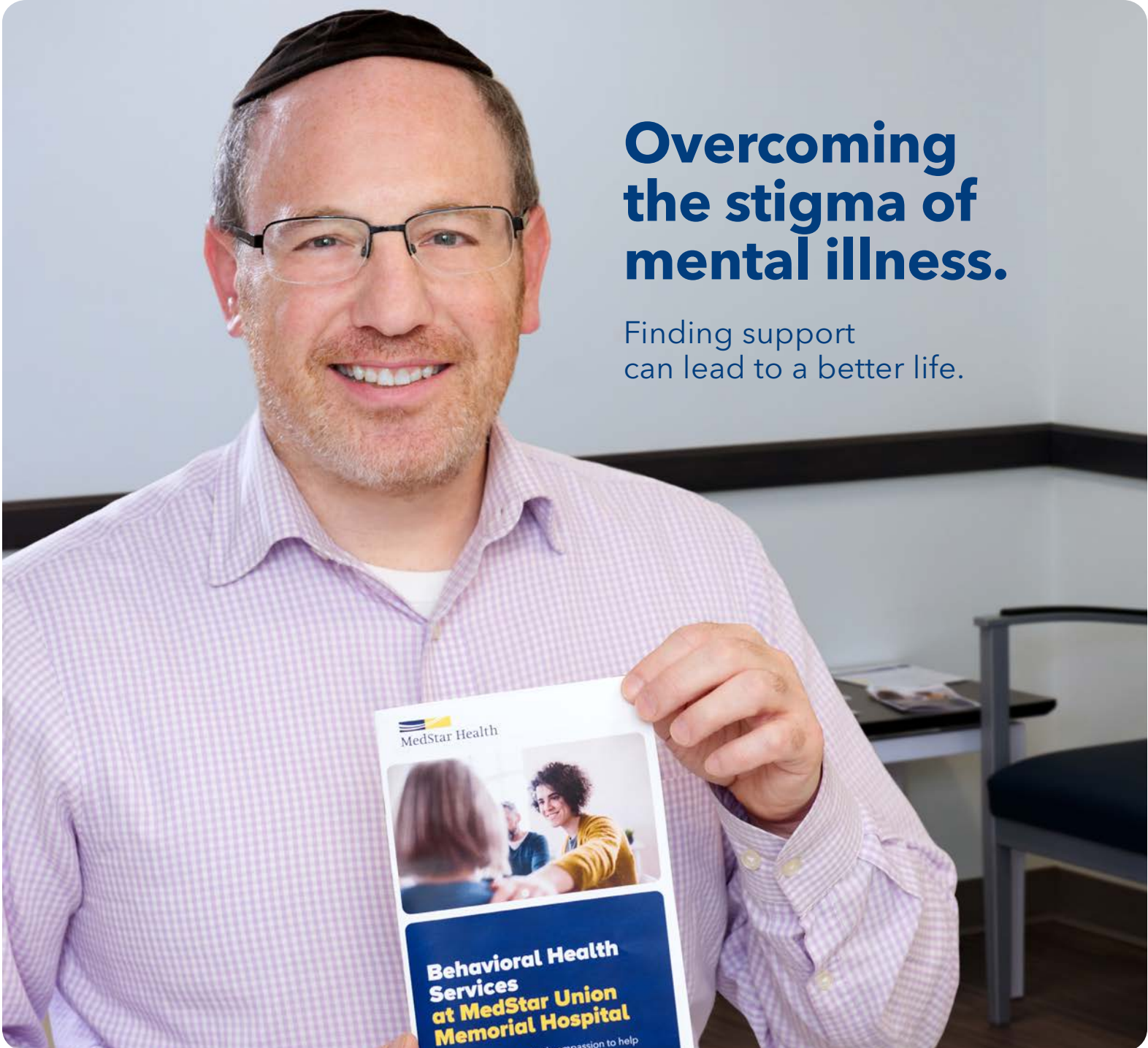


Population and Community Health News

Advancing Health

MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital



Overcoming the stigma of mental illness.

Finding support can lead to a better life.

INSIDE: Bridging the gaps to care. | Connecting with our community.

Letter from the President.



At MedStar Health, delivering the right care at the right time in the right place to the communities we serve is our ultimate goal. In this issue of *Advancing Health*, we feature some of the ways we are working to achieve this goal all across the Baltimore region.

