



CAPE REGIONAL
HEALTH SYSTEM

COMMUNITY HEALTH NEEDS ASSESSMENT

CAPE MAY COUNTY NEW JERSEY

2017-2019



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FROM THE PRESIDENT

At Cape Regional Health System, we are proud of our strong tradition of community service. Our staff and volunteers work with our community partners to improve the lives of thousands of local residents by continually offering free health screenings, educational seminars, training and classes. We have received numerous awards for our community outreach initiatives, both locally and nationally.

Cape Regional Medical Center has a longstanding and active partnership with many social and civic organizations, faith communities, schools and local employers. This 2019 Community Health Needs Assessment is the result of a collaborative effort of our community partners who worked throughout the past three years to identify the most-pressing healthcare needs in Cape May County.

This comprehensive report is the result of a thorough assessment of our area's healthcare profile, including a review of public health data and data obtained by means of focus groups, public forums, and one-on-one interviews. This assessment also includes action items and plans to address the healthcare concerns in our community.

We deeply appreciate the work of our Medical Center Staff and Community Partners who are highlighted in this report. We also thank the hundreds of community residents who provided valuable feedback in our interviews and focus groups.

For more information about the 2019 Community Health Needs Assessment, please contact Bonnie Kratzer, RN, BSN, Parish Nurse/ Lifestyle Management Coordinator at 609-463-4043 or jkratzer@caperegional.com.

Joanne Carrocino, FACHE
President & CEO

About the Community Health Needs Assessment

Health Care Reform 3590 Patient Protection and Affordable Care Act requires 501c3 nonprofit hospitals to conduct a Community Health Needs Assessment every three years, which should include:

A strategic plan to be adopted and implemented

Collaboration with community health agencies

Assessment, planning and implementation between January, 2017 and ending December, 2019

A \$50,000 penalty for not complying with initial 3-year period and any subsequent 3-year period

Service Area and Demographics

Cape Regional Health System provides healthcare for all of Cape May County.

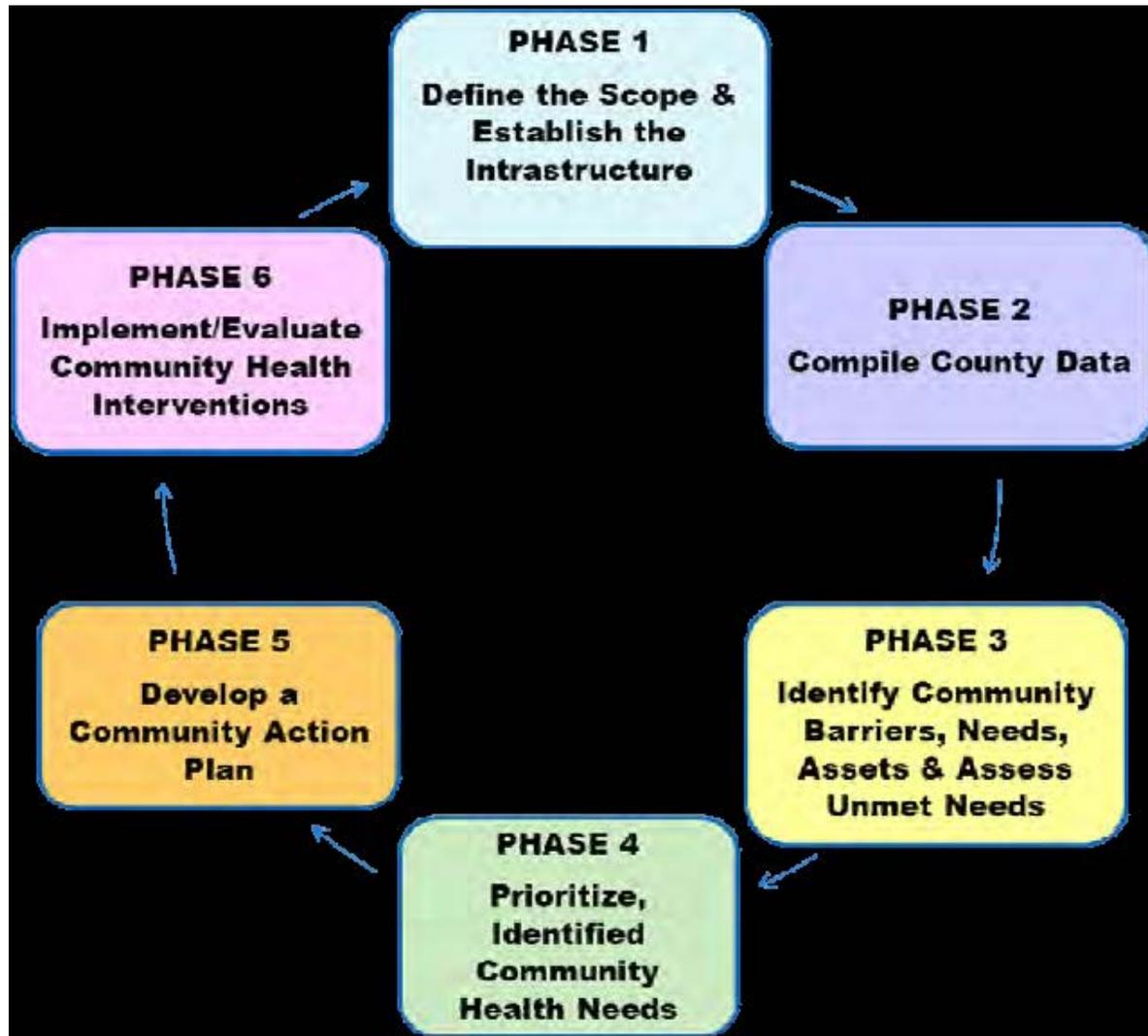
Statistics include:

- Year-round population is 95,404
- Summer season population (May – September) swells to over 800,000
- Breakdown of population:
 - 85.8% Caucasian
 - 4.52% Afro-American
 - 7.17% Hispanic
- Major industry is tourism
- Unemployment rate is 22%
- Population over 65 is 22.1%
- Poverty Level is 10.4%
- Poverty Level under 18 years of age is 19.6%

CAPE MAY
COUNTY



CHNA Process 3 Years



Community Health Needs Assessment Partners

- Angelic Hospice and Palliative Care*
- Cape May County Chamber of Commerce*
- Cape May County Department of Aging and Disability Services*
- Cape May County Department of Health*
- Cape May County Department of Human Services*
- Cape Assist*
- Cape Counseling*
- Cape Regional Health System*
- Cape Regional Physician Associates*
- Caring for Kids*
- Christ Gospel Church*
- Complete Care*
- Concerned Citizens of Whitesboro*
- CURE*
- Lower Township School District*
- Middle Township Police Department*
- Prevention Partnership*
- Puerto Rican Action Committee*
- Rutgers Cooperative Extension*
- Volunteers in Medicine*

Methods to Obtain Important Community Health Needs

Focus Groups

The Patient Protection and Accountability Care Act requires that nonprofit hospitals conduct a Community Health Needs Assessment every three years. This needs assessment will lead to an improved plan for delivery of health services in Cape May County. The focus groups conducted allow us to learn about various topics related to health needs of our county. The information gathered was reviewed for common themes. This helps improve the health of Cape May County. Some questions asked include:

- What do you think are the biggest assets or good things about healthcare in Cape May County?
- What are the barriers to receiving good healthcare in Cape May County?
- What health-related resources do you think the county has that are not being used to their full potential?
- What do you think healthcare providers can do differently to get messages and services to people who need them?
- Does your health care insurance provide most of the services you need?

Seven, one-hour discussion focus groups, with an eight question format, were conducted from March 2017, to August 2017, in Cape May County.

3/29/17 – Pilot program - Our Savior Lutheran Church - Stone Harbor

4/04/17 – Caregiver Support Group –Cape Regional Medical Center

5/04/17 – COCA (Coalition of Community Associations) – Cape May Court House

5/18/17 – Stroke/Brain Injury Support Group – Cape Regional Medical Center

6/08/17 – Parish Nurse Seminar –Cape Regional Medical Center

6/13/17 – Breast Cancer Support Group – Cape Regional Medical Center

8/16/17 – Lower Township Senior Center – Cape May

One-on-One Interviews

The one-on-one interviews conducted allow us to learn about various topics related to health needs of our county directly from an individual. This helps improve the health of Cape May County by allowing “the voices of the people” to be heard. Some questions asked include:

