



BERGEN COUNTY COMMUNITY HEALTH NEEDS ASSESSMENT & IMPROVEMENT PLAN

UPDATE AND ACTION PLAN OCTOBER 2015



**Community Health
Improvement Partnership
OF BERGEN COUNTY**

BERGEN COUNTY COMMUNITY HEALTH NEEDS ASSESSMENT AND STRATEGIC PLANNING PROJECT

Christian Health Care Center / Ramapo Ridge Psychiatric Hospital Community Benefit/Community Health Strategic Plan

April 2013

UPDATED OCTOBER 2015

A. Priority Areas

The Bergen County Community Health Needs Assessment (CHNA) identified the following five priority areas as the most pressing and appropriate issues for the county's health and social-services providers to work collaboratively on over the next one to three years:

- mental health and substance abuse;
- elder health;
- access to care;
- obesity, fitness, and nutrition; and
- chronic disease.

Since Ramapo Ridge Psychiatric Hospital provides inpatient services to adults, including a specialty in the geriatric population, the primary focus for community benefit and community health strategy will be mental health and substance abuse, elder health, as well as access to care. As a secondary focus, we will partner with other health organizations and stakeholders to address patient issues related to obesity, fitness, nutrition, and chronic disease. The target population for the hospital's strategy will be residents throughout the primary service area, but efforts will focus on the elderly and low-income populations that live in various pockets throughout the service area.

B. Implementation Goals

MENTAL HEALTH AND SUBSTANCE ABUSE

Goal no. 1

Screen vulnerable population for risk/presence of depression and/or substance abuse.

Strategy

Participate in Bergen Collaborative Diabetes Screening. Administer PHQ-9 Patient Depression Questionnaire and CAGE-AID alcohol and drug screening during county-wide event Spring 2014.

Metric

Percent willing to participate in screening. Goal: 70 percent. **63 percent of participants were screened for depression.**

Goal no. 2

Link individuals who screen positive for depression and/or substance abuse to appropriate services.

Strategy

Provide contact information for appropriate level of services for all individuals who screen positive for depression and/or substance abuse.

Metric

Percent provided information – goal 100 percent of those screened – **100 percent of those screened who had any signs/symptoms of depression were offered appointment for counseling services within 72 hours.**

Goal no. 3

Ensure engagement with mental-health professional when indicated.

Strategy

Follow-up phone contact two weeks after screening for all those who screened positive for depression and/or substance abuse to determine whether or not they connected with mental-health professional.

Metric

Percent of those who connected with mental-health professional - goal: 70 percent - **Those who were offered counseling services declined appointments, but accepted information on how to reach out for help.**

Goal no. 4

Increase awareness of signs and symptoms of mental illness and available resources.

Strategy

Partner with stakeholders (Wyckoff YMCA, Wyckoff Board of Health, The Valley Hospital, social-services organizations, CHIP, schools, local medical centers, and faith-based organizations) to provide education series on dementia, mental illnesses, treatment options, and other relevant mental health.

Metric

Number of organized speaker events targeting mental health

ELDER HEALTH

Goal no. 1

Improve management of chronic illnesses, including mental-health conditions, among the elderly.

Strategy

Partner with The Valley Hospital and Bergen Regional Medical Center to provide education and screening targeting elderly. Involve local faith-based organizations and senior centers. Target high-risk and underserved. Sponsor “Living a Healthy Life with Chronic Conditions,” a Stanford University intensive seven-week educational series.

Metric

Percent of those who screen positive for depression and/or substance abuse that connect with mental-health professional – goal 50 percent

Number of participants who complete full educational series – goal 10 participants – **Full education series has been offered throughout the county. Ongoing.**

ACCESS TO CARE

Goal No. 1

Streamline access to elderly requiring psychiatric hospitalization.

Strategy

For elderly needing psychiatric hospitalization, establish direct admit process from nursing homes and assisted-living facilities, thus bypassing emergency rooms for medical clearance. Monitor wait time in emergency room for individuals referred to Ramapo Ridge Psychiatric Hospital.

Metric

Percent of those referred by nursing homes/assisted living that are directly admitted: goal 70 percent. **Medical clearance indicated in multiple cases. Ongoing.**

Time to admission for individuals in emergency room: goal under four hours. **Annual average for time to admission within four hours is 87 percent.**