You'll read about the wide array of behavioral health services MedStar Health now offers at both MedStar Union Memorial Hospital and MedStar Good Samaritan Hospital to help individuals with behavioral and mental health disorders lead better lives. We also highlight how we are ensuring patients have the ongoing care they need to reduce hospital readmissions through two programs, one designed for individuals needing primary care services, and another targeted to individuals with complex medical conditions.

Plus, it gives me great pleasure to announce that T.J. Senker, FACHE, has been appointed president of MedStar Good Samaritan and MedStar Union Memorial effective July 1. As I have been serving as president of both hospitals in addition to my role as senior vice president and chief operating officer for MedStar Health's Baltimore region since 2021, it is now time to introduce a new leader who will carry our hospitals' vision and mission to our communities well into the future. T.J., who most recently was president of MedStar Montgomery Medical Center, is very familiar with our hospitals and region as he began his MedStar Health career at MedStar Good Samaritan and is excited to be returning. Please join me in welcoming T.J. back to our community.

In good health,

Bradley S. Chambers

Senior Vice President and Chief Operating Officer, MedStar Health, Baltimore Region
President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital

Contents

- 3 Overcoming the stigma of mental illness.**
- 4 Bridging the gaps to care.**
- 5 Connecting with our community.**
- 6 Community class schedules.**

At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 280 other care locations. We're also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care. MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital are proud to be part of MedStar Health. **It's how we treat people.**

Population and Community Health's mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: At MedStar Union Memorial Hospital, Joseph Levin, LCSW-C, is program director of the partial hospitalization and intensive outpatient programs, where he works to ensure that individuals with behavioral health needs are provided with the most appropriate care.



Overcoming the stigma of mental illness.

Despite nationwide strides in awareness and advocacy, there is still a stigma associated with mental illness...a stigma that prevents many individuals from getting help. Yet untreated behavioral and mental health disorders can have a lasting impact on a person's physical health.

"Studies have shown that individuals with these disorders can have a 10-to-25-year reduction in life expectancy," says Elias Shaya, MD, medical director, Baltimore region, and senior associate executive director for Behavioral Health Services at MedStar Health.

"These mortality rates are caused by the complications that mental and behavioral health conditions have on a person's general health and quality of life, but they are also sometimes caused by the mental health conditions themselves," Dr. Shaya explains. "Some symptoms increase risk factors that are known to decrease life expectancy such as chronic health conditions, infectious disease, substance abuse, poor self-care, and poverty. The good news is that professional interventions can have a dramatic and positive impact on health and longevity."

At both MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital, our primary goal is to ensure that individuals with behavioral and mental health disorders are provided with the care they need for as long as it is needed.

"We offer a robust program with a wide variety of outpatient services," says Joseph Levin, LCSW-C, program director of the partial hospitalization and intensive outpatient programs at MedStar Union Memorial.



Lois Jacobs, a peer recovery specialist, and Joseph Levin, LCSW-C, program director of the partial hospitalization and intensive outpatient programs at MedStar Union Memorial Hospital, are part of a team that ensures that individuals with behavioral health disorders get the care they need.

In fact, MedStar Union Memorial recently expanded its behavioral health offerings through a partnership with Sheppard Pratt Solutions, part of Sheppard Pratt, the largest private, nonprofit provider of mental health, substance abuse, and other related services in the country. This included the development of a new 4,890-square-foot behavioral health facility, which boasts 18 treatment rooms, and various meeting spaces to best meet the increased demand for partial hospitalization and intensive outpatient programs in Baltimore City and the surrounding areas.

"The partnership leverages their expertise in operating high-quality behavioral health services to support the expansion of our program here," Levin adds.

At MedStar Union Memorial, a team of specialists work with each patient,

using a multidisciplinary approach to develop personalized care plans that foster healing. "Key to the success of our program are our community health advocates (CHAs), who help identify individuals who need behavioral healthcare services but aren't getting the ongoing care they need due to social needs that act as barriers to care," he says. "They work to remove these barriers by linking these individuals to community-based services that can assist with needs such as housing, food access, transportation, and utility assistance."

Levin notes that thanks to the comprehensive behavioral health services MedStar Health offers, many patients are now getting the help they need. "With professional interventions, individuals with behavioral and mental health disorders can experience improvements in their symptoms and quality of life."

For more information about our services, visit [MedStarHealth.org/BehavioralHealth](https://www.MedStarHealth.org/BehavioralHealth).

Bridging the gaps to care.

Many factors contribute to a patient's likelihood of being readmitted to the hospital after an initial stay. One of the most common is a lack of appropriate follow-up care after discharge.

