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Organization Information

Organization Address and Contact Information

Organization Name: Newton-Wellesley Hospital
Address (1): 2014 Washington Street

City, State, Zip: Newton, Massachusetts 02462

Web Site: www.nwh.org
Contact Name: Lauren Lele
Contact Title: Director

Contact Department: Community Benefits
Telephone Num: (617) 243-6330
Fax Num: (617) 243-5363
E-Mail Address: Ilele@partners.org

Contact Address (1): 2014 Washington Street (If different from above)

City, State, Zip: Newton, Massachusetts 02462

Organization Type and Additional Attributes

Organization Type: Hospital
For-Profit Status: Not-For-Profit

Health System: Partners HealthCare

Community Health Network Area

(CHNA):

West Suburban Health Network (Newton/Waltham)(CHNA 18),

Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston,

CB Mission

Community Benefits Mission Statement

For Newton-Wellesley Hospital to provide effective and coordinated local support to address and help prevent socio-medical problems that face the hospital's communities. Efforts to help community residents stay healthy include: raising awareness of health issues, advocating for change to improve health, presenting prevention programs, and partnering with the community to develop additional treatment resources to address unmet needs of the community.

To increase access to care in an equitable and efficient fashion to all

To identify and address specific health care needs which are unique to the hospital's community

To improve the health of the community and reduce health care costs through programs of preventive medicine and health promotion

Target Populations

Name of Target Population	Basis for Selection
Child & Adolescent Health	CDC Risk Behavior Surveys
Seniors	Emergency Department data sources
People affected by domestic, family, or sexual violence	National, state, and local statistics

Community residents in Waltham Substance Use Disorder

Low Income

Community Needs Assessment data

National, state, and local statistics; Community Needs

Assessment data

Community Health Needs Assessment

Publication of Target Populations

Marketing Collateral, Annual Report, Website

Hospital/HMO Web Page Publicizing Target Pop.

https://www.nwh.org/ community-health-assessment

Key Accomplishments of Reporting Year

- Among community dwelling elders, fall-related injuries are the most common type of injury. In FY1882 elders participated in the Matter of Balance program, bringing the total number of participants since the program inception in 1997 to 1,745.
- In FY18, the Domestic Violence/Sexual Assault Program at NWH provided free, voluntary, and confidential services to over 250 survivors of domestic, family, or sexual violence. Other aspects included the creation of culturally and linguistically specific services and resources for survivors through Latinas Know Your Rights programs. Expanded expressive arts therapy program curriculum. Enhanced partnerships and the work being conducted by the Abuse in Later Life program and on trauma informed care. Facilitated the SANE Tele-nursing Center at NWH.
- In FY18, the Pediatric Primary Care Clinic provided care at 523 visits. At NWH Waltham Family Medicine and the NWH Pedi Clinic, 30 children were provided immunizations while they were in the application phase for Mass Health to ensure on-time access to school entry. Addressed and planned for issues confronted during appointment related to language, finances, and food access.
- In FY18, facilitated 411 rides through the Circulation/Lyft platform for ease of access to and from hospital care. Supported transport options through taxi vouchers from Veteran's Taxi for clients of homeless shelters, low income housing or senior agencies to have on-going access to needed healthcare services. Sponsored the Waltham Partnership for Youth Rides Together study to address transportation needs of youth and families.
- Convened, quarterly, NWH's six community Departments of Public Health expanding opportunities for shared communication, knowledge of resources, collaborations, and improved access to health care services. In addition, NWH convened quarterly meetings with local area higher education leadership to address prevalent health concerns on college campuses.
- In FY18, provided CPR/First Aid certification classes to 220 childcare workers. Provided free CPR/1st Aid training classes for 64 Domestic Violence workers. 15 parents who are residents of the Home Suites family homeless shelter were CPR trained.
- In FY18, NWH administered 970 flu vaccines at 14 flu clinics held at various locations in the NWH service areas. NWH conducted 7 specialty clinics/screenings in the community.
- In FY 18, NWH had representatives at 20 health community events promoting health, wellness and safety. 55 NWH clinical experts spoke at various community agencies/group/school events.
- In FY18, held a mental health summit with 130 attendees (principals, school nurses, social work, guidance staff and therapeutic staff) from the six school districts in our primary service area.
- In FY 2018, 150 seniors attended the annual senior supper held at NWH. The event fostered socialization, nutrition and wellness.
- The Resilience Project incorporated school teams (psychiatrist and social worker) into the 7 high schools. Increased access for referrals to Child and Adolescent Psychiatry clinic. Clinic visits for 2018 were 3,276, a 39% increase over 2017. 15% of the clinic visits were referrals from local schools.
- Conducted instructive groups in the following areas: The Parents Program (45 attended), DBT skills, High School Teens group, Transition to College group.
- In FY18, NWH distributed 340 doses of Narcan to community agencies/partners. NWH dispensed 79 naloxone kits to patients in the NWH Emergency Department with diagnosis of opioid overdose.
- Substance use Service clinicians consulted on over 100 new patients and completed more than 200 patient visits.
- Conducted a community wide lecture on Vaping and Juuling. Created a Juuling Tool Kit that was distributed to community public health departments, schools, and parents.
- The hospital collaborated with the Middlesex District Attorney's office to create the Charles River Regional Opioid Task Force.
- In FY18, NWH continued the Waltham Wellness Collaborative in partnership with Healthy Waltham to promote health and wellness across the age spectrum.
- Supported the Summer Eats program for students during the summer months which saw a 1/3 of an increase in free meals delivered to Waltham youth.
- In FY 18, active participation with the work of Waltham Connections for Healthy Aging to create a model for incorporating age-friendly aspects into the policies and practices of Waltham organizations to improve lives of local seniors. Created the "Walk With A Doc" program for Waltham Connections to combine both education and physical activity. Each session attended by 60 seniors.
- Sponsored a significant portion of the Waltham Partnership for Youth Language Access for Civic Engagements (LACE) Program. 20 Spanish/English bilingual teens trained as interpreter liaisons by Cross Cultural Communications, Inc. to become interpreters for community events that focus on substance use, strategies and available resources.
- Hired two Waltham High School students through the Waltham Partnership for Youth Summer Internship program. Hosted two student interns from the Newton Mayor Youth Internship Program through Newton Health and Human Services.
- Provided 126 individuals in youth and adult vocational programs with separate, on-going, placement opportunities to learn, practice and be exposed to work place skills.

