



**Mount  
Sinai  
Beth Israel**

# ***COMMUNITY SERVICE PLAN***

***November 15, 2013***



**Mount  
Sinai**

## Community Service Plan 2013

*On September 30, 2013 The Hospitals comprising Continuum Health Partners combined with Mount Sinai Medical Center to form the Mount Sinai Health System.*

The Mount Sinai Health System is an integrated health care system providing exceptional medical care to our local and global communities. Encompassing seven hospital campuses in the New York metropolitan area, as well as a large, regional ambulatory footprint, Mount Sinai is acclaimed internationally for its excellence in research, patient care, and education across a range of specialties. The Mount Sinai Health System was created from the combination of The Mount Sinai Medical Center and Continuum Health Partners, which both agreed unanimously to combine the two entities in July 2013.

The Health System is designed to increase efficiencies and economies of scale, improve quality and outcomes, and expand access to advanced primary, specialty, and ambulatory care services throughout a wide clinical network. The System includes 2,784 full- and part-time physicians, 3,783 voluntary physicians, and 12 freestanding ambulatory surgery centers. With more than 430 full- and part-time primary care physicians, clinical teams are able to manage large populations of patients in the lowest-cost, most effective settings. The System also features a robust and continually expanding network of multispecialty services, including more than 45 ambulatory practices throughout the five boroughs of New York City, Westchester, and Long Island. It has more than 40 clinical and academic relationships with other local health care organizations, and Mount Sinai physicians can be found in more than 200 community locations throughout the New York metropolitan area. With an extraordinary array of resources for the provision of compassionate, state-of-the-art care, the Mount Sinai Health System is poised to identify and respond to the health-related needs of the diverse populations we serve.

### The Mission

The mission of the **Mount Sinai Health System** is to provide compassionate patient care with seamless coordination and to advance medicine through unrivaled education, research, and outreach in the many diverse communities we serve.

### Vision

An unrivaled academic medical center, Mount Sinai's vision is to continue to grow and challenge convention through our pioneering spirit, scientific advancements, forward-thinking leadership, and collaborative approach to providing exceptional patient care.

## History of Continuum Health Partners

In January of 1997, **Beth Israel Medical Center** and **St. Luke's-Roosevelt Hospital Center** joined to form **Continuum Health Partners, Inc.** This entity became the parent corporation of each hospital, while each hospital continued its separate corporate identity. Both institutions had well over a century of providing care to New York's poor and elderly, and an active tradition of community involvement, responsiveness to community needs and commitment to the improved health of the communities they served. Through the Continuum relationship, each hospital retained its own identity, its own governance structure, and its own unique relationship with its communities and its own financial independence. However, the relationship allowed the hospitals to work together in areas of mutual benefit, such as purchasing, human resource management, marketing and public affairs, government and community affairs, managed care contracting and information systems. It also, however, allowed each hospital to retain its unique and separate qualities, with separate clinical leadership. The dynamic, vibrant and community-based characteristics of each hospital were successfully retained within the relationship, distinguishing the Continuum Hospitals from many of their counterparts.

In September of 1999, **The New York Eye and Ear Infirmary** – a specialty institution with a proud 189 year tradition of service to the Lower East Side of Manhattan, became the newest member of the Continuum network.

### Recognition Of The Unique Role Of Continuum Hospitals

The Continuum Hospitals are distinguished by the extraordinary degree to which they provide uncompensated care to their communities and serve as hospitals for New York's poor and elderly. Each hospital has long been recognized for its role as a "safety net" hospital that serves a disproportionate number of Medicaid, low-income elderly and uninsured patients, and is distinguished by a similar inpatient payor mix that is over 60% Medicaid, Medicare and uninsured patients. As a group, the three Continuum Hospitals account for approximately 8% of the State's Medicaid hospital expenditures.

Notwithstanding the extraordinary financial pressures faced by all NY hospitals, the Continuum Hospitals continue to expand basic services and provide health education and outreach. The Continuum Hospitals offer a wide array of hospital-sponsored community health education and screening events. The community is notified of these events and screenings by various means - mailings, advertising in local newspapers, flyers, and through mailings of various NYC Community Boards, etc. Most of these are free to those we serve. In addition, Continuum generates an extraordinarily well-used health website – [www.chpnyc.org](http://www.chpnyc.org) – offering on-line health education and physician referral. In 2012, **2,594,377** visitors browsed the Continuum website. The Continuum Hospitals provide multi-lingual educational materials for their patients and communities and markets their services in New York's diverse ethnic communities.



**Mount  
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Beth Israel**

## **Beth Israel Medical Center**

### **Mission Statement**

Since its founding, 120 years ago, as a medical dispensary to meet the needs of the impoverished and underserved Jewish community of the Lower East Side, Beth Israel Medical Center has been committed to the care of persons of all races, religions and creeds. Now a major provider of a full range of primary, secondary and highly specialized tertiary health care services, the Medical Center remains proud of its heritage and reaffirms the original mission of Beth Israel Medical Center: to provide the highest quality patient care, with compassion and with concern for patient well-being.