"While not all readmissions are avoidable, a portion of unplanned readmissions may be prevented by addressing the barriers that are keeping these patients from getting needed care," explains Luke Carlson, MD, medical director, Care Transformation for MedStar Health, Baltimore region. "We have several innovative initiatives in place designed to do just that."

At MedStar Union Memorial Hospital, patients discharged from the hospital or the Emergency department who require follow-up care and do not have a primary care provider are connected to the Calvert Street Bridge Clinic. "Our goal is to ensure that these patients have the continuity of care they need," explains Ikechi Dike, DNP. "For some conditions, seeing someone as soon as two days after discharge is recommended, but that can be a challenge for many patients for a variety of reasons."

At the hospital, patients who are determined to be most likely to need support after they leave the hospital are identified by the case management team. This team includes a community health advocate, who works with these patients to help see that they are not faced with barriers that might interfere with getting care. They also assist the patient in finding a primary care provider.

"It's a holistic approach to care," Dike notes. "We meet patients where they are. Many patients don't know where turn. We provide a bridge to care."

Meanwhile, at MedStar Good Samaritan Hospital, patients with complex chronic conditions who are in need of follow-up care after an initial hospitalization can get the specialized services they need through the hospital's



Preeti Jain, PA, a physician's assistant, and Davon Carter, CCHW, a community health advocate, consult with a patient participating in the Collaborative Care Program at MedStar Good Samaritan Hospital.

Collaborative Care Program, part of the Good Health Center.

"Because chronic conditions are complicated and require lots of treatment, individuals with these issues often become overwhelmed, or discouraged—and their health suffers even more," says Preeti Jain, PA. "Through this program, we are improving outcomes for these patients by delivering high-quality, coordinated care in one convenient location."

Jain points to the role of Davon Carter, CCHW, community health advocate, as a major reason for improved outcomes. He learns about a patient's stressors, whether it be lack of food, transportation, financial difficulties, substance abuse, and more. He then works with the medical team to create a realistic plan that includes resources, support groups, and other health providers to assist in addressing these issues.

Another unique aspect of the program is Food Rx, which provides patients and their families with 10 free medically tailored meals per week. "Many chronic conditions, such as diabetes, can be better managed by following a specific diet. This enables us to 'prescribe' and supply patients with the type of meals that will help keep their disease under control," Jain adds.

"The Collaborative Care Program ensures patients get the comprehensive services they need from a multidisciplinary team with extensive experience managing complex conditions," Jain notes. "It places the patient where they should be...at the center of care."



The team from the Calvert St. Bridge Clinic is led by Ikechi Dike, DNP (left).

For more information about our services, visit [MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth).

Connecting with our community.

Population and Community Health teams throughout the Baltimore region are dedicated to connecting neighbors with programs and services. Whether it's providing health information about tobacco cessation, diabetes prevention, or mental health—printed in English and Spanish—or sharing resources that can help with food disparities, legal services, or housing, our teams are bringing support to your neighborhoods.

Below are some of our recent outreach events.



▲ MedStar Health associates supported Spring Back to Health at J Van Story Branch Apartments. The team provided blood pressure screenings, hands-only CPR, pre-diabetes screening, healthcare navigation, chair exercise, 988 crisis hotline information, and an opportunity to "Ask A Doc" with MedStar Health medical residents.



▲ Nurses in the Emergency department at MedStar Union Memorial Hospital and Community Health staff visited Hampden Family Center. Clients received blood pressure screenings and education about diabetes and heart disease. The MedStar Health team also helped clients find health care and community resources.



▲ Erin McNeil, a Towson University student who completed her internship at MedStar Health, met with individuals about the 988 National Suicide and Crisis Lifeline, an initiative she launched to teach high school and university students how to use this life-saving resource.

Community class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at our local MedStar Health hospitals. They include the following:

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms and clinical breast exams for women ages 40 and older who live in Baltimore City. Free pap tests for women between ages 21 to 39 who live in Baltimore City. Call **410-350-2066** for details.



Colon Cancer Screening

Free colon cancer screenings for uninsured men and women ages 45 or older, or younger with symptoms or family history, who live in Baltimore City, or Anne Arundel, Baltimore, or Howard counties. Call **410-350-8216** to learn more.

Lung Cancer Screening

Free lung cancer screenings for uninsured women and men ages 50 or older, who currently smoke or have quit in the past 15 years, and live in Baltimore City or Anne Arundel County. Call **410-350-8216** for more information.