- Provided 25 hemorrhage control kits for Newton Public Schools.
- 30 community chaplains attended and received certification at a two-day disaster training in partnership with National Disaster Interfaith Network for Metro-Boston area chaplains held at NWH.
- Convened and participated in numerous local, state and regional planning meetings, committees, and initiatives for emergency management planning, including 4 active shooter drills in Newton.
- Completed a Community Heath Needs Assessment.
- Created the Collaborative for Healthy Families & Communities. Developed Councils that address identified community health needs. Councils comprised of, and led by, community members

Plans for Next Reporting Year

In addition to the ongoing programs sponsored or in partnership with other organizations, the hospital will continue to focus on key findings highlighted in the assessment (2018): addressing needs for specific populations (youth, seniors, low income), access to care and transportation, Waltham as a unique community in the service area, and a focus on mental health and substance use. These identified populations and specific issues are viewed as critical and have a growing need for more resources and collective action. NWH efforts in all priority areas emphasize improvement in health status and working collaboratively within and across its communities. In 2018, the hospital will facilitate the process and dissemination of funds of the MGH DoN in the Waltham community.

Specific priority categories were established and will continue to be of focus to NWH. These include:

- Mental Health
- Access to Care
- Social Determinants of Health Food access and healthy eating, transportation, housing, violence and trauma, and employment/education - workforce development
- Chronic Disease Management and Prevention
- Community Emergency Preparedness
- Substance Use

The monitoring of a variety of strategies within each of these priority initiatives are in collaboration with the community benefits committee, the hospital's Strategic Leadership Team, Board of Trustees, and Collaborative for Healthy Families & Communities Leadership.

Community Benefits Process

Community Benefits Leadership/Team

The Committee consists of Board Members, senior leadership, medical staff members, and Directors. Additionally, the Committee is comprised of representatives from the Departments of Public Health, education system leadership, senior focused agencies, businesses and neighborhoods, faith-based groups, agency involvement from healthy living, low income and mental health community organizations and social service agencies.

Community Benefits Team Meetings

The Committee meets approximately 3-4 times per year.

Community Partners

American Cancer Society American Heart Association American Red Cross Babson College **Boston Athletic Association**

Boston Area Rape Crisis Center

Boston College

CAN-DO

Circulation, Inc./Lyft

Charles River Community Health Center

Community Day Center

Healthy Waltham

Jewish Community Housing for the Elderly

Metro Boston Project Outreach

Middlesex District Attorney Marian Ryan Office

Middlesex Human Services Agency

Mt. Auburn Hospital

Neighbors Who Care

Newton At Home

Newton-Needham Chamber of Commerce

Newton, Needham, Natick, Waltham, Wellesley & Weston Councils on Aging

Newton, Needham, Natick, Waltham, Wellesley & Weston Health Departments

Newton, Needham, Natick, Waltham, Wellesley & Weston School Departments

Newton & Waltham Boys and Girls Clubs Newton Rotary Club One Family, Inc. Park Lodge Hotel Group (Home Suites Inn) REACH Springwell Area Agency on Aging The Second Step, Inc. Veteran's Taxi Waltham Chamber of Commerce Waltham Connections Waltham Homeless Assistance Coalition Waltham Partnership for Youth Waltham Rotary Club Waltham YMCA

Community Health Needs Assessment

West Suburban Health Network (CHNA 18)

WATCH CDC

Date Last Assesment Completed and Current Status

NWH's CHNA was completed and approved by the Hospital Board in November of 2018.

Consultants/Other Organizations

Health Resources in Action (HRiA) was consulted and retained to conduct the community health needs assessment in 2018. The assessment was completed and approved by the NWH Board in November 2018

Data Sources

Consumer Group, Hospital, Interviews, Other, Public Health Personnel, Surveys, Data sources included: the U.S. Census Bureau, American Community Surveys, County Health Rankings, the Massachusetts Behavioral Risk Factor Surveillance System (BRFSS), the Massachusetts Department of Public Health, MetroWest Health Foundation, the Massachusetts Department of Elementary and Secondary Education, and the Federal Bureau of Investigation.

CHNA Document - PDF format NWH 2018 CHNA FINAL REPORT.PDF

Implementation Strategy (optional)

File Upload (optional) Not Specified

Community Benefits Programs

Fall-Related Injuries among Community Dwelling Elders: A Matter of Balance	
Program Type	Direct Services, Outreach to Underserved, Prevention,
Statewide Priority	Promoting Wellness of Vulnerable Populations,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Watertown, Wellesley, Weston, Health Indicator: Injury and Violence, Other: Safety - Home, Physical Activity, Sex: All, Age Group: Adult-Elder, Ethnic Group: Asian, Hispanic/Latino, White, Language: Chinese, English, Russian, Spanish,

Goal Description

Goal Status

falls. Set realistic goals for increasing performing common daily activities). activity. Change their environment to reduce fall risk. Promote exercise to

Provide a group experience to reduce In FY18, participants (four programs offered through senior centers, Newton, Needham, maladaptive ideas and beliefs about Watertown and Waltham) showed signs of fall efficacy (degree of confidence in

increase strength & balance.