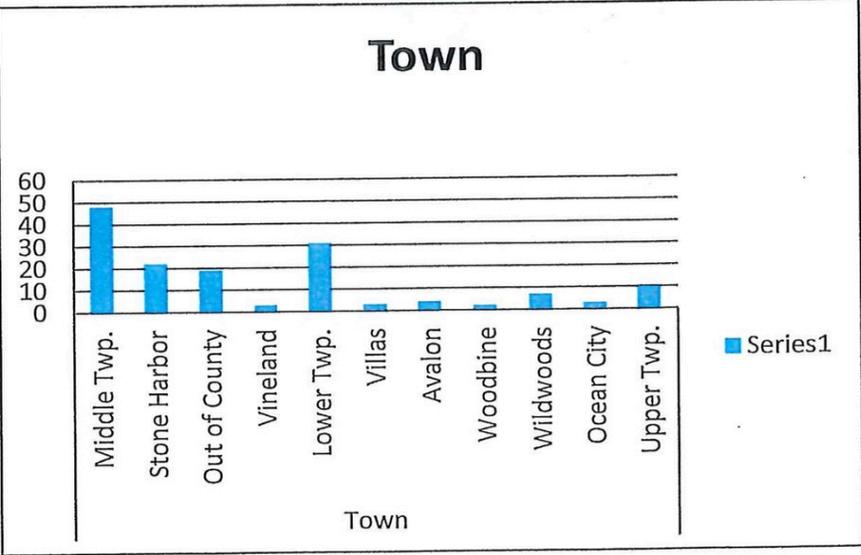
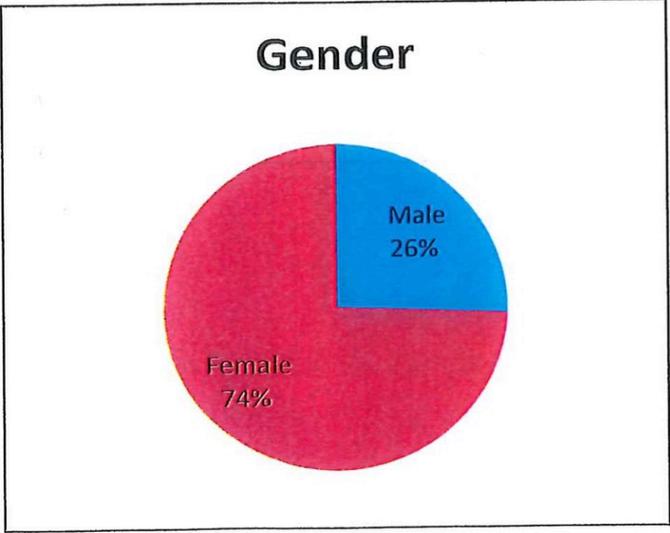
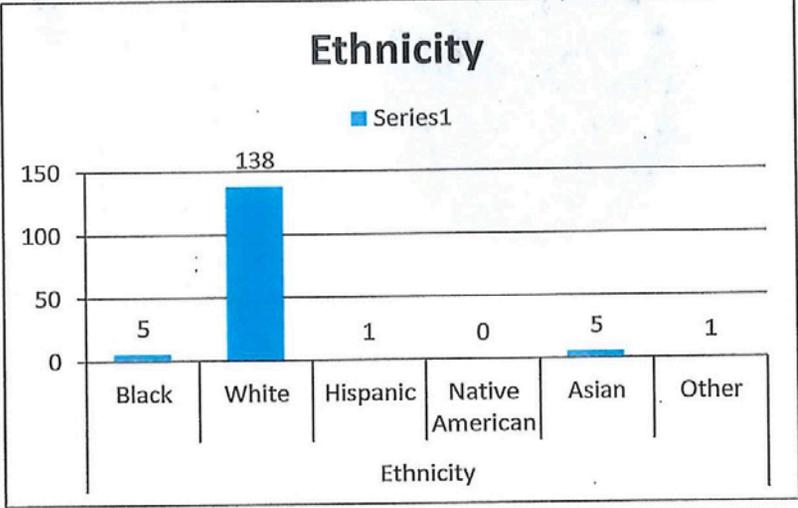
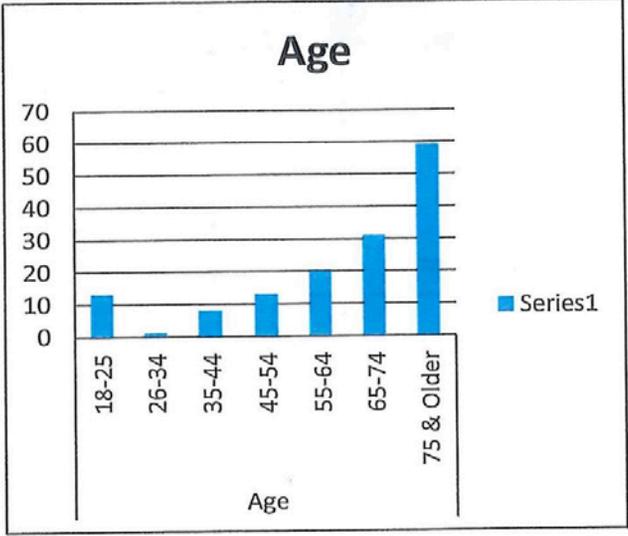
- What are some of the assets, positive programs or services available to the people in Cape May County?
- What do you think are barriers to accessing health care?
- What do you think are the most prevalent health conditions/concerns in Cape May County?

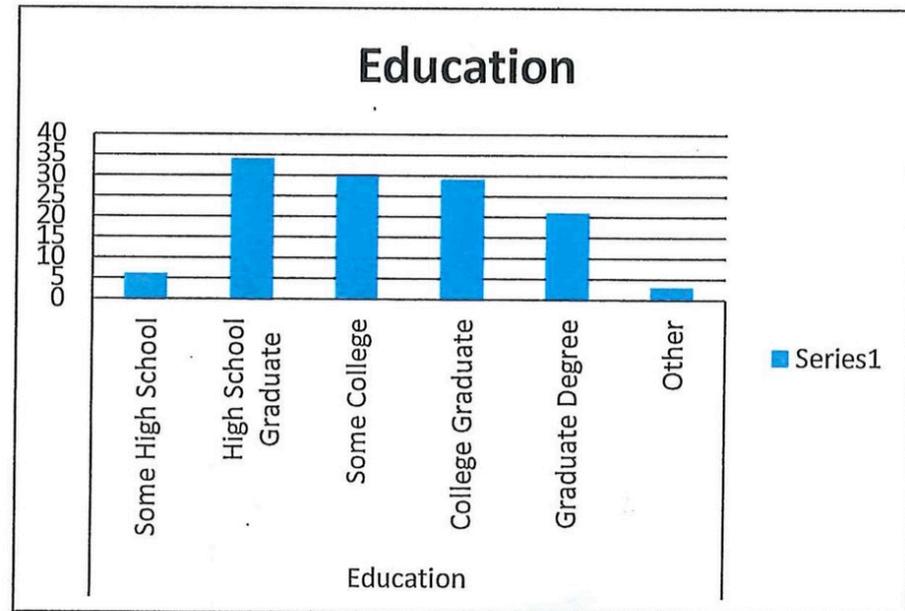
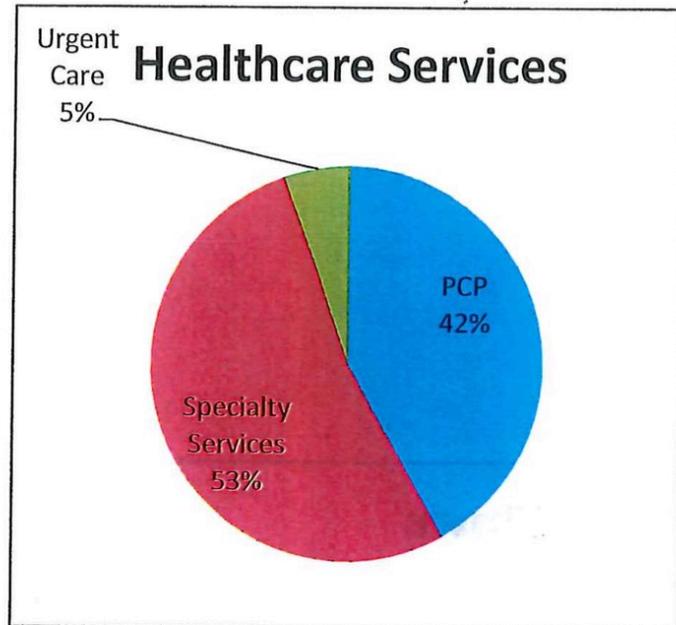
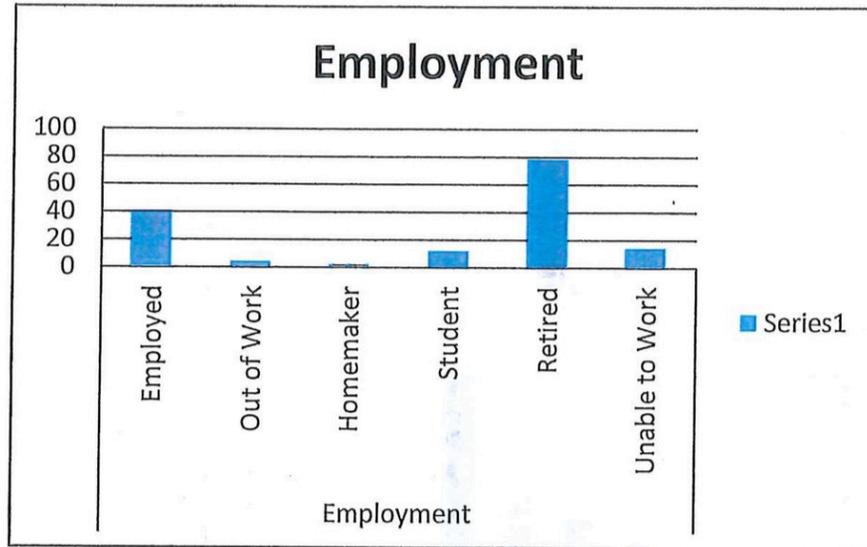
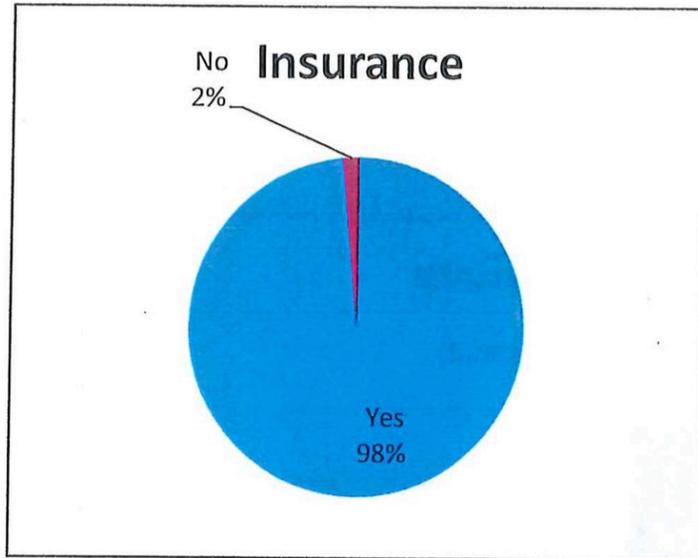
Event/Place	Number of Questionnaires	Date
Parish Nurse Seminar	16	March 28, 2017
Stone Harbor Lutheran Church Health Fair	12	March 29, 2017
Resource Day	8	April 8, 2017
Christ Gospel Church Health Fair	12	April 11, 2017
COCA	6	May 4, 2017
SH Lutheran Church Health Fair	18	May 10, 2017
CRMC Health Fair	11	May 11, 2017
CRMC Parish Nurse Seminar	10	June 8, 2017
CRMC Breast Cancer Support Group	4	June 13, 2017
Health Fair – Ferry Terminal	13	November 2, 2017
Health Fair- Disabilities Day	13	November 4, 2017