DIABETES PREVENTION AND EDUCATION

Diabetes Prevention Program

A free program for people at risk for developing type 2 diabetes, with the goal of preventing or delaying the disease. Lifestyle change, 12-month program. Offered virtually or in person. Call **855-218-2435** for details.

Diabetes Education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose monitoring, and more. Virtual appointments are available.

Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational Diabetes Education

This class will assist gestational diabetic women with maintaining blood sugar control through monitoring, diet, exercise, and medication instruction (if needed) for a safe pregnancy.

Call **443-777-6528** to learn more.

HEART AND LUNG HEALTH

Cardiac Rehabilitation Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Phase III General Exercise Program

Call **443-444-3881** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

SUPPORT GROUPS

Contact the emails below to see if the group is virtual or in person.

Amputee Support Group

Email jennifer.mcdivitt@medstar.net for details.

Aphasia Support Group

Aphasia is a language disorder due to illness.

Email kate.c.gerber@medstar.net for details.

Concussion Support Group

Email kate.c.gerber@medstar.net for details.

Diabetes Support Group

Email debbie.kavanagh@medstar.net for details.

Stroke Support Group

Email kate.c.gerber@medstar.net for details.



WELLNESS AND PREVENTION

Tobacco Cessation

Learn to quit smoking with support from our certified tobacco cessation experts. Free virtual or in-person classes.

Call **855-218-2435** or visit [MedStarHealth.org/StopSmoking](https://www.MedStarHealth.org/StopSmoking).

PARKINSON'S DISEASE FITNESS

Aquatics for Parkinson's Disease Rock Steady Boxing

Call **443-444-4600** for details.



BIRTH AND FAMILY SERVICES

Birth and family services are offered in the MedStar Health, Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our virtual tours by scanning this QR code with your mobile phone camera feature:



CLASSES

Prepared Childbirth Classes

Preparing mother and her birth partner for labor and childbirth. Offered 1 full day or as a 4-week series (1 night/week).

Breastfeeding: Facts, Myths, and Techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.

Infant Care and Safety Class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and Child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and Child First Aid

Classes can be taken separately or together with CPR (discount applies if taken at the same time).

Classes meet the State requirement for daycare providers.

Breastfeeding Support Groups

Facilitated by breastfeeding specialists, these groups provide clinical support to new moms while providing a place to build relationships with other new moms.

Virtual and in-person support groups held weekly.

Virtual support group: Wednesdays, 11 a.m. to noon

In-person support groups, 11 a.m. to 1 p.m. at these locations:

Tuesdays in Brooklyn - City of Refuge

Wednesdays in Essex - Essex Library

Thursdays in Dundalk - North Point Library

Contact susanna.k.derocco@medstar.net for details.

NEW eCLASSES hosted by MedStar Health

We are excited to have partnered with InJoy Health Education to provide a variety of online eClasses to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Topics include:

- Multiples
- Your Newborn
- Cesarean Section
- Grandparenting
- Childbirth
- Breastfeeding
- Natural Childbirth
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smart phone or visit [MedStarHealth.org/BirthandFamilyClasses](https://www.MedStarHealth.org/BirthandFamilyClasses).

For questions on any of these classes, contact beth.kegley@medstar.net.

To register online, visit: [MedStarHealth.org/BirthandFamilyClasses](https://www.MedStarHealth.org/BirthandFamilyClasses) or call 888-746-2852.

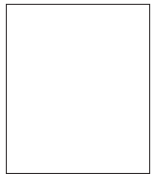




MedStar Health

5601 Loch Raven Blvd.
Baltimore, MD 21239

855-218-2435



MedStar Health **Social Needs Program**

Find the resources you need and get connected...all in one place.



Education, employment, food security, housing, safety, social support, and transportation are all factors that affect health and well-being. Yet many individuals and families struggle to address these needs on a daily basis. The MedStar Health Social Needs program can help.

SocialNeeds.MedStarHealth.org

is an online tool used to easily and quickly connect those in need with free or low-cost resources and services in their community. This publicly accessible tool allows community members to search for various services for themselves or on behalf of family members, friends, or neighbors. Meal delivery, medical care, rent, ride-share programs, and utility assistance are just a few of the search options available by zip code in a wide range of languages.

Social needs program.

Find the resources you need and get connected... all in one place!



GOODS



WORK



TRANSIT



MONEY



FOOD



HOUSING



EDUCATION



LEGAL



HEALTH

SocialNeeds.MedStarHealth.org

To connect to the resources and services you need, visit **SocialNeeds.MedStarHealth.org**