Reverse or prevent loss of function and disablement commonly associated with fear of falling among older persons.

In FY18, the program served 82 participants for a total of 1,745 since inception in 1997.

Partners

Partner Name, Description Partner Web Address

Community Senior Centers

Maine Health's Partnership for

Healthy Aging

Not Specified Not Specified

New England Research Institute

(NERI)

http://www.neriscience.com/

Contact Information

Kathy Beans Program Coordinator, Newton-Wellesley Hospital Wellness Center, 2014 Washington St., Newton, 617-243-6649

Detailed Description

Among community dwelling elders, fall-related injuries are the most common type of injury. The intervention, A Matter of Balance, mitigates the negative effects of fear of falling has among elders. The program focuses on coping skills, fall risk reduction and decreasing activity restrictions. The purpose of the program is to reverse or prevent loss of function and disablement commonly associated with fear of falling among older persons. In FY18, 82 elders participated in the Matter of Balance program, bringing the total number of participants since the program inception in 1997 to 1,745.

The Domestic Violence/Sexual Assault Program at Newton-Wellesley Hospital (DV/SA Program)

Program Type

Community Education, Direct Services, Health Screening, Mentorship/Career Training/Internship, Outreach to Underserved, Support Group,

Statewide Priority

Promoting Wellness of Vulnerable Populations,

EOHHS Focus Issue(s) (optional)

Not Specified

DoN Health Priorities (optional)

Not Specified

Target Population

Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston,

• Health Indicator: Injury and Violence, Mental Health, Other: Domestic Violence, Other: Rape, Other: Safety - Home,

• Sex: All,

• Age Group: Adult-Elder, All, All Children,

• Ethnic Group: All, • Language: All,

Goal Description

Goal Status

Continue to increase safety, health and well-being of patients and employees by providing comprehensive services to those experiencing domestic and sexual violence.

In FY18, the program provided 1000+ hours of safety planning, counseling & advocacy to survivors. In addition, thousands of hours of additional time were devoted to community education, training, policy development, & collaboration with community organizations.

Continued participation in multi-year, multidisciplinary abuse in later life partnership that has historically included REACH Beyond DV, Springwell Elder Protective Services, & the Middlesex County DAs office.

In FY 18, the partnership trained numerous community-based victim service providers and built capacity in detectives from 7 surrounding communities

Grow accessibility for Latin, Spanishspeaking, and, in particular, undocumented survivors (who are disproportionately at risk)

In FY18, the program continued collaboration with REACH Beyond Domestic Violence and Greater Boston Legal Services to place a bilingual- intern with the Latinas Know Your Rights Program. This multi-program collaboration resulted in culturally and linguisticallyspecific support groups and expressive art therapy groups, as well as a community education series for parenting survivors concerned about their children's experiences of bullying. In addition, a notable number of community education events were marketed in Spanish, with fully bilingual materials and interpretation available. These events included a weekend health retreat for female and genderqueer survivors, as well as a gender inclusive "Night of Healing" for survivors of sexual assault, amongst other events.

Increase access to services for

In FY 18, the DV/SA Program provided education and consultation to over 1,000 patients and employees by increasing healthcare providers and multidisciplinary professionals on topics ranging from partner education and consultation services abuse to compose to health care providers and affiliated disorders. professionals both inside and outside the hospital.

abuse to childhood sexual abuse, to the intersections of trauma and substance use disorders.

Provides free, voluntary, and confidential services to patients and employees who are experiencing domestic violence, family violence and sexual assault.

In FY18, the program served over 250 survivors.

Support shelter infrastructure . and DV/SA agencies in the community.

In FY18, the program provided substantial donations and other in-kind expertise to support the shelter infrastructure and DV/SA agencies in the community.

Support capacity of multidisciplinary DV specialists in the community.

Lent substantive time and expertise to community and healthcare-based domestic violence programs across the Commonwealth, in order to build capacity to better support the following: 1) survivors in probate and family court to protect traumatized/abused children, 2) trauma-informed responses to all survivors, and 3) relationships with healthcare providers and institutions.

Continued expansion of multi-year efforts to infuse trauma information into local police departments. Historically these efforts have been piloted with the police in the City of Cambridge, MA

In FY 18, the program continued its participation in a multi-disciplinary team that included the SANE program, several local district attorney's offices, and offices from multiple local police departments. In addition, this FY, this project expanded to include campus-based police and Title IX Coordinators.

Expanded incorporation of e expressive arts modalities into the program's services.

In FY 18, continued efforts to integrate expressive arts modalities into treatment. NWH staff crafted and implemented a first of its kind

culturally-specific expressive arts therapy curriculum for survivors of multiple kinds violence & abuse - violence experienced in people's country of origin, violence experienced on their immigration journeys, discrimination and oppression experienced in the United States, and sexual and partner abuse. It is believed that this curriculum is the first of its kind in the country. Staff also held community events featuring musicians, storytellers,

and nationally-recognized sculptors, painters, and multi-modal artists all of whom represented their survivorship through their art.

Continued participation in implementation of the DOJ- funded National SANE Tele-nursing Center. The hospital provides space for the Center & technical expertise and education to providers across the country.

In FY 2018, the NTC provided education to hundreds of providers across the country, influenced expanded adherence to national SANE protocols, and contributed to institutionalizing the advocacy response at several pilot sites (most notably in MA). This, in addition, to its core work of serving as clinical presence for survivors and their providers during real-time post-assault exams across the country.