Total: 142

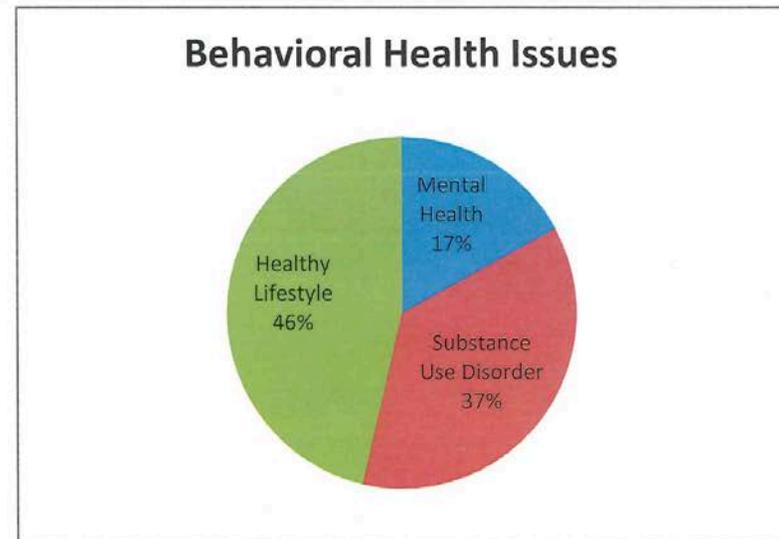
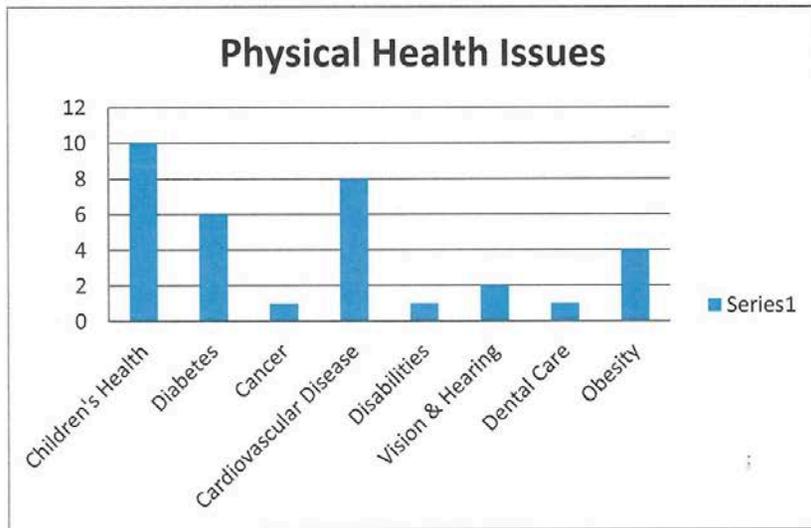
Plus several individual one-on-one meetings not listed above equaling about 150 one-on-one interviews. Not everyone answered all of the questions on the form.

Demographic Results from Focus Groups & Interviews



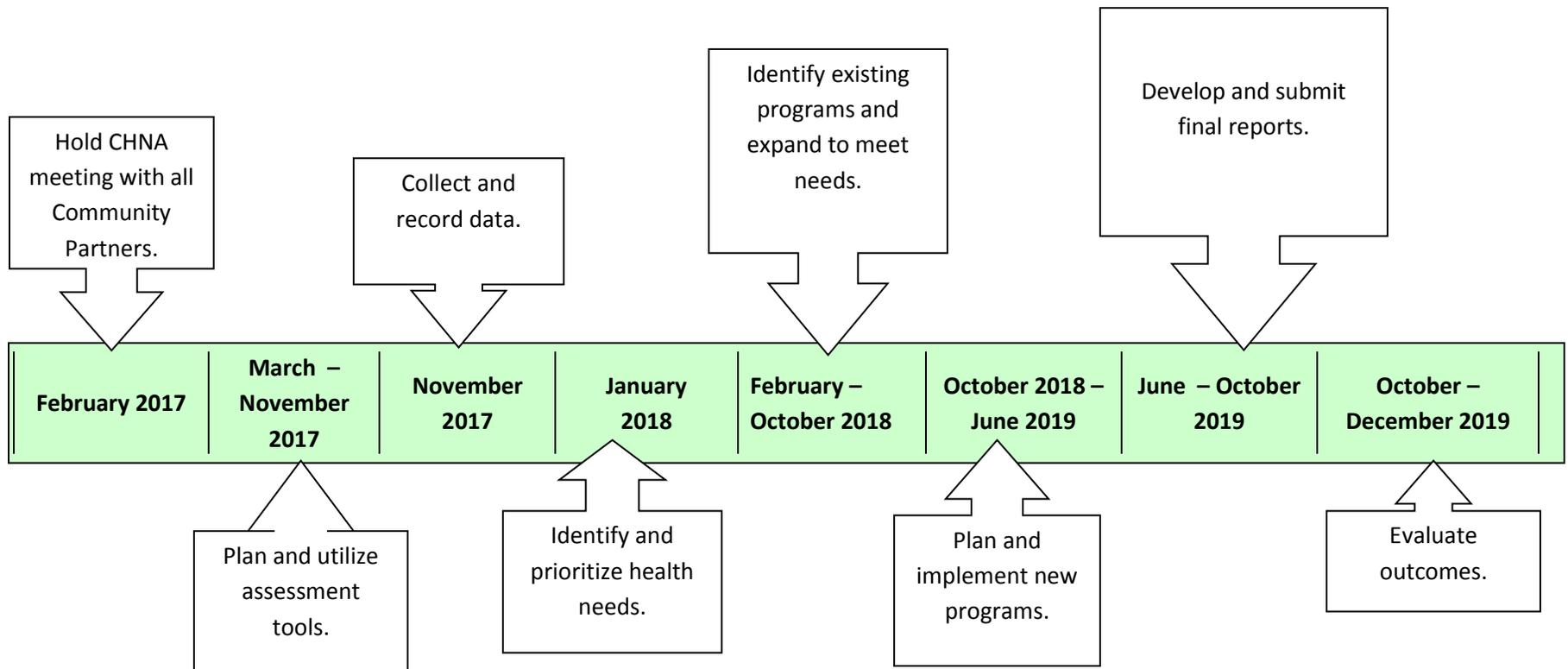


Estimated Health Issues in Cape May County



CHNA Timeline

2017 - 2019



Four Priority Community Health Needs

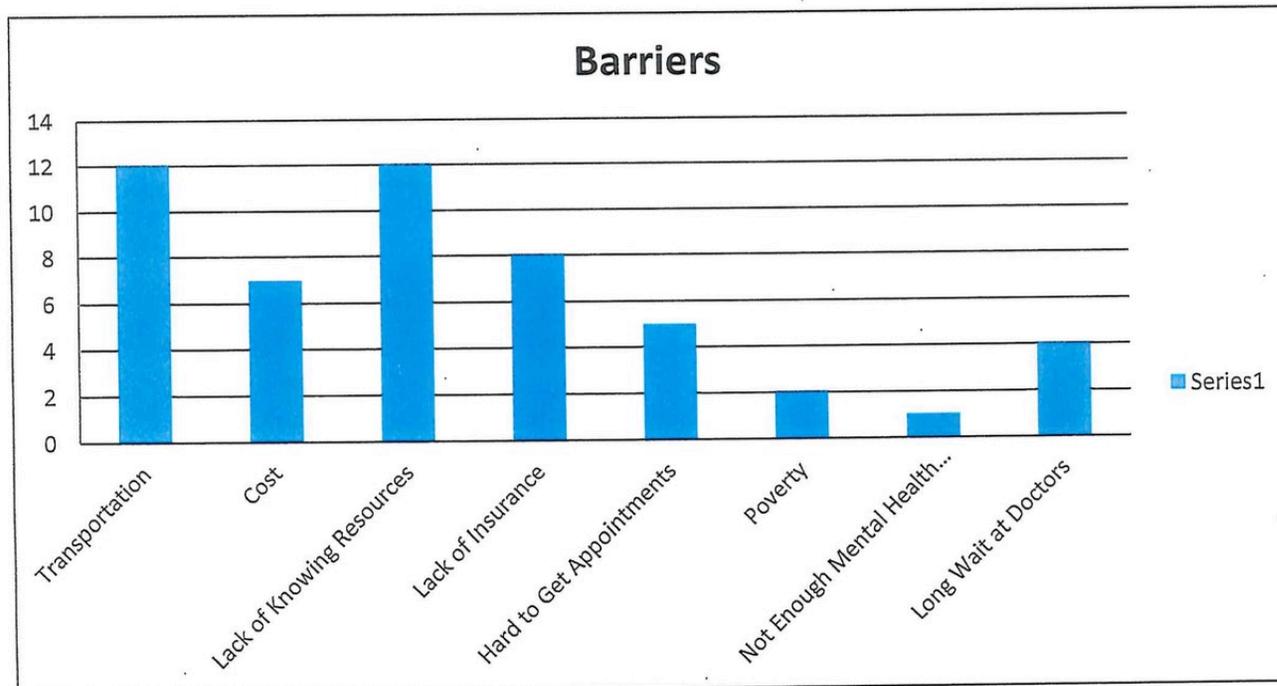
After analyzing results gathered from the focus group meetings and one-on-one interviews conducted from March 2017 to November 2017 with community leaders, health professionals and community residents throughout Cape May County, the following top four health needs were identified.

