% OBESITY



10% CANCER



18% CARDIOVASCULAR DISEASE



18% DIABETES



23% BEHAVIORAL HEALTH





# Strengthening a Culture of Health

## Behavioral Health By the Numbers

Behavioral health includes mental health, addiction and crises intervention and transcends race, culture, socioeconomic status and life stages in Montgomery County. With this expansion of health issues comes a multitude of challenges that Suburban Hospital is dedicated to addressing.



### CHALLENGES



# A Collective Approach

As an integral stakeholder in the local health care system, Suburban Hospital addresses behavioral health needs with the support of strong and long-standing partnerships in Montgomery County. These partners work across sectors to address the complex health and social challenges of behavioral health by aligning their individual agendas into one with a clear, common, and measurable outcome.

SUBURBAN HOSPITAL EXPERTISE



Addiction Treatment Center

SUBURBAN HOSPITAL EXPERTISE



ED Crisis Intervention

SUBURBAN HOSPITAL EXPERTISE



Inpatient Services

SUBURBAN HOSPITAL EXPERTISE



Community Health and Wellness

SUBURBAN HOSPITAL EXPERTISE



Outpatient Behavioral Mental Health Services

13 PARTNERS

OASIS Montgomery

Parenting Encouragement Program (PEP)

The Mindfulness Center

Washington Area Village Exchange (WAVE)

YMCA Youth and Family Services

National Alliance on Mental Illness of Montgomery County

Narcotics Anonymous

Montgomery County Stroke Association

Montgomery County Police Department

Alcoholics Anonymous

Girls on the Run Montgomery County

Healthy Montgomery

Montgomery County Department of Recreation

# The Change We Want to See



## Healthy Behaviors

Foster social and emotional support

How?

By supporting aging in place of our seniors through educational and community-based programs and by providing positive parenting resources that will nurture stronger families



## Access to Healthcare Services

Increase knowledge of behavioral health resources in Montgomery County and facilitate access to available services

How?

By linking patients in need of behavioral health services to appropriate community resources

### ACTIVITIES



Health Inequities are differences in health status or in the distribution of health resources between different population groups, arising from the social conditions in which people are born, grow, live, work and age.

— WORLD HEALTH ORGANIZATION

# Community Benefit FY16 Update

Extending care and compassion to the community has been a goal of Suburban Hospital for nearly 75 years. On a daily basis, Suburban Hospital employees dedicate their time and expertise to address the community's most pressing health issues through various community improvement initiatives.

Below are several examples of hospital colleagues who have made an impact in our community beyond the hospital walls.

Dr. Dominique Foulkes, medical director and chair of the Suburban Hospital Pediatrics Department, volunteers her time to inspire our community's youngest residents. Dr. Foulkes authors a blog on Montgomery County's Girls On The Run (GOTR) website. Topics include providing tips on outdoor safety, why you get a fever when sick and how to stay hydrated while exercising. When leading hospital tours for local Girl Scout troops and student groups, Dr. Foulkes demonstrates how to take vital signs, explains what happens when a patient is admitted to the hospital, and explains which items should be included in a First Aid kit.

Ahmed Omar, network analyst for Suburban Hospital's Management Information Systems department, has been an energetic and committed volunteer for Montgomery County's GOTR bi-annual 5K Fun Run since 2013. Through health-focused interactive games and activities such as the "Jumpstart your Heart," "Create a Healthy Plate" and "Know your Blood Pressure Numbers," Ahmed and other Suburban Hospital employees encourage girls and their families to maintain healthy lives by promoting physical activity, good nutrition and overall well-being.

The Diabetes Fine Tuning program is a series of small group sessions for recently discharged patients and their care partners to discuss crucial components of diabetes care. Pharmacist Lee Ann Alexander contributes her time and expertise by answering pharmaceutical-related questions from patients and assists with their diabetes management goals to improve their health and quality of life. Her role as a pharmacist has been vital to ensuring a multidisciplinary approach to diabetes management.

Another diabetes focused initiative is the Diabetes Nurse Champion program, which aims to improve the lives of people with diabetes who are admitted to Suburban Hospital. Champions Periwinkle "Wink" Mackay, a nurse educator, and Jun Bie, a nurse practitioner, have led the Diabetes Champion program since January 2015. Wink and Jun manage all aspects of the program, from recruiting participants to designing the curriculum. Their leadership and vision have enabled an initiative to be put in place that was previously nonexistent. Focused on the goal of providing better care for our patients with diabetes, Wink and Jun are champions for people living with diabetes.

Once a month, respiratory therapists, Ayo Seriki and Shanmugam "Panneer" Panneerselvam facilitate the American Lung Association's Better Breathers Club®. At each meeting, the therapists provide a supportive environment where individuals living with Chronic Obstructive Pulmonary Disease (COPD) and other respiratory conditions are able to learn techniques to help them cope with their condition. Ayo and Panner are also strong advocates for smoking cessation programs and making resources available for patients who are committed to quitting smoking.

In FY16, Suburban Hospital conducted 2,595 community health improvement programs, screenings, classes, seminars and activities that served 71,323 individuals and dedicated \$21,451,227 in community benefit contributions to support the needs of Montgomery County residents.

## Caring for Our Community

FY16