Partners

Partner Name, Description Partner Web Address Boston Area Rape Crisis Center http://www.barcc.org/ **GLBT** Domestic Violence Coalition http://www.thenetworklared.org/glbtdvcwebappl.pdf http://www.janedoe.org/ Jane Doe, Inc. Middlesex Co DA's Office http://www.middlesexda.com/ **REACH Beyond Domestic Violence** http://www.reachma.org/ The Second Step http://www.thesecondstep.org/ **Contact Information** Erin C. Miller Domestic Violence/Sexual Assault Coordinator Newton-Wellesley Hospital 617-243-6521 **Detailed Description** The DV/SA Program provides free, voluntary, and confidential services to patients and employees who are experiencing domestic violence, family violence and sexual assault. In FY18, over 250 survivors were served through support groups, counseling and safety planning, and several hundred consults to providers.

Provision of primary care to children and adolescents who are uninsured or present other challenges interfering with accessing primary care.

Program Type	Direct Services, Health Screening, Outreach to Underserved, School/Health Center
	Partnership,

Statewide Priority Address Unmet Health Needs of the Uninsured, Promoting Wellness of Vulnerable

	Populations, Reducing Health Disparity,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Access to Health Care, Immunization, Other: Asthma/Allergies, Other: Uninsured/Underinsured, Sex: All, Age Group: All Children, Ethnic Group: All, Language: All,

Goal Description Goal Status

Accept agency referrals for children/adolescents without primary care.

In FY18, continued to serve a consistent number of youth for referrals.

Consult to schools and agencies and coordinate services for disadvantaged youth.

In FY18, worked to collaborate with Waltham agencies to address areas of concern by patients and families presenting at the clinic; to include food access, behavioral health, and language barriers. .

Participation by clinicians on various local and state-wide agencies as experts on pediatric health.

In FY18, there were numerous school consultations and participation on agency boards, e.g. Newton Boys & Girls Club, local Boards of Public Health and Mass Medical Society - School Health Committee.

Provide primary care to children and adolescents.

Provide primary care to children and In FY18, there were 523 visits to the pediatric clinic.

Provide primary and specialty care t uninsured children and/or those with medical/social conditions beyond ability of private office.

Provide primary and specialty care to The clinic has reached out to Waltham for provision of primary pediatric care to children uninsured children and/or those with not followed routinely by a pediatrician.

Provide primary care to children and adolescents who are uninsured or present other challenges interfering with accessing primary care.

In FY18, provided care to 30 pediatric uninsured patients while they were in the application phase for Mass Health so as not to delay school entry.

Facilitate services to ease access of care.

At the Waltham practice location, developed presence of financial counseling (certified to complete Mass Health applications). Expanded language interpreter availability through the hospital contract.

Partner Name, Description Partner Web Address Not Specified Not Specified Contact Information Joel Bass, MD Chair, Department of Pediatrics Newton-Wellesley Hospital 617-243-6565 Carrie Goodhue, Practice Manager, Waltham Family Medicine, 781-7 The Pediatric Primary Care Clinic (PPCC) and NWH Waltham Family Medicine provide medical care to children and adolescents who do not have access to a private physician. Additionally, a wide range of specialty clinics associated with Massachusetts General Hospital for Children are available to Clinic patients.

Health Education, Promotion and Disease Prevention Education	
Program Type	Community Education, Grant/Donation/Foundation/Scholarship, Health Professional/Staff Training,
Statewide Priority	Promoting Wellness of Vulnerable Populations,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Mental Health, Other: Child Care, Other: Education/Learning Issues, Other: Elder Care, Other: First Aid/ACLS/CPR, Other: Smoking/Tobacco, Other: Stress Management, Physical Activity, Sex: All, Age Group: Adult, Ethnic Group: All, Language: English,

Goal Description	Goal Status
Conduct community flu clinics.	In FY18, NWH administered 970 flu vaccines at 14 flu clinics held at various locations in the NWH service areas.
Offer wellness classes designed to address tobacco use.	In FY18, the hospital partnered with Mt. Auburn Hospital to offer a Freedom From Smoking class in the Waltham community at the Charles River Health Center. The 8-

Promote education through health education.

with 2 participants completing the program. In FY 18, 55 NWH clinical experts spoke at various community agencies/schools events. Through the Collaborative for Healthy Families & Communities, Hospital offers a Speaker's Bureau available to the community and created a monthly on-line Hot Topics segment for health education

week class was offered at no cost to attendees. 11 individuals signed up for the class,

Provide a source of health education and socialization for local seniors in the community.

Continued holding an annual senior supper that has been taking place for over 20 years. In FY 2018, 150 seniors attended. The event fostered socialization, nutrition and wellness.

Provide CPR/First Aid certification classes for childcare workers, workers in Domestic Violence Programs, and parents living in homeless family hotels seeking.

In FY18, at no cost to attendees, 220 childcare workers became certified. 64 Domestic Violence workers were trained. 15 parents who are residents of the Home Suites family homeless shelter were CPR trained. This location houses children with disabilities and has residents with complex medical needs.

Provide health awareness and disease prevention programs

In FY18, NWH conducted 7 specialty clinics/screenings in the community.

Representation and involvement on local community boards and activities.

Numerous NWH clinicians and staff served on local community boards and offered their specialized perspectives on strategic initiatives.

health and wellness.

Support local initiatives that promote In FY18, NWH had representatives at 20 health community events promoting health, wellness and safety. NWH held annual events such as Think Pink and Survivorship as well as established several first -time events on such topics such as car seat safety, scout first aid, and advanced care planning.

Partners

Partner Web Address Partner Name, Description Not Specified Not Specified **Contact Information** Lauren Lele, Director, Community Benefits, Newton-Wellesley Hospital, 2014 Washington St., Newton, MA 02462 617-243-6330 **Detailed Description** In FY18, in response to health education needs identified in the community health needs assessment, NWH conducted a series of screenings, clinics, health awareness programs certification in CPR/First Aid and tobacco cessation in the community. Additional health promotion education was conducted on various topics such a senior living, health and

sports, heart, cancer as well as other topics.