Four identified community health needs to focus on the following components of health: physical, mental, social and environmental are

- **Cancer**
- **Cardiovascular Disease**
- **Diabetes/Obesity**
- **Mental Health/Substance Use Disorder**

Barriers to Community Health Services

- **Transportation** – Lack of availability
- **Cost/Insurance**– Funding availability
- **Lack of Knowing Resources** – Availability unknown to community residents
- **Physician Availability** – Hard to get appointments and long wait at offices
- **Poverty** – High rate in Cape May County; high rate in 19 years of age and under
- **Unemployment** – High rate of unemployment from October to May because of tourist industry during the summer months
- **Mental Health Issues/Substance Use Disorders** – Lack of services



Assets to Community Health Services

- **Community Outreach from Cape Regional Health System** – Availability of a variety of community health programs including health fairs and educational classes
- **Cape May County Department of Health** – Clinics for immunization and variety of family health services; Free Flu Shots; NJCEED
- **Fare Free Transportation** – Free transportation covering Cape May County
- **Cape May Veterans Groups** – Support for veterans and their families
- **Cape Counseling** – Counseling and support services for mental health issues
- **Cape May County Department of Social Services** – services for housing and social issues
- **Food Pantries** – food provided to community residents
- **Cape Regional Physicians Associates, Urgent Care, VIM, Complete Care** – Availability of professional health services throughout the county
- **Senior Centers** – centers spaced throughout the county for senior activities and meals

Four Top-Priority Community Health Needs

GOAL: To assess, develop and implement programs and services to meet the physical and behavioral healthcare needs in Cape May County by developing strategies to address the issues and reduce the barriers and challenges to these needs.

A. Top four identified areas of community health needs will focus on the physical, mental, social and environmental issues and barriers for:

a. Cancer

b. Cardiovascular Disease

c. Diabetes/Obesity

d. Mental Health/Substance Use Disorder

B. **Adverse Childhood Experiences (ACE):** Cape Regional Wellness Alliance, New Jersey Health Initiative Grant, The Robert Wood Johnson Foundation

Cancer: Prevention, Screening, and Treatment

In New Jersey, there were 16,582 cases of cancer mortality in 2017. In Cape May County, there were 311 cases of cancer mortality in 2017. In New Jersey, there were 48,693 new cases of cancer in 2017. In Cape May County, there were 850 new cases of cancer. Cape May County has the highest overall cancer incidence in the state of New Jersey. Cape May County has the third highest overall cancer mortality rate in the state of

New Jersey.
New Jersey Department of Health

Prostate Cancer

In New Jersey, the incidence rate of Prostate Cancer was 6,643, in 2017. In Cape May County, the incidence rate of Prostate Cancer was 125, in 2017. In New Jersey, the mortality rate of Prostate Cancer was 785, in 2017. In Cape May County, the mortality rate of Prostate Cancer was 16, in 2017. Cape May County has the second highest overall incidence rate of Prostate Cancer.

New Jersey Department of Health

Skin Cancer

In New Jersey, the incidence rate of Melanoma Skin Cancer was 2,205, in 2017. In Cape May County, the incidence rate of Melanoma Skin Cancer was 65, in 2017. In New Jersey, the mortality rate of Melanoma Skin Cancer was 246, in 2017. In Cape May County, the mortality rate of Melanoma Skin Cancer was 7, in 2017. Cape May County has the highest overall incidence rate of Melanoma Skin Cancer. Cape May County has the highest overall mortality rate of Melanoma Skin Cancer in New Jersey.

New Jersey Department of Health

Breast Cancer

In New Jersey, the incidence rate of Breast Cancer was 7,215 in 2017. In Cape May County, the incidence rate of Breast Cancer was 98 in 2017. In New Jersey, the mortality rate of Breast Cancer was 1,333, in 2017. In Cape May County, the mortality rate of Breast Cancer was 19, in 2017.

New Jersey Department of Health

Lung Cancer

In New Jersey, the incidence rate of Lung Cancer was 5,880, in 2017. In Cape May County, the incidence rate of Lung Cancer was 133, in 2017. In New Jersey, the mortality rate of Lung and Bronchus Cancer was 4,059, in 2017. In Cape May County, the mortality rate of Lung and Bronchus Cancer was 154, in 2017. Cape May County has the highest overall incidence rate of Lung Cancer. Cape May County has the second highest overall mortality rate of Lung Cancer and Bronchus Cancer.

New Jersey Department of Health

Colorectal Cancer

In New Jersey, the incidence rate of Colorectal Cancer was 4,335, in 2017. In Cape May County, the incidence rate of Colorectal Cancer was 72, in 2017. In New Jersey, the mortality rate of Colorectal Cancer was 1,577, in 2017. In Cape May County the mortality rate of Colorectal Cancer was 27, in 2017.

New Jersey Department of Health

Goal: Increase awareness and education about cancer through screenings and communicate access to resources and treatment in Cape May County.

Cape Regional Medical Center Brodesser Cancer Center

In October 2015, the oncology certified nurse and oncology certified social worker from the Brodesser Cancer Center achieved Breast Patient Navigator Certification through examination from the Harold Freeman Institute in New York City through the National Consortium of Breast Centers, Inc. The Breast Health Navigation Program at Cape Regional Medical Center (CRMC) helps navigate patients through the healthcare system. The navigators are personal advocates who work collaboratively to help reduce barriers to care and give patients the support they need.

Breast Navigation

- The inception of Breast Navigation was late 2015 and up until recently, the timing of the referral for navigation had been at the time of positive biopsy. At that time the surgeon made the referral to navigation as well as any other referrals that may be appropriate for the patient- med onc, rad onc, etc... Joan and I made contact with the patient, screened and addressed any barriers to care and made any appointments the surgeon ordered for the patient.
- In collaboration with the Cape Regional Physicians Association (CRPA) and the Cape Radiology staff, we continually worked in those first two years to change the timing of the breast Navigation referral since that's what we wanted at the inception of the program and was in line with all of the data about the timing of the intervention related to the effectiveness of Navigation programs.
- Since May 1, 2018 the timing of the breast navigation referral changed to the point in time when diagnostic mammograms recommend biopsy. Reasons for the timing change:
 - ✓ *Provide emotional support for patient early in their journey*
 - ✓ *Screen for barriers earlier: transportation, financials, insurance*

- ✓ *Navigation provides a point of contact for the patient*
- ✓ *Prevents migration*
- ✓ *Scheduling of timely appointment*

- Since December 19, 2018 the Navigation process expanded to include Navigation referrals at the time of MRI breast BIRADS 4.
- We are working with the Director of Physician Integration with Cape Regional Health System and Cape Radiology to make this process smooth and seamless for the physicians and patients. We are tracking some important indicators such as migration, volumes, and time from abnormal imaging to diagnosis.

Lung Navigation

In 2016 we developed a process for lung navigation including Low Dose CT Lung Cancer Screening with Dr. A. Patel who was our CRPA pulmonary physician champion but has since left CRMC in 2017. We did meet with many of the CRPA, PCP offices to discuss both breast navigation as well as lung navigation. We still get a few lung navigation referrals from one or two of the PCP's but not many. Without a pulmonary doctor to champion our efforts and who can do EBUS for diagnosis and staging, our program has stalled. However, we continue to educate PCP providers about the benefits of Lung Navigation.

Prostate Navigation

In 2018, the medical director and the cancer department director presented a draft for the process of Prostate Cancer Navigation. It will take time for us to see any volume growth of prostate cancer here in radiation. Education was provided to CRPA providers regarding the ability to order navigation services in their electronic medical records. Navigation can facilitate the diagnostic, treatment and survivorship stages for problems from the disease with the goal of closing the gap between screening, diagnosis and treatment.

Navigation Summary

Navigation Volumes per year

Year	Breast	Lung	Gynecology	Prostate
2015	15	0	7	0
2016	70	9	8	0
2017	82	21	2	0
2018	118	15	3	4
2019	139	22	1	1

Skin Cancer

A two-hour education program was given to 15 parish nurses who then took this skin cancer prevention program back to their churches. The church program included handouts, posters, flyers and a questionnaire on skin cancer prevention. Nine churches carried out this program during the summer months. The program was given to four senior centers in Cape May County, as well as to two support groups. The Jersey Cape has more campsites than any other area in New Jersey; thus, two large campsites were chosen for skin cancer prevention programs. Pre and post-tests or questionnaires were used in the educational settings.

The skin cancer prevention and screening program, Cape Regional Medical Center, Cape May County, NJ consists of many components:

Prevention Program: the intent of this program is to educate people about skin cancer, including risk factors, signs and symptoms and preventive measures. The program is part of the Community Outreach, Cancer Committee, Cape Regional Medical Center, which is taken out to residents of Cape May County via education programs to living facilities, churches, organizations, and county facilities. Brochures, questionnaires, and discussions were introduced to reach out to Cape May County. Statistics for skin cancer prevention programs/brochures and questionnaires are as follows:

2017- 436 brochures and 390 questionnaires returned

2018 - 550 brochures with 418 questionnaires returned

2019 – 468 brochures with 228 questionnaires returned

Skin Cancer Screening Program

A SPOTme skin cancer screening program was held at the Home and Health Show in Avalon. This program is evidence-based and approved by the American Academy of Dermatology. The process includes forms for personal information, skin cancer history, and use of preventive measures and then a once over/full body examination by a dermatologist with referrals, as appropriate, for follow-up diagnostics and treatment.

