



# CAPITAL REGION PUBLIC HEALTH NEWSLETTER

Issue #14

Hello,

The Capital Region has officially completed its health priority area selection process. All six Capital Region counties (Albany, Columbia, Greene, Rensselaer, Saratoga, and Schenectady) completed a data-informed collaborative process to review and select their public health priority areas for the 2019-2024 Prevention Agenda cycle. Overall we had 12 regional prevention planning meetings with over 70 participating organizations and 200 individual stakeholders. Check out what we learned about [health needs in the region](#).

Our team has been hard at work researching and writing the Community Health Needs Assessment for 2019. The Community Health Needs Assessment (CHNA) summarizes the needs of communities in the Capital Region. The report provides local health departments and hospitals a broad array of health information that is used for health planning, sets the stage for continuous improvement, and lays a foundation for the development of Community Health Improvement Plans (CHIPs) that use evidence-based practices to measurably improve health in the region.

Please take a moment to browse through the [2019 CHNA](#) and answer a very short survey in regard to its ease of use.

In this issue we focus on [consumer engagement](#) by looking at three factors that influence engagement.

Don't forget to visit our [training](#) and [grants](#) sections to see what's upcoming.

Thanks and Best Wishes,

Dylan Hall  
Population Health Manager

# THE LATEST IN NEW YORK STATE HEALTH INITIATIVES

## Population Health Improvement Program (PHIP)

We are happy to report that PHIP funding has been restored in the NYS Department of Health Budget. HCDI joins other regional PHIP organizations in the belief that New York State's Population Health Improvement Program (PHIP) work is vital to advancing the NYS Prevention Agenda and the State Health Innovation Plan. PHIP focuses on improving the health of the population by bringing people together to communicate and collaborate, promoting health improvement strategies known to work, and helping people use data to guide their decisions. We want to thank our partners for your voice and support to continue the valuable work for the health of local communities.

To improve the health of all populations in the Capital Region our services include:


- (1) Health data collection and analysis
- (2) Community health needs clarification
- (3) Research of evidence-based and promising practices
- (4) Support for the advancement of prioritized public health initiatives
- (5) Program evaluation

These past few months, the PHIP staff have been in high production mode. See the "**Our Most Downloaded Health Reports and Resources**" section of this newsletter for an orientation to the health data reports and presentations that we have prepared for each of the six counties in the region.

## Delivery System Reform Incentive Payment (DSRIP) Program

### **Spotlight on VBP!**

The New York State Department of Health (NYSDOH) has updated their DSRIP – Value Based Payment Reform (VBP) webpage. Click [here](#) to access VBP Bootcamps, information and materials for VBP University, the VBP Roadmap, the VBP Portal for Providers, and more!



NYSDOH also held its fourth annual DSRIP Learning Symposium in Saratoga Springs in February. The symposium opened with an Impact Exhibition, for which each Performing Provider System designed an exhibit showcasing DSRIP's impact in its respective region. The event included several sessions centered on VBP and lessons learned from arrangements and integrating networks. Symposium materials including the Impact Exhibit Compendium can be found [here](#).

### **Local PPS Updates**

BHNNY will wrap up the "Preparation & Partnership" learning series on May 31st. The program, created in collaboration with Alliance for Better Health, is a six-session training program on Value Based Payments, designed specifically for community-based organizations. The final session on May 31st is called Pitch Day and will provide an opportunity for participating CBOs to present their value propositions in a mock pitch scenario where they will receive feedback from industry professionals and a chance to win in one of several categories for the best pitch. This series was created in response to the overwhelming number of CBOs across the state struggling to understand the value of their services in relationship to potential VBP contracting. Evaluations from the series show that CBOs are more confident now in achieving value based contract agreements than they did prior to the learning series.

## State Health Innovation Plan (SHIP)

The SHIP's Workforce Workgroup met on April 3, 2019. This workgroup is charged with promoting New York State's health workforce to support its transition to integrated health care delivery to assure comprehensive, coordinated, and timely access to care. The April meeting featured a panel on recruitment and retention best practices, with speakers from North Country Initiative, Adirondack Health Institute, Doctors across New York, and Primary Care Service Corps. Click [here](#) to learn more about the Workforce Workgroup and access meeting materials.

# Our Most Downloaded Health Reports and Resources

If you are looking for more information on public health needs in the counties and neighborhoods throughout the capital region, check out the just released [2019 Community Health Needs Assessment](#). If you are focusing on the most pressing health needs in each county in the capital region, visit [www.hcdiny.org](http://www.hcdiny.org) and click on the county of interest on the “Explore by County” drop down at the top of the page. You will find the following presentations and materials for each county:



This is the **Health Issues Ranking** report will provide an overview of the most pressing public health issues in your county.