Child and Adolescent Mental Health Services at Newton-Wellesley Hospital

Program Type	Community Education, Prevention, School/Health Center Partnership,
Statewide Priority	Promoting Wellness of Vulnerable Populations,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Mental Health, Sex: All, Age Group: Child-Teen, Ethnic Group: All, Language: English,

Goal Description

Goal Status

Address parenting education and needs in to mental health services. Began the development of the Parents Program within The Resilience Project. . Approximately 45 parents attended the sessions. The Program promotes the well-being of children and families in the community by offering to parents, education, support and practical strategies for managing and preventing the problems that can arise in their children.

Create school-specific mental health programming.

The Resilience Project incorporated school teams into the 7 high schools. A child psychiatrist and social worker visited the schools over ten times and offered customized Expand access to mental health services.

Increased access for referrals to Child and Adolescent Psychiatry clinic. Clinic visits for 2018 were 3,276, a 39% increase over 2017. 15% of the clinic visits were referrals from local schools. In FY 18, ED visits were 611, an 11% increase from the previous year.

support on multiple occasions to address issues of mental health. Included consultations

Expanded clinical expertise for the school program.

Further integrated a psychologist as part of The Resilience Project Team. Enabled expansion of group-based supports for the community.

with Special Education teams guidance, nursing, and administration...

Provide education and awareness to community on the topic of mental health.

Conducted multiple professional development sessions for school administration and personnel. Held multiple session for parents through PTO's, local parent groups, faithbased organizations, etc.

Provide opportunity for collaboration with high schools on the issue of mental health.

Held the third annual Mental Health Summit with attendees from the six school districts in NWH's PSA. The Summit focused on Stress in Students and Adolescent Well-Being and featured two clinical professors from New York University School of Medicine. The 130 attendees included Principals, school nursing, social work, therapeutic staff, guidance staff and coaching staff. The Summit is also designed to offer participants a chance to connect with and learn from their counterparts from other schools.

Support local initiatives focusing on mental health.

NWH clinical staff was represented on numerous local committees, and task forces across communities that focus on mental health in adolescents.

Create a framework for supportive group guidance in mental health.

Conducted instructive groups in the following areas: DBT skills, High School Teens group, Transition to College group. Started development of groups focused on Raising Resilient Teens and School Avoidance.

Partners

Partner Name, Description

Partner Web Address

High Schools: Natick, Needham, Newton, Waltham, Wellesley, Weston; The Manton Foundation; NWH Charitable Foundation Not Specified

Contact Information

Liz Booma, MD, Interim Chief, Child & Adolescent Psychiatry, 2014 Washington St., Newton; 617-243-6490;

Detailed Description

The National Institute of Mental Health reports that 1 in 5 children or adolescents experience a mental health problem before the age of 18, yet only 1 in 5 of these children or adolescents receives the treatment they need. The hospital is focused on addressing the mental health needs of the families in our community through collaboration with area high schools with emphasis on managing mental health problems and prevention initiatives.

Substance Use and Narcan Distribution

Program Type	Community Education, Direct Services, Prevention, School/Health Center Partnership,
Statewide Priority	Promoting Wellness of Vulnerable Populations,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Other: Alcohol and Substance Abuse, Substance Abuse, Sex: All, Age Group: All, Ethnic Group: All, Language: English,

Goal Description

Goal Status

Collaborate with various local multicommunity, and state-wide agencies to address the opioid crisis.

In FY18, NWH staff and clinicians played a leadership role on various community initiatives and collaborations with local health departments, police, fire and schools. Involvement included Newton PATH and MetroBoston Project Outreach, in addition to others.

The hospital collaborated with the Middlesex District Attorney's office to create the Charles River Regional Opioid Task Force, bringing together, monthly, various community personnel to focus on a public safety approach to addressing the crisis.

Provided a location for safe medication disposal within the

Maintained a MedSafe receptacle for the safe disposal of medications. Promote use among staff, the community and physician practices of this option.

hospital.

Provide education to clinicians and pharmacists and public health officials on role in pain management and addiction.

Expert substance use clinicians provided training in pain management and addiction.

Provide preventive substance use resources to ED patients and families.

In FY18, NWH dispensed 79 naloxone kits to patients in the Emergency Department with diagnosis of opioid overdose.

To support local community partners with using Narcan and providing Narcan training, when necessary.

In FY18, NWH provided 340 doses of Narcan to local community partners - police and fire, public health, schools and shelters.

Provide care to substance use patients in the SUS clinic.

SUS clinicians consulted on over 100 new patients and completed more than 200 patient visits for those referred by NWH primary care, inpatient Hospitalist service, and emergency department clinicians

Provide education on various forms of substance use.

Conducted a community wide lecture on Vaping and Juuling. Created a Juuling Tool Kit that was distributed to community public health departments, schools, and parents. Provided education forums to various organizations throughout the community. Numerous clinicians provided education to school programs with audiences of youth, parents and educators.

Partners

Partner Name, Description Partner Web Address

Health depts., schools, police & fire depts, homeless shelters

Not Specified

NWH Pharmacy Dept Not

Not Specified
Not Specified

NWH Subtance Use Service (SUS Middlesex County District Attorney

http://www.middlesexda.com/

Contact Information

Antje Barreveld, Medical Director, Substance Use Service; 617-243-6142

Detailed Description

The substance use program at NWH is designed to provide multidisciplinary addiction consultation and coordinate a treatment transition for long term recovery for patients; educate clinicians on caring for substance use disorders; and educate and collaborate with the community on substance use disorder prevention and treatment. Access and use of Narcan is an effective option of treating drug overdose. The use of this resource in the community is a need for various agencies. NWH is able to provide Narcan and training to our community partners to support their efforts of dealing with the opioid crisis. Naloxone kits are also made available to those who present at the hospital with an opioid overdose.