The statistics from this screening done by a dermatologist to a large community health fair are as follows:

2017- 45 people screening with 20 suspicious areas and 3 atypical moles referred for biopsies

2018- 33 people screened with 5 suspicious areas and 0 atypical moles

2019- 52 people screened with 12 suspicious areas and 3 atypical moles referred for biopsies

Choose Your Cover

Choose your cover is a free statewide skin cancer screening, awareness and educational initiative, conducted at the beaches in the summer with the goal of prevention. Volunteer healthcare professionals conduct skin cancer screenings; in addition participants receive a wealth of vital information about sun smart precautions to protect their skin.

The statistics from the screenings are as follows:

2017- 311 screened with 15 referred to a physician

2018- 241 screened with 11 referred to a physician

2019- 71 screened with 11 referred to a physician

Barriers to these skin cancer programs might be:

Transportation- one solution to do these screenings near the beach was people are vacationing.

Lack of Knowledge- prevention programs are taken to where people live or attend meetings.

Cost- prevention programs and screenings are free of charge.

Prostate Cancer

The cancer prevention program for Cape Regional Medical Center in 2019 was Prostate Cancer with the development of a pilot program followed by a power-point presentation to parish nurse, who then took the program with brochures and questionnaires out to the public through churches, senior centers and living facilities. In 2019 – 394 brochures and -130 questionnaires were distributed and returned.

The Cancer Care Center at CRMC offers an annual screening day for men. Screenings include PSA's, DRE's (digital rectal exams) for prostate cancer, hemocult testing to detect colorectal cancer and clinical testicular exams for testicular cancer. These screenings are free of charge to the men participating in this event. Education regarding prevention and early detection of prostate cancer, colorectal cancer and testicular cancer is provided. The area of

community need is that the older Cape May County population warrants men’s health screenings to include serving the underinsured and the non-insured residents through CEED. Through the New Jersey State Health Assessment Data (NJSHAD) the following is necessary:

- Prostate –Healthy NJ 2020 Objective CA-17: Increase the proportion of men aged 40+ who have discussed the advantages and disadvantages of the PSA test for prostate cancer with their health care provider
- Colorectal – Healthy NJ 2020 Objective CA-15: Increase the proportion of adults aged 50 – 75 who received a colorectal screening based on the most recent guidelines

The Men’s Health Day Screening Program is consistent with NCCN Guidelines. It is free of charge to men meeting criteria of a family history of prostate, colorectal or testicular cancer, age 45+ years for African American males, age 50+ years for all other ethnicities. Participants are required to complete a screening form to include prior personal history and/or family history of these cancers. PSAs are drawn on the day of screening with digital rectal exams conducted for each participant in the screening for prostate cancer. Clinical testicular exams are performed for testicular cancer screening and Hemocult cards are distributed for participants to take home and return with 3 consecutive days of sample in the evaluation for colorectal cancer screening.

Barriers of concern addressed in 2017 and 2018 include insurance issues, transportation, lack of knowledge of community resources, program capacity, time (appointment scheduling and coordination,) lack of education regarding cancer prevention and early detection.

Results of DRE and testicular exams are provided to the participant at the time of the screening. Approximately 3 – 4 weeks later, the results of the PSA and Hemocult tests are mailed to the participant once completed. Participants are encouraged to share results with their primary care provider.

	Statistics for 2017	Statistics for 2018	Statistics for 2019
Number of scheduled participants –	32	30	29
Number of attendees -	31	25	29
Number of abnormal, elevated, or positive clinical findings			
# w/elevated PSA	4	1	5
# w/abnormal DRE	1	1	9

#w/positive Hemocult test	0	0	0
#/wpositive clinical testicular exam	1	0	0
#w/elevated PSA and abnormal DRE	1	0	0

Lung Cancer

Lung cancer is the leading cause of cancer-related deaths for both men and women in the United States. Cape Regional Medical Center’s Lung Cancer Navigator program is designed to assist patients who have been recently diagnosed, are already living with lung cancer or have had a recurrence of the disease. The program helps patients cope with the anxiety of being diagnosed with cancer, provides information and resources, decreases barriers to services and seeks to expedite access to care.

In 2016, Cape Regional Medical Center purchased new equipment for diagnosis and staging of lung cancer. Endobronchial ultrasound-guided transbronchial needle aspiration (also known as EBUS) allows doctors to take samples without having to do an operation. It may be used to investigate enlarged lymph nodes in the mediastinum, and diagnose conditions such as sarcoidosis, tuberculosis, as well as lung cancer. It can also diagnose lung cancer outside the bronchi and stage lung cancer by taking cell samples from the lymph nodes. Inception of the EBUS program at Cape Regional Medical Center was 2016 and to date 5 cases have been performed under this program.

In 2018, the cancer committee prevention Program was Lung Cancer with an emphasis on smoking cessation. The program provided educational materials on risk factors, signs and symptoms and preventive measures. Cape May County has the most lung cancer cases in New Jersey. The preventive program was centered through Parish Nurses taking this program to churches and to other facilities in the county. Barriers to the education included lack of interest in stopping smoking (the biggest risk factor for lung cancer). Trying to reach more people of all

ages by taking information to where they live, work or go to school is a method of prevention and/or early diagnosis. The prevention program reached out to 600 people through brochures and education with 418 questionnaires being collected. In 2019, there were 382 brochures distributed with 184 questionnaires returned.

NJ Quitline

NJ Quitline is a toll-free, telephone-based free service that helps people who want to stop smoking. Trained counselors give callers information, advice, encouragement and one-on-one counseling. Counselors design an individualized program to support each smoker's effort to stop smoking. There are four counseling sessions, with the option of adding sessions as needed.

The Quitline information from those who wanted to stop smoking were obtained at health fairs and sent to NJ Quitline. Statistics for this are as follows:

2017- 4 people went through the program

2018- 5 people went through the program

2019- 2 people went through the program

Smoking Cessation

The Smoking Cessation program at Cape Regional Health System includes education regarding risk factors, nicotine replacement alternatives, lung function testing, stress management, dietary concerns regarding weight gain and smoking relapse prevention. It usually takes 2 or 3 tries before finally being able to quit. The decision to quit and success in quitting are greatly influenced by how much one wants to stop smoking.

Statistics for CRMC smoking cessation class are as follows:

2017- 7 participants

2018- 5 participants

2019- 4 participants

In 2018, Cape Regional Medical Center partnered with Shore Medical Center for a grant on Cancer Control and Prevention. The CRPA (Cape Regional Physicians Associates) reached out to those using tobacco and referred them to NJ Quitline. In 2019 the number of patients using tobacco was 445 with 26 referred to NJ Quitline. In 2019, Cape Regional Medical Center partnered with Cape Assist concerning smoking cessation. The number of people reached was 8.

A large barrier is getting those who smoke to a program and then having them free from tobacco. Incentives are sometimes necessary to get people to stop smoking.

Lung cancer is the leading cause of cancer-related deaths for both men and women in the United States. Cape Regional Medical Center's Lung Cancer Navigator program is designed to assist patients who have been recently diagnosed, are already living with lung cancer or have had a recurrence of the disease. The program helps patients cope with the anxiety of being diagnosed with cancer, provides information and resources, decreases barriers to services and seeks to expedite access to care.

Colorectal Cancer

The Cancer Care Center at Cape Regional Medical Center offers a comprehensive screening day for men annually that includes prostate, colorectal and testicular cancer screening. This screening focuses on colorectal cancer by offering hemocult testing for early detection of colon cancer. The program also provides participants with education in the form of posters and handouts regarding prevention and the importance of early detection of colorectal cancer.

A Colorectal Cancer Prevention Program was developed in 2017 through the Cancer Committee at CRMC. It included preventive measures of signs and symptoms, risk factors and screenings. The Parish Nurse Program took the information out to churches, senior centers and living facilities. The biggest barrier for colorectal cancer seems to be that people are not interested in learning about it or being screened for it. Another barrier is not knowing about resources in the county for screening of colorectal cancer. Better means of reaching out to people through community resources is a major goal for CRMC. Those people reached through the preventive program were as follows:

2017- 1,000 brochures distributed with 456 questionnaires returned.

2018- 450 brochures distributed with 319 questionnaires returned.

2019- 351 brochures distributed with 179 questionnaires returned.

Another part of the Cancer Control and Prevention grant pertains to colorectal cancer. Cape Regional Medical Center is partnering with Shore Medical Center for colorectal cancer on referrals for screenings. The statistics for 2018 are:

Number of patients who require screenings- 164

Number of patients referred for screening- 83

Number of patients not referred for screening- 81

Number of patients who completed screening- 67 (81%)

The statistics for 2019 are:

Number of patients who require screenings – 123

Number of patients referred for screenings – 29

Number of patients not referred for screenings - 4

Breast Cancer

The Jane Osborne Center for Women's Health is a specialty care center for Cape Regional Health System designed to meet the personal needs for breast health care. The center offers 3D mammography, breast biopsies and breast care navigation. The Cape Regional Health System offers radiation therapy, breast surgery, breast reconstruction and breast health navigation. A breast cancer support group meets monthly and has approximately twenty ladies who support each other by sharing community resources, coping tools and relaxation techniques in addition to learning habits for a healthy lifestyle. The motto for this support group is "Women supporting women to nurture self-care and healing."