2.88	2.12
2.83	2.88
7,479.5	6,605.9
130.8	119.2

PAPP 2019-2024

The **Public Health Indicator Matrix** looks at 170 health indicators for 6 capital region counties and compares the outcomes to the rest of New York State.



PAPP 2019-2024

The **Prevention Agenda Prioritization Presentation** is a presentation of key findings about the top health issues for each county.



PAPP 2019-2024

This is a County and **Neighborhood Sociodemographic** Data presentation.

These are sub-county health data reports on [Index of Disparity](#), [Premature Mortality](#), [Mental Disease and Disorders](#), [Heart Disease and Stroke](#), [Maternal and Infant Health](#), [Obesity and Physical Activity](#), [Care Coordination](#), [Asthma](#), [Substance Abuse](#), and [Diabetes](#).

Having trouble finding what you are looking for? Visit us [HERE](#) for assistance with your data needs.

# Consumer Engagement

Consumer Engagement requires Technology, People Skills, and Personal Choice

Last year the 8th Annual Industry Pulse report summarized insights from over 2,000 health care leaders. Among the top strategies for improving health care was consumer engagement. In the [conceptual framework published by Health Affairs](#), patient and family engagement is defined as: “Patients, families, their representatives, and health professionals working in active partnership at various levels across the health care system—direct care, organizational design and governance, and policymaking—to improve health and healthcare.”

No one argues about the importance of consumer engagement, yet to shift the role of the consumer from a passive participant in their care to an active one is no simple task. We know that an engaged consumer is a healthier and happier consumer. But engagement requires personal choice and behavior change. How can providers and patients build stronger relationships? How can consumers feel empowered and take control of their own health?

When it comes to consumer engagement, there is no “secrete sauce.” We know that every person is different. The very nature of consumer engagement requires individuation and engaging each person uniquely. People enter our offices, hospitals, and programs as distinct individuals. They have different needs, different goals, different backgrounds, different environmental challenges, different resources, different health issues, different behaviors, and different life circumstances. Consumer engagement is not a tactic, policy, or program, but ultimately a value that requires shifting business practices from treating patients to helping individuals successfully improve their health. From “treating the patient”, to “engaging the person”; moving from “transactional to relational”.

## Technology

The [Deloitte](#) 2018 Health Care Consumer Survey examined consumer engagement with a new provider, health information portals and new modes of care (e.g. digital tools). The study found that “For those searching for a new doctor or medical professional, consumers are most concerned with convenience, cost, and reputation of the provider.”

The number of consumers tracking their health data with wearables has more than doubled since 2013. Many are also willing to share their data to improve their health or the device’s performance. The recommendation from Deloitte is, “To increase consumer engagement, organizations should provide easy-to-use platforms, high-quality care through these newer channels, and security and privacy of health and personal information.”

While, creating a seamless experience that reduces barriers is very important, this addresses only part of the challenge. To improve the person's health requires engagement. Engagement is more than access and the benefits of technology.

### **People Skills**

Engagement requires empathy, time, soft skills and a two-way connection. There is a well-known quote often attributed to George Bernard Shaw, "The great enemy of communication is the illusion of it." Perhaps the great enemy of engagement I find is the illusion of it." When we put ourselves in the shoes of the people we are working with, we can learn about their needs and build the trust required for engagement. This is relational engagement, rather than transactional. Relational engagement starts with a deeper understanding of the person we are serving. New screening tools like social determinants of health can give us better insight into the broader influences on a consumer's health and can create opportunity to engage the whole person.

At HCDI we have an increased focus on helping front line community health workers with training and skills to better engage their consumers. Topics like motivational interviewing, workplace safety, and navigating services help community health workers feel equipped to build relationships and lead to better health of the people they serve. You can find video training and directories of in person training on these topics and more at our [Community Health Liaison Resources page](#).

### **Personal Choice**

Technology provides the means and mechanisms of engagement, and can improve the patients' care process, but will not force behavior change in individuals nor guarantee engagement. The most challenging part of consumer engagement is personal choice. You cannot change someone else's behavior; they have to. Most health issues, like diabetes, could be avoided if people changed their diets, moderated alcohol use, and become more physically active. The majority of deaths worldwide are due to four potentially preventable non-communicable diseases: cancer, cardiovascular disease, type 2 diabetes, and respiratory diseases.

Behavioral change is personal. Yet, many of the people we serve are in crisis and their poor health is significantly impacted by their environment and social conditions. These conditions are often outside of their immediate control. Interventions will need to focus on the social determinants as well as helping people develop the personal capacity to make healthier choices and avoid unhealthy ones.