Waltham Wellness Collaborative with Healthy Waltham

Program Type	Community Education, Direct Services, Prevention,
Statewide Priority	Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Waltham, Health Indicator: Other: Nutrition, Overweight and Obesity, Physical Activity, Sex: All, Age Group: All, Ethnic Group: All, Language: English,

Goal Description

Goal Status

Create platforms for the promotion of healthy living.

Supported the Walking Waltham initiative to engage the entire community and get more people walking-from ages 2-96. Promote physical activity, and help combat obesity and stress. Initiative promotes walking in Waltham's natural spaces and on city streets.

Involvement in Waltham community wellness educational initiatives.

Supported Healthy Waltham to participate in the School Health Advisory Committee. Focused on the implementation of a new school wellness policy.

Partner with other organizations in

Actively participate in Waltham Connections for Healthy Aging. A model created for

Waltham to promote age-friendly actitivities in Waltham.

incorporating age-friendly aspects into the policies and practices of Waltham organizations to improve lives of local seniors. Goals are to include seniors who typically face economic, ethnic or other barriers; as well as to provide mechanisms for social interaction and engagement.

Provide educational programming on healthy lifestyle.

Conducted in-school programming around healthy eating and promoting healthy choices for youth in Waltham.

Link clinical providers with the community health activities.

Held physician led "Walk With Doc" sessions through the Waltham Connections walking program. Attended by 60 seniors. Incorporated both education and physical activity.

Provide food access during out of school hours.

Support the Summer Eats program for students during the summer months which saw a 1/3 of an increase in free meals delivered to Waltham youth. Distributed promotional material about the program in both Spanish and English.

Partners

Partner Name, Description	Partner Web Address
Healthy Waltham	www.healthy-waltham.org
Waltham Connections	www.healthy-waltham.org
Waltham Partnership for Youth	www.walthampartnershipforyouth.org
Contact Information	Lauren Lele, Director, Community Benefits, Newton-Wellesley Hospital, 2014 Washington St., Newton, MA 02462 617-243-6330
Detailed Description	NWH facilitates access to healthy, nutritious food and opportunities for physical activity for all residents of Waltham. Emphasis on access to food and activity regardless of income, age, or background. Partners with Waltham based organizations - Healthy Waltham, Waltham Connections and others. In the NWH service area of Waltham, the obesity rate is higher than all other communities NWH serves. In addition, Waltham youth have higher obesity percentage rates than youth statewide.

Newton-Wellesley Hospital Certified Application Counselors

rewion wenesicy nospital co	crimed Application Counsciors
Program Type	Direct Services,
Statewide Priority	Supporting Healthcare Reform,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Access to Health Care, Sex: All, Age Group: All, Ethnic Group: All, Language: All.

Goal Description

Goal Status

Provide information about the full by EOHHS and the Health Connector.

In FY18, NWH CACs contributed to the estimated 75 patient financial counselors that range of insurance programs offered served patients who needed assistance with their coverage.

to provide required documentation; submit applications and renewals for the Insurance

Partners		
Partner Name, Desc	ription	Partner Web Address
Health Care For All		https://www.hcfama.org/
Mass Health		http://www.mass.gov/eohhs/gov/departments/masshealth/
Massachusetts Health	Connector	https://betterhealthconnector.com/
Massachusetts Hospita	al Association	https://www.mhalink.org/
Massachusetts League Health Centers	of Community	http://www.massleague.org/
Contact Information	1	Kim Simonian, Director for Public Payer Patient Access, Community Health, Partners Healthcare
Detailed Description	ı	Newton-Wellesley Hospital Certified Application Counselors (CACs) provide information about the full range of insurance programs offered by EOHHS and the Health Connector. Our CACs help individuals complete an application or renewal; work with the individual

Programs; interact with EOHHS and the Health Connector on the status of such applications and renewals; and help facilitate enrollment of applicants or beneficiaries in Insurance Programs. CAC's also provide financial estimates for services. In FY18, NWH CACs contributed to the estimated 75 patient financial counselors that served patients who needed assistance with their coverage.

WorkForce Development.	
Program Type	Community Participation/Capacity Building Initiative, Mentorship/Career Training/Internship,
Statewide Priority	Promoting Wellness of Vulnerable Populations,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Other: Education/Learning Issues, Sex: All, Age Group: Adult-Young, Ethnic Group: All, Language: All,

Goal Description

Provide opportunities for youth to gain exposure to the health care environment and learn from professionals about career options.

Provide skills based learning and transferrable work place skills for young teens. Provide paid employment to youth. Engage teens in the community using their skills to further health education.

Provide paid employment the community. Enhance exposure and opportunities for a career in the healthcare industry.

Provide work-skill based opportunities for students and adults through the NWH vocational volunteer program.

Provide exposure to the health care setting and career options to at-risk adult learners in the community.

Provide outlets for exposure to health-related educational and employment opportunities to those with less economic stability and means to pursue education opportunities.

Provide community outreach to student populations to expose individuals to healthcare careers

Goal Status

Hosted two student interns from the Newton Mayor Youth Internship Program through Newton Health and Human Services. . Students spent 7 weeks at the hospital exploring different departments and working alongside a variety of staff professionals. Learned about the skills necessary to perform a variety of health care functions.

Sponsored a significant portion of the Waltham Partnership for Youth Language Access for Civic Engagements (LACE) Program. 20 Spanish/English bilingual teens trained as interpreter liaisons by Cross Cultural Communications, Inc. Program provides paid employment, transferrable skills and possibility for career development. Adds a component of community engagement by having teens interpret at community events that focus on substance use, strategies and available resources. Allows outreach events to occur at locations with culturally and linguistically diverse venues.