CEED – Cancer Education and Early Detection

The NJCEED program was designed to provide cancer screenings to residents of each county who are uninsured, underinsured, and below 250% of the federal poverty level. NJCEED at Cape May County Department of Health offers breast, cervical, prostate and colorectal cancer screenings. The goal is to serve as many eligible county residents as possible, in order to decrease the overall financial burden of cancer care and treatment on the State of New Jersey. Early detection and prevention education are the keys to timely and successful treatment. Outreach activities throughout the year by participation in health fairs, meetings, seminars, community gatherings as well as flyer and pamphlet distribution at staffed tables in public buildings are designed to increase awareness of our services. County buildings, senior centers, churches and retail outlets are all included in the plan. The goal is to reach those who are most at risk, by nature of no or poor insurance coverage, low income, ethnic minority, homelessness, and undocumented status.

The main barrier which must be overcome to provide services is lack of adequate public transportation. Fare Free can be helpful in some circumstances, but in farther northern and western parts of the county this is not sufficient. A new location in Ocean City, in conjunction with our Family Planning Program, will open within the

next few months and offer services to that area. We are also looking at partnering with our Family Planning group to utilize a new van they have acquired to help with transporting our clients as well. Another barrier is the reluctance of our male clients to seek screening services, and we are increasing our efforts to provide education on prostate and colorectal cancers.

We are slowly increasing our numbers by constant outreach, referrals from other providers, and word-of mouth from current clients. Hopefully we will continue the upward trend and attract more clients who will benefit from our services

CEED Statistics

2017 – 2019

Screenings for:	2017	2018	2019
Breast cancer	190	145	157
Cervical cancer	50	50	83
Colorectal cancer	70	73	118
Prostate cancer	15	19	23

A Cancer Thriving and Surviving evidence-based community workshop was held in a senior center for 10 people in 2019. This was part of the Cancer Control and Prevention grant through Shore Medical Center. It was very successful.

Cardiovascular Disease

In New Jersey and Cape May County specifically, the number one leading cause of death is cardiovascular disease. In New Jersey the mortality rate of cardiovascular disease was 25.4% based on 18,598/73,217 people.

New Jersey State Health Assessment Data

Goal: Increase awareness and education, while promoting healthy lifestyles of heart disease and communicating access to resources and treatments in Cape May County.

Cardiovascular Disease: Hypertension Control

Goal was to promote awareness of educational resources for hypertensive members of the community and to implement tools for improved self-management of hypertensive patients.

Several barriers to control of hypertension and patient self-management of their disease were identified. First is the inundation of information that patients experience during doctor's visits or acquire at outside non-medical institutions such as the local library. Unclear or overwhelmed with information, patients or caregivers can become lost and may need re-enforcement of a plan of care. If follow-up clarification is not requested and provided, then there is poorly managed uncontrolled hypertension. In order to combat this barrier, a hypertension self-management tool was created for patients in 2019. The tool promotes clear dialogue between the patient, caregiver and medical team, and patients have a reference and tracking tool after office visits. In addition, flyers regarding self-management for chronic disease and heart support group have been posted in medical offices to encourage patient enrollment. And clinical team can refer patients to registered nurse care coordinators for telephonic management between visits.

Another barrier is that patients are not sure of the best techniques for self-monitoring their blood pressure. Target BP from the American Heart Association was used as a resource for patients regarding proper technique.

Target BP material was also shared with physician office staff to provide staff with ongoing education regarding best methods for accurate blood pressure monitoring in the office.

And finally an identified barrier is that patients do not have the financial resources to fill their prescriptions or the transportation needed to attend follow up appointments. A community resource pamphlet was created for quick reference list of community resources available to assist with these needs, education on prescription drug card offered through the Cape May County Health Department and patients are referred to nurse care coordinators.

Goal was achieved through identification of barriers to hypertension management in the community. Review of current availability of educational resources and development of tactics to overcome the barriers identified. Members visited local shopping centers, senior centers, medical offices and libraries to identify barriers and current available educational materials.

Data from partnering physician practice noted that in 2017, 72% (7141 out of 9918) of patients who had a diagnosis of hypertension had controlled blood pressure with a reading of <140/90 and in 2019, 73% (8680 out of 11891) of patients had controlled blood pressure. This data will continue to be monitored to evaluate the effectiveness of the education provided and the tools implemented for both patients and staff.

Health Fair screenings

Health fairs are held about 20 times throughout the year at various locations: churches, senior centers, senior living facilities, community centers and other health facilities. Again, a barrier to getting people to get free screenings depends on marketing and the availability of people to attend the function. By having these health fairs at locations where other activities are happening, more people take advantage of such screenings. Two of our screenings are informative for people to know because they are risk factors for cardiac disease. Statistics include:

2017 – Blood pressures taken – 4879

Cholesterol readings taken – 652

2018 – Blood pressures taken – 3857

Cholesterol readings taken – 470

2019 – Blood pressures taken – 2775

Cholesterol readings taken - 500

Heart Support Group

Goal: To allow those who have and/or are recovering from heart issues to speak in a judgment free zone.

In September of 2018, a new addition was added to our cardiovascular programs which was the Heart Support Group. This group began meeting in the evenings and had monthly meetings during the fall season. Speakers on nutrition and on hypertension drew a group of between 9-11 attendees.

A barrier to this support group was the meeting time. Night time prohibited some of the drivers from attending. We did not get the number of people expected. Thus, publicity needed to be enhanced and timing for meetings was changed to the afternoon. The stroke support group had previously ended, so stroke and heart conditions have been combined into one support group, giving us a wider base for topics and a larger attendance.

A major barrier seems to be lack of awareness of the group meetings. Marketing of this new program has dwindled; thus, we have suspended meetings for the present time.

Statistics:

2017- Non-applicable

2018- Meetings ranged in having between 2 and 11 participants

2019- Meetings reduced in numbers to 2 participants

Chronic Disease Self-Management

Chronic Disease Self-Management is titled Take Control of Your Health in New Jersey. It is an evidence-based program developed by Stanford University and presented worldwide in several languages. The six-session program teaches usage of skills in making action plans, brainstorming, group work, problem-solving and decision-making. These techniques are used to learn the body-mind connection, how to get enough sleep, how to deal with emotions, how to manage pain and depression, and how to talk with your healthcare provider. Daily activities such as exercise, nutrition and medication usage are included in the program, along with positive thinking and planning for the future. The text Living a Healthy Life with Chronic Conditions is available to attendees who are taking the course. Cape May County has three Master Trainers who train peer leaders to facilitate community workshops in Cape May County.

The Chronic Disease Self-Management program has been held at Cape Regional Medical Center many times to train peer leaders to be able to facilitate program in churches, senior living facilities and adult groups. One barrier to facilitating the community workshops is gathering enough people to hold this lifestyle management class. A solution is to hold the classes where seniors either live or attend programs.

- 2017 - Peer Leader Training – 1 class for 11 people
Community workshop – 1 class for 5 people
- 2018 - Community workshop – 1 class for 5 people
- 2019 - Community workshop – 1 class for 19 people
Peer Leader Training – 1 class for 10 people

Diabetes and Obesity

Diabetes

As of 2015, approximately 862,000 people, 11.3% of the adult population, in New Jersey have diabetes. Out of 862,000 people, 235,000 of those people have diabetes but do not know it yet. 2,483,000 people, 37.1% of the adult population, in New Jersey has prediabetes with blood glucose levels higher than normal but not high enough to be diagnosed. There is a diabetes epidemic in New Jersey.
American Diabetes Association

Obesity

In New Jersey, the incidence rate of Obesity in adults was 1,707,075, in 2017. In Cape May County, the incidence rate of Obesity in adults was 21,331 in 2017. 28% of adults in Cape May County have obesity.
New Jersey Department of Health

Diabetes Goal: Decrease the risk of complications of Diabetes in Cape May County.

One of the focus areas identified in the 2017-2019 survey was diabetes and obesity as a health priority within Cape May County. In order to address this component of health, community partners are using multi-facet programs throughout Cape May County. Programs that were conducted included health fairs, health screenings, diabetes classes, diabetes support groups, Project Healthy Bones, A Matter of Balance, Walk with Ease and dissemination of resource materials. The goal of the program is doing educational outreach, classes, support groups, conducting evidence-based programs, offering health screenings in communities with higher risk and providing resource material to Cape May County residents in order to increase knowledge of how to reduce one's risk of type two diabetes and to maintain a healthy weight.

The Diabetes Education Center, Cape Regional Medical Center, is certified by the American Diabetes Association for Diabetes Self-Management Education. Diabetes self-management is a four-week outpatient course on blood sugar management taught by certified diabetes educators and diabetes specialists. This extensive class includes individual counseling with certified diabetes educators and dieticians with a follow-up appointment upon

completion. The program includes learning techniques to maintain good health and to prevent complications of diabetes.

Day or evening classes include:

- ✓ Self-monitoring for blood glucose and lifestyle management
- ✓ Meal planning with individual, family-friendly, healthy food choices
- ✓ Understanding your medications
- ✓ Chair home exercise programs

The most prevalent barrier to the Diabetic Education Program is the lack of completion of the four classes in the education series. Some people do one or two classes and do not return to complete the process. Others sign up for the four classes and do not attend any of them. One solution that is being tried is to call the participants and remind them of the upcoming classes. Another tried solution is to emphasize the importance of learning how to manage diabetes in order to possibly curtail complications. Additional and more wide-spread marketing is another possible solution. It is very important for the Cape Regional Physicians Associates to promote the diabetes education program and try to emphasize its importance.