As the healthcare industry moves into a more value-based marketplace, consumer engagement is a vital factor. Patients who are more active in their own care, health, and well-being have lower healthcare costs and better health outcomes. In holistic, population focused models, understanding and anticipating the needs of consumers will be critical for patient engagement. To create better engagement will require a willingness of providers to gain deeper insights while reducing barriers to technology and increasing relational engagement with consumers is a way that builds trust and their capacity to make healthy choices.

# UPCOMING EVENTS AND RESOURCES

Friday, May 24, 2019

Schenectady Trauma Informed Community Work Group

10:30 a.m. – 11:30 a.m.

Ellis McClellan Street Health Center, Conference Center

600 McClellan Street, Schenectady, NY 12304

Tuesday, May 28, 2019

HCDI Community Health Liaison Task Force

8:30 a.m. - 10:00 a.m.

Healthy Capital District Initiative, 3rd Floor Conference Room

175 Central Avenue, Albany, NY 12206

Tuesday, June 4, 2019

HCDI Obesity-Diabetes Task Force

8:15 a.m. – 9:30 a.m.

Healthy Capital District Initiative, 5th Floor Conference Room

175 Central Avenue, Albany, NY 12206

Wednesday, June 5, 2019

Prevention Subcommittee Meeting

9:00 a.m. – 10:00 a.m.

Catholic Charities

66 William Street, Catskill, NY 12414

Thursday, June 6, 2019

Saratoga Mental Health & Substance Use Disorder Coalition Meeting

8:00 a.m. - 10:00 a.m.

Saratoga Hospital

59D Myrtle Avenue, Saratoga Springs, NY 12866

Friday, June 7, 2019

Columbia and Greene Suicide Prevention Coalition

3:00 p.m. – 4:00 p.m.

Greene County Mental Health Center, Conference Room 222

905 Greene County Office Building, Cairo, NY 12413

Wednesday, June 12, 2019

HCDI Behavioral Health Task Force

8:30 a.m. - 10:00 a.m.

Healthy Capital District Initiative, 5th Floor Conference Room

175 Central Avenue, Albany, NY 12206

Wednesday, June 19, 2019

Rensselaer County Heroin Coalition

10:00 a.m. – 12:00 p.m.

Rensselaer County Department of Social Services, Administrative Building 2nd Floor  
127 Bloomingrove Drive, Troy, NY 12180

Thursday, June 20, 2019

Albany Strategic Alliance Meeting

9:00 a.m. - 10:30 a.m.

Albany County Department of Health, Basement Auditorium  
175 Green Street, Albany NY 12206

Friday, June 21, 2019

Greene MAPP Meeting

1:00 p.m. – 2:00 p.m.

Greene County Public Health

411 Main Street, Catskill, NY 12414

Friday, June 28, 2019

Schenectady Trauma Informed Community Work Group

10:30 a.m. – 11:30 a.m.

Ellis McClellan Street Health Center, Conference Center  
600 McClellan Street, Schenectady, NY 12304

Wednesday, July 10, 2019

Rensselaer County Wellness Committee

10:00 a.m. – 11:00 a.m.

Rensselaer County Sheriff's Office

4000 Main Street, Troy, NY 12180

Wednesday, July 10, 2019

Schenectady Suicide Prevention Coalition

3:00 p.m. -4:30 p.m.

Schenectady Public Library -- McChesney Room

99 Clinton Street, Schenectady, NY 12305

Monday, July 15, 2019

Columbia Chronic Disease Meeting

1:30 p.m. – 2:30 p.m.

Columbia County Department of Health, 2nd Floor Conference Room  
325 Columbia Street, Hudson NY 12534

Monday, July 15, 2019

Public Health Leadership Team Meeting

2:30 p.m. – 3:30 p.m.

Columbia County Department of Health, 2nd Floor Conference Room  
325 Columbia Street, Hudson NY 12534



Thursday, July 18, 2019  
Albany Strategic Alliance Meeting  
9:00 a.m. - 10:30 a.m.  
Albany County Department of Health, Basement Auditorium  
175 Green Street, Albany NY 12206

Thursday, July 18, 2019  
Schenectady Coalition for a Healthy Community  
2:00 p.m. – 4:00 p.m.  
Ellis McClellan Street Health Center, Auditorium  
600 McClellan Street, Schenectady, NY 12304

Tuesday, July 23, 2019  
HCDI Community Health Liaison Task Force  
8:30 a.m. - 10:00 a.m.  
Healthy Capital District Initiative, 3rd Floor Conference Room  
175 Central Avenue, Albany, NY 12206