Hired two Waltham High School students through the Waltham Partnership for Youth opportunities to underserved youth in Summer Internship program. Students worked for 7 weeks in the areas of Imaging and Rehabilitation. Students interacted with hospital personnel, patient populations, and learned new skills.

> Provided 126 individuals adult and youth in vocational programs with separate, on-going, placement opportunities to learn, practice and be exposed to work place skills. Individuals contributed over 8000 hours of service in the year. NWH Volunteer Services works with 20 schools and organizations to facilitate program. Over 25 hospital staff provide instruction, training and a mentor presence for individuals

> Partnered with One Family, Inc. to develop an educational program for clients in the One Family Scholar Program. Began planning for a Lunch and Learn event to be held in October 2018 at Newton-Wellesley Hospital.

Began planning for a Career Night to be held at NWH. Geared to high school students. Career training to be provided. NWH departments and staff to represent healthcare areas that require less than four-year degrees, certificate programs or no formal schooling.

Staff attended fairs, club meetings and spoke at events to educate attendees on healthcare career options.

Partners

Partner Name, Description Partner Web Address

Newton Dept. Health and Human Services

www.newtonma.gov

One Family, Inc. onefamilyinc.org **NWH Volunteer Services** 617-243-6048

Waltham Partnership For Youth

www.walthampartnershipforyouth.org

Contact Information	Lauren Lele, Director, Community Benefits and Volunteer Services 617-243-6330
Detailed Description	Development of job skills and access to employment are issues in the community. By promoting work force development, youth and adults are exposed to a range of job opportunities, gain new skills applicable to specific job positions, are empowered to explore career options and gain financial resources. The hospital partners with the school system and youth and adult organizations to develop programs that improve employment opportunity at all levels of the spectrum.

Access to Care/Transportation	
Program Type	Outreach to Underserved,
Statewide Priority	Promoting Wellness of Vulnerable Populations, Reducing Health Disparity,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Watertown, Wellesley, Weston, Health Indicator: Access to Health Care, Sex: All, Age Group: Adult-Elder, All, Ethnic Group: All, Language: All,

Goal Description

Collaborate with local health departments and other community agencies.

of accessing clinical services for either primary or specialty care.

Provide access to transportation for underserved populations who are otherwise unable to obtain health care services due to transportation obstacles,

Provide transport options to facilitate transition to and from hospital care

Support transportation initiatives in hospital service area.

basic needs related to patients' medical condition when no alternative option is accessible.

Collaborate with area higher education leaders to addresses challenges faced by higher education institutions.

Goal Status

NWH convenes quarterly meetings with local health departments and other community agencies (senior services, etc.). Goals are to communicate challenges, share best practices, review services, and strategize solutions on access and types of care, in hospital and in community. NWH Emergency Department data is provided on a quarterly basis in the areas of top five diagnosis, overdose, and behavioral health.

Make appointments for those in need In FY18, the hospital's Care Finder program facilitated scheduling appointments for patients in need of a physician or hospital service. Total year end call volume was 8000 calls.

> In FY 18, supported transport options through taxi vouchers from Veteran's Taxi for clients of homeless shelters, low income housing or senior agencies to have on-going access to needed healthcare services.

Facilitated 411 rides through the Circulation/Lyft platform for ease of access to and from hospital care

Sponsored the Waltham Partnership for Youth Rides Together study to address transportation needs of youth and families. The study examines existing policy and practice in Waltham around transportation; engages community members to identify gaps in current infrastructure; and proposes possible solutions.

Provide resources for assistance with Provided assistance to patients in the categories of food, lodging, safety, and others.

NWH convenes quarterly meeting with local area higher education leadership that includes Deans of Student Life, Directors of Student Health, Medical Directors, Public Safety Leadership, Chaplain Services. Approximately 25 leaders attend each forum. Forum topics included mental health, depression, opioid use, availability of cannabinoids with marijuana recreational use approval, eating disorders, and communicable diseases in dorm settings.

Partners

Partner Name, Description	Partner Web Address
Not Specified	Not Specified
Health Departments	Natick, Needham, Newton, Waltham, Wellesley, Weston
Middlesex Human Service Agency	www.mhsainc.org
NWH Carefinder	617-243-6566
Circulation Inc.	www.circulation.com

Wellesley Health Department	www.wellesleyma.gov
Veteran's Taxi	www.veteranstaxi.com
Waltham Partnership for Youth	www.walthampartnershipforyouth.org
Higher Education Institutions	Wellesley College, Babson College, Bentley University, MassBay College, UMASS (Newton Campus), LaSalle College, Boston College, Brandeis University, Regis College, William James College.
Contact Information	Lauren Lele, Director, Community Benefits , Newton-Wellesley Hospital, 2014 Washington St., Newton, MA 02462 617-243-6330
Detailed Description	To assist with access issues, NWH develops for and supports various community agencies with transportation support to facilitate client access to needed healthcare. NWH facilitates access to providers and resources for patient needs. NWH regularly

www.lyft.com

healthcare.

Community Emergency Preparedness	
Program Type	Community Education, Community Participation/Capacity Building Initiative,
Statewide Priority	Not Specified
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Other: Safety, Sex: All, Age Group: All, Ethnic Group: All, Language: All,

Goal Description Goal Status

Convene community partners for emergency management planning. Serve in leadership capacity for local emergency management and disaster planning.

Convened and participated in numerous local, state and regional planning meetings, committees, and initiatives for emergency management planning. Collaborated with EMS, Fire, Police, City Services, Health and Human Services, and others on emergency preparedness.

convenes community health departments, community agencies and higher education institutions to engage in discussion and strategy development for improved access to

Conduct community-wide emergency management exercises and drills.