Statistics: Diabetes education

2017 – 401 participants

2018 – 222 participants

2019 – 239 participants

Diabetes support group

2017 – 171 participants

2018 – 161 participants

2019 – 119 participants

Blood sugar screenings

2017 – 660 screenings at health fairs

2018 – 461 screenings at health fairs

2019 - 567 screenings at health fairs

Cape May County Department of Health, Cape May County Department of Aging and Disabilities, Cape Regional Medical Center and Parish Nursing facilitated multiple programs throughout 2017 – 2019 to increase knowledge of lowering one's risk of developing diabetes and maintaining a healthy weight. Programs that were completed were health fairs, health screenings, diabetes education classes, diabetes support groups, evidence-based programs and dissemination of resource materials. Nutrition classes were offered by Cape May County Department of Aging at various senior centers with the goal of increasing participants' knowledge of maintaining a healthy weight and diet.

Health fairs and screenings were performed in communities that were identified as having an at-risk population, such as senior centers and senior living facilities. Another source of reaching out to the community is through the many churches in Cape May County. Evidence-based programs were used to measure the increase in knowledge and increase in activity for those in senior centers, senior living facilities and faith-based communities.

Barriers were identified in order to understand possible hurdles in implementing diabetes and obesity programs. Barriers that were identified included lack of knowledge of county resources, trouble with transportation and limited access to medical care. The barrier of lacking knowledge of county resources was overcome by disseminating Cape May County Public Health Community Resource Directory to make residents more aware of programs that are offered to them. The book is broken into sections based on types of services with an array of resources offered throughout the county. Cape May County Public Health Community Resource Directories were sent or given to community partners, libraries, municipal building, school and hospitals. There were over 5,000 directories disseminated throughout Cape May County.

Access to medical care was overcome by increasing awareness of free lipids screening at Cape May County Department of Health and by making screenings available at health fairs through Parish Nursing.

The number of health fairs in Cape May County and the number of people reached by health screenings:

2017 – 30 health fairs and 3,990 people reached by all health screenings

2018 - 19 health fairs and 3,275 people reached by all health screenings

2019 – 24 health fairs and 3,872 people reached by all health screenings

Obesity Goal: Improve awareness of healthy eating, promote healthy lifestyle to address weight issues, and provide information regarding resources in Cape May County.

Walk With Ease

Walk with Ease is an evidence-based eighteen session walking program. This program gives the opportunity to begin and develop an ongoing fitness program. Walk with Ease can be used to “burn, calories, control weight, and boost energy.” Handouts are given for each lesson. Lessons include information about the 2-hour pain rule, walking plans and how to perform stretches correctly. Cape May County has fifteen trained leaders to facilitate this program in Cape May County.

The Walk with Ease program is new for Cape May County in 2018. There was one training session for 16 people. The program was held in one senior center and in one church with 15 participants in each program. One barrier for the program might be that all people cannot walk at the same pace or for the same distance. A solution is to have several groups according to ability and choice.

The program for 2019 had three different locations with a total of 25 participants.

A Matter of Balance

A Matter of Balance is an evidence-based eight-session program developed by Boston University and administered through MaineHealth's Partnership for Healthy Living. Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program with discussion activities and gentle exercises designed to manage falls and increase activity levels.

Cape Regional Medical Center has 4 Master Trainers to train coaches who facilitate community workshops in senior facilities in Cape May County.

In 2017, we had two coach training classes for a total of 22 people. We also held 6 community workshops for a total of 44 people.

In 2018, we had two coach training classes for a total of 14 people. The exercises from A Matter of Balance are also done prior to Project Healthy Bones classes.

In 2019, we held two community workshops for a total of 29 people. We held one coach training for 12 people.

Project Healthy Bones

Project Healthy Bones is a twenty-four session osteoporosis prevention, exercise and education program for older adults. This evidence-based program was developed by Tufts University. The program includes educational components on exercise, osteoporosis risk factors, diagnosis, treatment, medications, prevention, and nutrition and falls prevention. The exercise component includes posture, balance, strength training and stretching. Cape Regional Medical Center has a Lead Trainer to teach leaders who facilitate Project Healthy Bones in churches in Cape May County.

In 2017, we held a peer leader class for Project Healthy Bones and trained 13 new peer leaders. The Project Healthy Bones program has been in Cape May County for 15 years. Currently, it continues weekly (except for

summer months) in four county churches. New members are always welcome, but we do have many original members who faithfully enjoy the education and exercise program.

In 2017, we had three churches provide the program with about 15 people in each church. There is also a senior community center that holds a Project Healthy Bones program for about 15 people.

In 2018, we again had the same three churches with the program and about 16 people in each church. The senior center also continued its program for 15 seniors.

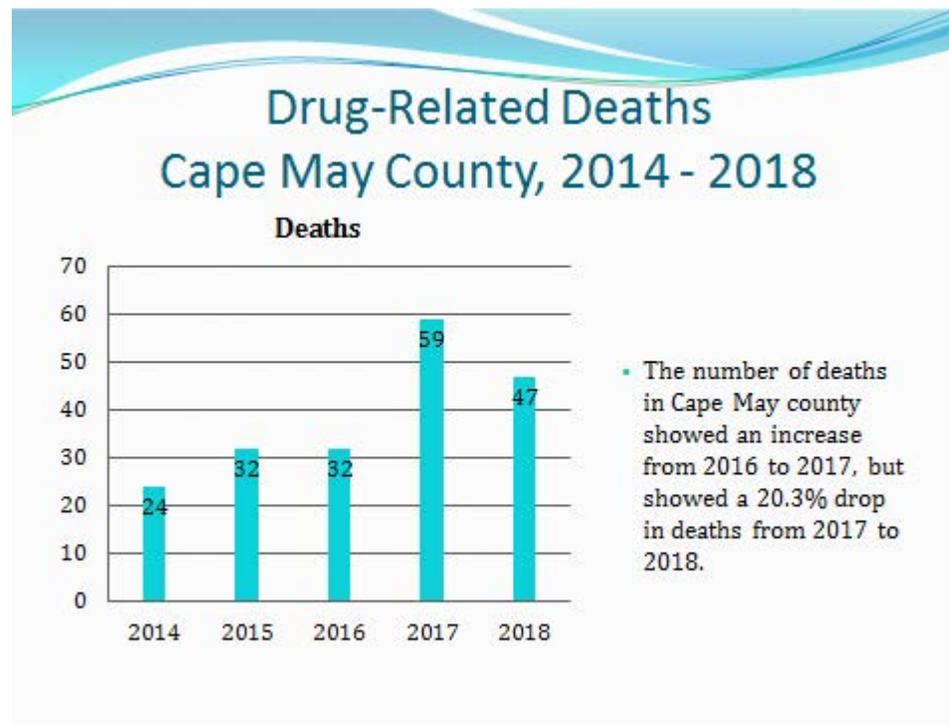
In 2019, the New Jersey Department of Human Services presented the updated 2018 Project Healthy Bones Program. Cape Regional Medical Center's Lead Coordinator taught 26 parish nurses and lay leaders this updated program resulting in four churches and one senior center facilitating the 24-week program. There are about 80 people benefiting from the education/exercise program.

Mental Health/Substance Use Disorder

As of May 2017, there were 76,509 treatment admissions and in 2016, 74,291 discharges reported to New Jersey Department of Human Services, Division of Mental Health and Addiction Services. In Cape May County, there were 603 people admitted in 2016. There were 2,127 total resident admissions from alcohol, cocaine/crack, heroin, marijuana, and other opiates and drugs in 2016.

New Jersey Department of Human Services, Division of Mental Health and Addiction Services

GOAL: Provide a system for Cape Regional Medical Center, Cape Assist, Cape Counseling and the community to refer those with alcohol/drug addiction to CURE at Lighthouse Church



CARES Background

- Cape Recovery Services (CARES) was established on August 1, 2017 with the goal of helping members of the Cape May County community break free from the dangerous and often deadly cycles of a substance use disorder.
- Often CARES clients are referred directly from the Cape Regional Medical Center's Emergency Department following a substance use disorder medical emergency. After visiting the patient's bedside, a Peer Recovery Specialist enrolls the client in the CARES program.
- Since CARES inception, it has created numerous programs designed to ease the transition from active addiction to stable recovery

Some Facts

- The number of heroin-related deaths increased for 4 straight years and dropped 20.3% in 2018. Cape May County ranked number 1 in reduction of overdose deaths.
- Heroin-related deaths account for the majority of drug overdose deaths.
- Heroin-related deaths in New Jersey outnumber deaths by firearms, motor vehicle crashes and suicide.

What do we do?

- The CARES program was designed to respond to individuals reversed from an opioid overdose who are treated at the Cape Regional Medical Center's Emergency Department.
- DMHAS, the Governor's Council on Alcoholism and Drug Abuse (GCADA) and the Department of Children and Families (DCF provided the funding to support this initiative.
- DMHAS expanded our services in January 2018 to include outreach services. These services include:
 - ✓ Hope One – Our RS is able to provide individuals immediate access to services and treatment facilities, putting them on the road to recovery.

- ✓ Drug Diversion Program – a collaborative program by CARES and the Cape May County Prosecutor’s office that focuses on residents of Cape May County who have been arrested for 3rd and 4th degree drug-related possession charges.
- Recovery Court Employment and Placement program – CARES and Cape May County Recovery Court partnered to provide tool and guidance in securing employment.
- CARES Jail Program – Cape May County Correctional Facility and CARES created and provides individuals with services to assist them to move from addiction into recovery. A RE-Entry Program was also started.
- CARES is providing RS to Lower and Middle Township Police calls with individuals with an SUD.

Purpose and Intent

- CARES utilizes the Recovery Specialist and the Patient Navigator to engage individuals with a substance use disorder non-clinical assistance, recovery supports and appropriate referrals for assessment and substance use disorder treatment.
- The Recovery Specialist and the Patient Navigator maintain follow-up with these individuals and deliver or appropriately link individual services while providing support and resources throughout the process.

