



FY2012 - 2013 Community Benefit Plan

Tier One

I. Active Participation in CHNA-10/Public Health Initiatives

II. Anti-Violence Initiative

Goal I: Reassemble Anti-Violence Task force, determine community/student educational needs

Goal II: Provide theatre-based, interactive education to local youth, educators and parents, regarding bullying, dating violence and sexual assault. Assist local coalitions in awareness campaigns revolving around these issues.

Goal III: Provide Anti-Bullying curriculum to Elementary/Middle School teachers and parents as a pilot program in 2012

Goal IV: Provide free classes to the community, targeting parents, educators, first responders and at-risk youth:

Goal V: Provide a free series of films re: bullying and teen dating violence

Goal VI: Provide defense training to local women, free of charge

Goal VII: Sexual Assault Awareness Series with Center for Hope and Healing

II. Chronic Disease

Goal I: Go Red Cardiovascular Education Campaign February 2012

Goal II: Develop an online education series surrounding Holistic Heart Health

Goal III: Offer Helping Hands Support Group for patients/community residents

Goal IV: Provide monthly (free) educational opportunities to community regarding all aspects of diabetes – prevention, detection, treatment, healthy eating choices, maintenance, wound care.

Goal V: Promote physical fitness/exercise through a community-targeted program (Fun and Fit, Race to the Pacific, Yoga FEVA, Fitness for Flexibility)

Goal VII: Offer free smoking cessation program/support group open to the public, targeting low-income, at-risk neighborhoods, with high smoking incidence

Goal IX: Offer smoking cessation program for middle school youth, in collaboration with Greater Lowell Health Alliance and Lowell Public Schools

Goal X: Offer Monthly COPD Support Group/Educational Program

III. Access to Healthcare

Goal I: Determine feasibility of parish/school nursing program. Conduct interviews/focus groups with all local parishes re: healthcare needs, community demographics, outreach, and education. Devise a plan for rollout in 2013.

Goal II: Seek out funding sources, and apply for grant funding to hire Community Health Workers* in each major language group (bring health program into the community).

Goal III: Consolidate Immunization, TB, Growth & Nutrition and Refugee Clinics to a central location easily accessible to the community served. Work with Lowell Public Schools and the City of Lowell Health Department to provide reinforcement with immigrant families on the importance of proper immunization and preventative health care.

Goal IV: Work with fiscal, patient care and interpreter services to devise a plan to hire at least one Linguistic/Interpreter support person, ideally Spanish-speaking, in 2012.

Goal V: Review all brochures/printed materials. Ensure all significant documents are translated into the major languages of our community. Work with community advocacy agencies to translate into the “smaller” languages (Burmese, Nepalese, and Arabic etc.)

Goal VI: Work with the Career Center of Lowell, the Chamber of Commerce and Greater Lowell WIB to provide healthcare resources to small business owners, individual contractors and the unemployed.

IV. Cancer Care

Goal I: Offer free smoking cessation program/support group open to the public, targeting low-income, at-risk neighborhoods, with high smoking incidence B.R.E.A.T.H.E program

Goal II: Offer smoking cessation program for middle school youth, in collaboration with Greater Lowell Health Alliance and Lowell Public Schools

Goal III: Paint the Town Pink Breast Cancer Awareness Campaign – Online and throughout Greater Lowell. Educational Campaign around Breast Cancer, early detection, breast health.

Goal IV: Provide a free support mechanism for women facing cancer diagnoses, and their loved ones.

Goal V: Provide support to cancer patients through the SPINDLE Fund (groceries, wigs, therapy, nutritional supplements etc.)

Tier Two

I. Advance Directives/Elder Care

National Health Care Decisions Day April 16, 2012

Goal I Organization campaign re: NHDD (including staff, board of directors, volunteers and others) and ask for their involvement to promote NHDD in your community. (Suggestion: Have staff wear a sticker that says *"Ask Me About Advance Directives!"*)

Goal II Set up an exhibit about NHDD in lobby. Distribute NHDD promotional materials and advance care planning educational brochures at community events or health fairs.

Goal III Social Media Campaign – Advance Directives

Goal IV Give a presentation to community organizations (i.e. Rotary Club, senior centers, workplace settings, faith communities, libraries, patient or family support groups, neighborhood associations) and to the public promoting NHDD and offering advance care planning resources.

Goal V Partner with local libraries to set up displays highlighting books about advance healthcare decision-making and use NHDD promotional resources

II. Substance Abuse Initiatives

Goal I: Support City of Lowell MassCall2 workgroup and all programs re: Opiate Overdose prevention. Maintain Community Depot of Opiate Overdose education and resource information in SMC ER.

Goal II: Work with Learn 2 Cope to provide an Opiate Support group at Saints Medical Center 1 night per week, free of charge (to public and non-profit)

III. Adolescent Health/Student Health

Goal I: Develop a Teen-Tween health education series, targeting at-risk youth

Short Term: Feasibility study/program development FY2012.

Long Term: Program roll out FY2013 and beyond. Create a rotating class schedule for teens.

Goal II: Work with local parents/school systems, providing education on Primary Care MD's, and the medical home model.

Goal III: Develop and roll out Social Media/Street Team Campaign on Teen Health.

Goal IV: No Woman Left Behind - Work with group to support programs during sexual assault month April 2012

Goal V: Provide support for To Write Love On Her Arms UML Chapter– November 19 is National Suicide Day

IV. Mental Health

Goal I: Provide FREE education to community, health professionals, educators and parents re: Mental Health issues.

Goal II: Provide FREE community workshops for Autism Awareness Seminars

V. Obesity, Nutrition and Fitness programming

Goal : Provide a variety of FREE (low cost) healthy workout choices to our community, track weight loss/provide support

VI. Ancillary Care

Goal: Saints will work in conjunction with local dentists and optometrists to devise a social media/education campaign around Vision and Dental Care

VII. Diabetic Education Center/Access to Holistic Diabetes Care

Goal I: Streamline all Diabetes-related services, and provide a patient navigation system (Diabetes education, nutrition, exercise, wound care, heart health).