Conducted 4 Active Shooter Drills in City of Newton. Conducted drills with Newton Fire and Cataldo Ambulance. Conducted a tabletop exercise with Waltham.

Provide designated resources for emergency management to community partners.

Provided 25 hemorrhage control kits for Newton Public Schools. Provided City of Newton with replacement Halo seals for kits

Serve as key convener for Boston Marathon preparation and planning. Conduct functional planning exercises.

Worked with multi-agencies to prepare for the Boston Marathon.

Conducted a Massachusetts Emergency Management Agency functional exercise for the Boston Marathon.

Provide community education in the area of emergency management and disaster planning.

Conducted Mutual Aid Coordinating Entity and Urban Area Strategic Initiative presentations. Conducted numerous other presentations on emergency management to community organizations.

Provide emergency and disaster training to various community groups.

Hosted a two-day disaster training in partnership with National Disaster Interfaith Network for Metro-Boston area chaplains. 30 community chaplains attended and received certification.

Partners

Lyft

Partner Name, Description	Partner Web Address
Public Health Departments	Natick, Needham,. Newton, Waltham, Wellesley, Weston
Police and Fire Departments	Natick, Needham,. Newton, Waltham, Wellesley, Weston
Emergency Medical Services Providers	Cataldo
NWH Emergency Management	617-243-6923

Contact Information	Charlotte Roy, Emergency Management/Safety Officer 617-243-6923
Detailed Description	The hospital participates with other local hospitals, emergency management systems (EMS), local police, and other related agencies in the development, implementation, and notification of a community-wide disaster plan designed to provide a coordinated effort to assure essential medical services in the event of a community disaster. The system is based on the recognition that there are common elements that form the foundation for any emergency program at the federal, state, and local level. These common elements in emergency preparedness planning include evacuation, shelter, communications, direction and control, continuity of government resources, and law and order.

Collaborative for Healthy Families & Communities (CHF&C)	
Program Type	Community Benefits Planning Process, Community Participation/Capacity Building Initiative,
Statewide Priority	Promoting Wellness of Vulnerable Populations, Reducing Health Disparity,
EOHHS Focus Issue(s) (optional)	Not Specified
DoN Health Priorities (optional)	Not Specified
Target Population	 Regions Served: Natick, Needham, Newton, Waltham, Wellesley, Weston, Health Indicator: Access to Health Care, Mental Health, Other: Domestic Violence, Other: Elder Care, Other: Pregnancy, Substance Abuse, Sex: All, Age Group: All, Ethnic Group: All, Language: All,

Goal Description

Goal Status

Creation of a model for enhanced community engagement, extension of outreach, and expanded services in areas identified in the NWH community health needs assessment.

Developed an operational framework in the hospital for the creation of the Collaborative for Healthy Families & Communities. The Collaborative includes a Medical Director, a Director, and a program outreach coordinator.

Form Councils for each identified health area.

Supported the work of the Resilience Project Council, a school-based initiative focused on mental health in adolescents. Further developed the Palliative Care Council with a focus on access to palliative care in outpatient settings. Created the Maternity Services Council with a focus to specifically address depression and mental health concerns in maternal patients.

Create additional councils that address identified health needs. Started planning for the creation of a domestic and sexual violence council and an elder care council.

Involve community in CHF&C.

Each council is comprised of approximately 50% community members - those with expertise on the subject and those engaged on the topic. Chairs for each of the councils are community members.

education through the CHF&C.

Provide community programming and Each council conducts an annual lecture for the community. The Resilience Council held both a screening and panel discussion of the film Screenagers. The Collaborative held a lecture and discussion on Juuling and Vaping in schools. Both events had over 100 attendees. A Maternity lecture on post-partum depression is being held.

Partners

Partner Name, Description	Partner Web Address
NWH Development Office	Not Specified
NWH Office of Public Affairs	Not Specified
Contact Information	Lauren Lele, Director, Community Benefits and Volunteer Services; 617-243-6330; Michael Jellinek, MD, Medical Director, CHF&C 617-726-0519;
Detailed Description	There is clear evidence that social factors are a major contributor to poor health outcomes and impact the well-being of our patients and families. The creation of CHF&C recognizes that we need to provide even more support to our communities through a range of educational and preventive services throughout the lifespan of families. The CHF&C was formed to enhance the services and resources that address unmet patient and community wellness needs.

Expenditures

Community Benefits Programs	
Expenditures	Amount
Direct Expenses	\$2,296,988.00
Associated Expenses	Not Specified
Determination of Need Expenditures	Not Specified
Employee Volunteerism	Not Specified
Other Leveraged Resources	\$129,952.00

Net Charity Care

Expenditures	Amount
HSN Assessment	\$4,977,060.00
HSN Denied Claims	\$43,377.00
Free/Discount Care	\$681,766.00
Total Net Charity Care	\$5,702,203.00
Corporate Sponsorships	\$167,804.00
Total Expenditures	\$8,296,947.00
Total Revenue for 2018	\$465,981,000.00
Total Patient Care-related expenses for 2018	\$435,345,134.00
Approved Program Budget for 2019 (*Excluding expenditures that cannot be projected at the time of the report.)	\$8,296,947.00
Comments:	Not Specified

Optional Information

Community Service Programs		
Expenditures	Amount	
Direct Expenses	Not Specified	
Associated Expenses	Not Specified	
Determination of Need Expenditures	Not Specified	
Employee Volunteerism	Not Specified	
Other Leveraged Resources	Not Specified	
Total Community Service Programs	Not Specified	
Link to Hospital Formatted PDF Community Benefits Report:	Not Specified	
Bad Debt:	Not Specified	Not Specified
Optional Supplement:	Not Specified	

Current Status: Published Data as of: 6/3/2019 3:21:56 PM