Contract Scope of Work

- The overall goal and mission of the program is to:
 - ✓ Increase linkage to appropriate care in the community
 - ✓ Assist in ending the “revolving door” where too many individuals endlessly cycle in and out of our emergency department and never connect to treatment or recovery support services.
 - ✓ Promote improved recovery, wellness and healthy lifestyles
 - ✓ Reduce public healthcare expenditures for individuals with substance use disorder
 - ✓ Improve healthcare behaviors, clinical outcomes and quality of life
- CARES provides 24/7 opiates response to the emergency department; on all other substance use disorder calls we are staffed from 8am to 8pm.

- Recovery Specialists engage and support patients in the emergency department.
- Patient Navigator assists in linking patients to treatment/recovery supports.
- CARES program consists of three key positions:
 - ✓ Recovery Specialist engages individuals reversed from an overdose and provides non-clinical assistance and recovery supports while maintaining follow-up with these individuals
 - ✓ Patient Navigator is responsible for referring and linking individuals into substance use disorder treatment
 - ✓ Program Supervisor is responsible for supervision of the recovery specialist

Outcomes

- There were 390 deployments to Cape Regional Medical Center from August 1, 2017 to December 31, 2018.
- There were 119 outreach deployments from January 1, 2018 to December 31, 2018.
- Of the 390 hospital deployments, 47% entered into detox or other treatment.
- Of the 119 outreach deployments, 53% entered into detox or other treatment.
- On May 22, 2019 the Division of Mental Health and Addiction services recognized our program as number 1 in the state for patient engagement and link people to treatment for 2018.

Evaluation

- Rutgers School of Social Work is conducting the evaluation on opioid overdoses.
- Data collection forms are being designed to follow patients.
- Patient Navigator and Recovery Specialist will complete the appropriate sections.
- Focus groups are being formed.
- Key information interview are taking place.
- The CARES team collects data on all substance use disorder calls.

Challenges

- Individuals refusing to go into treatment
- Not being able to follow-up because of unreliable contact information
- Lack of beds
- Implementing use of buprenorphine in the ED
- Hospital staff not calling CARES staff
- Trauma experienced when CARES staff witness deaths from overdose
- Transportation

Suggestions for Improvement

- Stigma training for hospital staff
- Increase number of staff with medication assisted treatment waiver
- Implement medication treatment in SD and in hospital
- Ensure our opioid patients are trained and receive Narcan
- Increase community awareness
- Police training to increase referrals to CARES

ACE Grant

Cape Regional Wellness Alliance ACES (Adverse Childhood Experiences)

The Cape Regional Wellness Alliance is comprised of community members representing education, healthcare, business, law enforcement and mental health wellness in Cape May County. The Cape Regional Wellness Alliance (CRWA) is funded by a grant from The Robert Wood Johnson Foundation administered through the New Jersey Health Initiatives (NJHI) for the goal of Building a Culture of Health in Cape May County. The grant began in July 2017. The CRWA will work in partnership with the Cape Regional Health Needs Coalition and other invested community members to achieve this goal. The Blue Print for Action has the goal of developing and implementing strategies to reduce the impact of ACES in the communities of Lower Township, Middle Township, Wildwood and Woodbine, NJ. The Alliance took a proactive approach rather than a reactive intervention with the project.

The first objective of the Blue Print is to establish baseline data on the prevalence of ACES in the four communities.

- The Team has been collecting data correlating with known trauma occurrences for children from infants to 18 year olds, such as parental abuse, neglect, house instability, mental illness, substance abuse in the home, domestic violence, hunger, parental separation including parents in jail.
- Data has been and continues to be gathered from a variety of sources including NJ County Health Rankings, Kids Count 2017, 2018 and Law Enforcement, 2017, 2018 PRIDE Surveys and personal interviews and surveys. Working with the schools, police departments, Cape Assist, Cape Counseling and the N.J. Department of Education, the data continues to be evaluated.

The second objective of the Blue Print is to develop and implement a comprehensive education program about ACES.

- Staff development to teachers, counselors and administrators in the four areas defined in the Blue Print for Action has been taking place for the past two years and, to date, over 100% of the targeted audience has received training as well as over 80% in all the other schools in Cape May County.
- **Update ACE training with the Hospital's Parish Nurse Coalition in order to provide professional ACE education, oversight, and assistance to all congregants.**

Thirty-four Parish nurses attended a three- hour training session on ACES to become better educated on the issue.

• **Develop and implement PSA's, flyers, resources videos about ACES-focusing on resiliency and a path to a decent life.** Working with Cape Assist, a PSA Contest is conducted for school-age children grades 3 through 12 with a celebration breakfast scheduled in late April. Working with the Council for Young Children, an ACE Parent/Caring Adult Flyer (with resiliency/protective factors) was distributed to every child/parent in the county through the schools, as well as outreach through churches, businesses and organizations. Cape May Freeholders, Business Owners, Community Leaders and School Administrators were engaged and attended the breakfast presenting awards and commendations to the students.

• **Develop Board Resolutions for Freeholders, School Boards and Town Councils committing them to raise awareness of ACES in their communities and need to focus on protective factors.**

To date, resolutions have been received by the Cape May County Chosen Freeholders, Cape May County Chamber of Commerce, and Cape May County League of Municipalities, Cape May County Superintendents of Schools, Middle Township Police Department and the Lower Township Municipal Council.

The third objective of the Blue Print is to develop and implement a minimum of four projects to promote resiliency among youth.

• **Provide a Law Enforcement Youth Camp in each of the designated communities defined in the Blue Print for Action.** A pilot program was launched in July, 2017 by the Middle Township Police Department and included 50 children participation in a one week Law Enforcement Youth Camp. Plans to expand the successful program to the remaining three communities in 2018 and 2019 were successful, and the camps have become an annual program. In 2019, five Police Departments conducted Law Enforcement Youth Camps with over 180 youth involved in the camps.

• **Expansion of Big Brothers/Big sisters via engagement with the Business Community and the Schools.**

Big Brothers/Big Sisters of Cape May County in partnering with Lower Cape May Regional School system has developed a mentoring program with 7th graders from the Middle School matched with 10th graders from the High School. The program commenced in the fall of 2018 and expanded to three other targeted areas of our project by 2019. Big Brothers/Big Sisters has also presented to the Cape May County Chamber of Commerce about the ACES project and the need for matches in the county and the role that the business community can have on the project.

• **Strengthening School Based Youth Services (SBYS) and Shore Family Success Center.** We are currently assisting high school age students in Lower Township, addressing non-therapeutic issues at the Shore Family Success Center.

• **Creating business partnerships and engaging faith-based organizations to publicize youth events and programs that build community and resiliency.**

Through the efforts of the Cape May County Chamber of Commerce the Cape Regional Wellness Alliance is working with the Morey's Organization exposing students to a large range of career opportunities in the community. Youth in the area are being

exposed to career opportunities for local employment through school sponsored lunch and learn programs. The Chamber is taking a leadership role in the education of ACES to the business community and will be hosting a seminar in February 2020.

- **Developing a comprehensive resource guide of available community health and social organizations.**

Through the support of Stockton University, a comprehensive web-site has been developed providing viewers with information about ACES and the work that the Alliance is undertaking.

- **Conduct surveys with the Business Community to determine their ability to partner in an effort to reduce ACES and strengthen resiliency.**

The Cape May County Chamber of Commerce in partnership with Rutgers University developed a series of surveys administered to the membership and is analyzing how the data will be utilized. Several business owners and members are taking a greater role in the ACES work and have joined the Alliance.

- **Create a non-stigmatizing Universal Prevention Initiative using the Upstream Model to address parents and care givers for children ages PN-5 and beyond.**

- Expand new “This Baby Comes With Instructions” initiative to give bagged and printed “onesie” and “Nurturing/Protective Factors” booklet to all new parents in the county.

- **Handle with Care Program**

A partnership between the schools and law enforcement dealing with students in trouble with the law or have experienced a traumatic experience in their home or community. The police will notify the school by 7 am and let the school know the student should be “Handled with Care”. This initiative was implemented in Fall 2018 with Middle Township Police Department and has expanded both county-wide and state-wide with the help and efforts of Middle Township Chief of Police, Christopher Leusner.

The Robert Wood Johnson Foundation has provided great training and support to our project. The monthly conference calls have provided us the opportunity to hear about other projects and ask questions about the successes and challenges that others are experiencing. Our Coach Tony Lewis has been invaluable to our project whether she is personally at our meetings or conferencing in. Tony has often made us think outside the box and directed us in directions we might not have ventured to.

Our project for the most part has continued to grow and expand and address the Blue Print for Action in a positive way. As our coalition has continued to grow, so have the different personalities of the participants.

Our coalition received a \$53,000 grant in May 2018 from the Cape May County Pride Committee thought Cape Assist to be used to bring Dr. Lori Desautels, an expert on ACES and Childhood Trauma in July 2018. The three day conference held in Cape May was attended by 100 teachers, school administrators and community individuals.

The Cape Regional Wellness Alliance was chosen as one of ten organizations in the nation to participate in the Association of Chamber of Commerce Executives Healthy Communities Cohort. Vicki Clark, President/Cape May County Chamber of Commerce

and Tom Piratzky, Executive Director/Cape Regional Foundation participated in the cohort. The Cohort was comprised of a small number of ACCE-member chambers that meet the following criteria: (1) have an established, innovative and promising health and wellness agenda; (2) have identified one dedicated community partner that can jointly support and commit to participating in the program; and (3) represent a small or emerging community that serves a population under 500,000 residents. Throughout the three in-person sessions, we heard from experts in fields related to community health, discover available data tools and planning resources, and learned from peers in the cohort.

**Thank You for Your Continuing Interest and Support in
Our Community Health Needs Assessment.**



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