Wednesday, July 24, 2019  
Saratoga Community Health Council  
2:00 p.m. – 4:00 p.m.  
Saratoga Hospital Boardroom  
211 Church Street, Saratoga Springs, NY 12866

Friday, July 26, 2019  
Schenectady Trauma Informed Community Work Group  
10:30 a.m. – 11:30 a.m.  
Ellis McClellan Street Health Center, Conference Center  
600 McClellan Street, Schenectady, NY 12304

Friday, July 26, 2019  
PHAB Support Meeting  
11:00 a.m. – 12:00 p.m.  
Healthy Capital District Initiative, 5th Floor Conference Room  
175 Central Ave. Albany, NY 12206

Thursday, August 1, 2019  
Saratoga Mental Health & Substance Use Disorder Coalition Meeting  
8:00 a.m. - 10:00 a.m.  
Saratoga Hospital  
59D Myrtle Avenue, Saratoga Springs, NY 12866

Tuesday, August 6, 2019  
HCDI Obesity-Diabetes Task Force  
8:15 a.m. – 9:30 a.m.  
Healthy Capital District Initiative, 5th Floor Conference Room  
175 Central Avenue, Albany, NY 12206

Wednesday, August 7, 2019

Rensselaer County Heroin Coalition

10:00 a.m. – 12:00 p.m.

Rensselaer County Department of Social Services, Administrative Building 2nd Floor  
127 Bloomingrove Drive, Troy, NY 12180

Wednesday, August 7, 2019

Prevention Subcommittee Meeting

9:00 a.m. – 10:00 a.m.

Catholic Charities

66 William Street, Catskill, NY 12414

Wednesday, August 7, 2019

Rensselaer County Heroin Coalition

10:00 a.m. – 12:00 p.m.

Rensselaer County Department of Social Services, Administrative Building 2nd Floor  
127 Bloomingrove Drive, Troy, NY 12180

Thursday, August 8,, 2019

Alliance Social Determinants of Health Workgroup

2:30 p.m. - 3:30 p.m.

Remote via ZOOM;

Alliance Office 403 Fulton St. 2nd Floor, Troy, NY 12180

Thursday, August 15, 2019

Albany Strategic Alliance Meeting

9:00 a.m. - 10:30 a.m.

Albany County Department of Health, Basement Auditorium  
175 Green Street, Albany NY 12206

Friday, August 23, 2019

Schenectady Trauma Informed Community Work Group

10:30 a.m. – 11:30 a.m.

Ellis McClellan Street Health Center, Conference Center  
600 McClellan Street, Schenectady, NY 12304

# Professional Development Opportunities

## **“I Need a Team”: Dementia Care Takes a Village**

Eddy Alzheimer’s Services Presents: Topics in Dementia Care for Professional Caregivers, “I Need a Team”: Dementia Care Takes a Village. Caring for individuals with dementia is rewarding and challenging work. We all want to do our best, but often have questions as to how to make things better for our clients, residents, and patients. Professional caregivers are invited to join Eddy Alzheimer’s Services for free programs where we will address some of these topics. This is a free program, however registration is required.

Thursday, May 30, 2019

2:30 p.m. – 3:30 p.m.

Standish Community Center, Eddy Village Green

421 Columbia Street, Cohoes, NY 12047

To register, call (518) 238-4164.

## **Pain Management While Reducing the Risk for Opioid Use Disorder**

Come hear from leading experts in the field on how they provide chronic pain management in their practices while reducing the risk for Opioid Use Disorder (OUD), how they provide practical pain management while reducing the risk for OUD, and how they treat their patients with Substance Use Disorder (SUD) that have chronic pain.

Friday, May 31, 2019

7:30 a.m. – 9:30 a.m.

Ellis Hospital, Ellis Grand Auditorium

1101 Nott Street, Schenectady, NY 12308

Register on [Eventbrite](#)

## **Population Health Innovation Summit 2019**

The Population Health Innovation Summit will be returning to the Albany Capital Center (ACC) on June 12, 2019, for its third year. The event aims to showcase promising innovations that are being piloted in our communities to improve the health and well-being of New Yorkers. The goal is to provide an opportunity for policy and industry leaders to come together to share evidence-based success stories and foster creative ideas about how to accelerate and scale the adoption of effective interventions to have a broader impact.

Check back often for details: <https://www.igniteuny.com/phis2019>.

Wednesday, June 12, 2019

9:00 a.m. – 4:00 p.m.

Register on [Eventbrite](#)

### **Mental Health First Aid – Project AWARE**

Take part in the Mental Health Association in New York State Inc. (MHANYS) Capital Region Project AWARE. This project provides free training to individuals **who work with (or support) community members in Albany, Rensselaer, Saratoga, or Schenectady County**. Mental Health First Aid (MHFA) is an 8-hour training certification course which teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual. The program introduces participants to risk factors and warning signs of mental health problems, builds an understanding of their impact and overviews common treatments. This evidence-based CPR-like program improves trainees' knowledge of mental disorders, reduces stigma and increases the amount of help provided to others.

Thursday, June 20, 2019

8:30 a.m. – 5:00 p.m.

Capital District LATINOS

160 Central Avenue, Albany, NY 12206

Register on the [MHANYS website](#)

### **Strategies for Behavioral Health Equity: Leaving No One Behind!**

The New York State Office of Mental Health is hosting a two-day Symposium bringing together researchers, policy decisions makers, mental health clinicians, and front line workers. The goal is to raise the bar on concrete strategies to create mental health equity for all New Yorkers. The NYS Office of Mental Health believes everyone should have an equal opportunity for mental wellness. This requires removing obstacles and implementing services and policies aimed at reducing disparities. Note that there is a registration fee for this event.

Monday, June 24 – Tuesday, June 25, 2019

Albany Marriott

189 Wolf Road, Albany, NY 12205

Register on the [MHANYS website](#)

### **Mental Health First Aid – Project AWARE – Older Adults**

Take part in the Mental Health Association in New York State Inc. (MHANYS) Capital Region Project AWARE. This project provides free training to individuals **who work with (or support) Older Adults over the age of 50 in Albany, Rensselaer, Saratoga, or Schenectady County**. Older Adult Mental Health First Aid (MHFA) is an 8-hour training certification course which teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual. The program introduces participants to risk factors and warning signs of mental health problems, builds an understanding of their impact and overviews common treatments. This evidence-based CPR-like program improves trainees' knowledge of mental disorders, reduces stigma and increases the amount of help provided to others.

Wednesday, July 17, 2019

8:30 a.m. – 5:00 p.m.

Commission on Economic Opportunity

2328 5th Avenue, Troy, NY 12180

Register on the [MHANYS website](#)

# GRANTS

## [Comprehensive Opioid Abuse Site-based Program](#)

The Comprehensive Opioid Abuse Site-based Program provides grants to governments to expand opioid abuse prevention and education efforts while also promoting treatment, recovery, and partnership models involving first responders and providing for the needs of crime victims and their families.

According to the application instructions, the program has 3 grant categories with specific eligibility and activity requirements:

Category 1 - Locally Driven Responses to the Opioid Epidemic

Category 2 - Statewide Implementation, Enhancement, and Evaluation Projects

Category 3 -Harold Rogers Prescription Drug Monitoring Program (PDMP) Implementation and Enhancement Projects

**Deadline: June 5, 2019**

## [Rural Health and Safety Education Competitive Grants Program](#)

The Rural Health and Safety Education (RHSE) Competitive Grants Program provides funding to community-based outreach education and extension programs that provide individuals and families living in rural areas with:

- Information as to the value of good health at any age
- Information to increase individual or families' motivation to take more responsibility for their own health
- Information about and access to health promotion activities
- Training for volunteers and health services providers concerning health promotion and healthcare services for individuals and families in cooperation with state, local and community partners
- Projects must focus on the prevention and/or reduction of opioid misuse and abuse.

**Deadline: June 10, 2019**

## [New York State Household Survey of Gambling "Health," and Recreational Behaviors](#)

The New York State Office of Alcoholism and Substance Abuse Services (OASAS) is seeking proposals from qualified organizations to conduct a statewide household telephone survey on gambling health, and recreational behaviors.

**Deadline: June 5, 2019**

## [Understanding and Supporting Anchor Businesses to Build a Culture of Health](#)

This call for proposals will focus on supporting empirical research to understand the ways that for-profit anchors advance health and well-being in the communities where they are located. Funded studies are expected to include rigorous empirical research that will inform the business case for why and how more companies serve as anchor institutions in their immediate surrounding geographies. Studies will also inform future RWJF strategies to motivate companies to act in a way that promotes health and well-being.

**Deadline: June 12, 2019 (3 p.m. ET)**

# MEET OUR NEW TEAM MEMBERS

## **Mae Jobin-Davis, PHIP Intern**



Hi my name is Mae Jobin-Davis. I will be interning with the Population Health Improvement Program here at HCDI for the summer. I am currently enrolled at the University of Rochester and I have just completed my freshman year. I am studying Public Health and Psychology along with American Sign Language. On campus I am involved in the women's rugby team, a sorority and the Grassroots Environmental Club.