To this end, we pledge to continue to maintain the highest standards of professionalism and dedication, and to provide training of the highest caliber for physicians, nurses and other health care professionals. We remain committed to attract and retain outstanding staff at all levels, and to seek innovative and cost effective ways to deliver the finest quality health care services.

### **Communities Served**

**This report is being submitted on Behalf of Beth Israel Medical Center (Petrie and Brooklyn Divisions).**

Beth Israel Medical Center offers a wide range of specialty services that cater to a large number of patients located throughout the southern portion of New York State and parts of New Jersey and Connecticut.

For purposes of this Assessment we have analyzed our *Core Market*.

Core Market is a smaller geography than a Primary Service Area (PSA), and provides a view of the neighborhoods in close proximity to a hospital, where the hospital's sphere of influence is strongest.

Core Markets are defined through careful examination of the nearby neighborhoods with high market share and patient origin, and from which it is reasonable to think the hospital might serve a larger share of the residents.

## Overview

### **Beth Israel Medical Center, A Member of the Mount Sinai Health System**

An 856-bed teaching hospital founded in 1889 on Manhattan's Lower East Side, Beth Israel Medical Center, is notable for its unique approach to combining medical excellence with clinical innovation. The hospital has recruited world-class specialists to expand services in heart disease, cancer, neurology, and orthopaedics. It also continues its long tradition of excellence in medical specialties, including gastrointestinal disease, chemical dependency, psychiatric disorders, pain management and palliative care, and HIV/AIDS research and treatment. The hospital also has significantly advanced its commitment to community-based ambulatory care and expanding patient access to primary and specialty care.

### **Beth Israel Brooklyn, A Member of the Mount Sinai Health System**

A 212-bed community hospital located in Midwood, **Beth Israel Brooklyn** has gone through numerous renovations and upgrades over the past decade to expand its scope of services. The latest advances include a completely redesigned intensive care unit, new digital mammography equipment, and a new state-of-the-art radiology suite. The hospital's emergency department also serves as a major hub of activity and a critical community resource. The institution also enjoys an excellent reputation in such specialties as cardiac care, general surgery, gynecology, orthopaedics, and geriatrics.

The Medical Center also has close ties with several primary care providers and freestanding clinics including the Institute for Urban Family Health, ODA Primary Care Health Center, Inc., Betances Health Unit, Inc., Ryan/Nena Community Health Center, Callen-Lorde Health Center and the Chinatown Health Clinic. In addition, the hospital (and its designee), serve on the Boards of the Manhattan Chamber of Commerce, the Union Square Partnership, The Brooklyn Chamber of Commerce, Lower Manhattan Health Care Coalition, and the Greater Southern Brooklyn Health Coalition.



**Mount  
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Beth Israel**

**Beth Israel  
Petrie Division**

**Neighborhood:**                   • Union Square           Zip Codes: 10002, 10003, 10009, 10038  
  • Lower Manhattan

**Percentage of Patients:**    25.6%

**Health Indicators: Percentage Of Residents Non-Age Adjusted.**

**Weight:**                   28.5 Overweight   11.1 Obese

**HPB:**                    23.8 yes/ever

**High Chol:**           28.9 yes/ever

**Diabetes:**            8.0 yes/ever

**Smoker:**              10.5

**Fmr Smoker:**       19.3

**Binge Drinker:**    24.6

**Heavy Drinker:**    2.4

**Asthma:**             9.4 ever        1.9 currently

**HIV Testing:**       21.0 Within last 12 Mos

38.0 More than 12 Mos

41.0 Never Tested

**Colonoscopy:**      80.5 (only 50+)

**Flu Vaccine:**       44.8 Received flu vaccine

**Self Reported Health:**   *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

24.6 Excellent

31.5 Very Good

28.3 Good

15.6 Fair/Poor

**Neighborhood:**

- Chelsea
- Greenwich Village
- Clinton
- Soho

**Zip Codes:** 10001, 10011, 10012, 10013, 10014, 10019

**Percentage of Patients:** 9.4%

**Health Indicators: Percentage Of Residents Non-Age Adjusted.**

**Weight:** 26.7 Overweight 9.7 Obese

**HPB:** 12.5 yes/ever

**High Chol:** 26.8 yes/ever

**Diabetes:** 3.4 yes/ever

**Smoker:** 13.7

**Fmr Smoker:** 23.6

**Binge Drinker:** 37.5

**Heavy Drinker:** 19.3

**Asthma:** 9.1 ever 2.4 currently

**HIV Testing:** 26.6 Within last 12 Mos

42.5 More than 12 Mos

30.9 Never Tested

**Colonoscopy:** 60.1 (only 50+)

**Flu Vaccine:** 46.3 Received flu vaccine

**Self Reported Health:** *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

22.7 Excellent:

41.3 Very Good:

18.3 Good:

17.8 Fair/Poor:

**Neighborhood:**           • Willamsburg                   Zip Codes: 11206, 11221, 11237  
                                  • Bushwick

Percentage of Patients: 5.0%

**Health Indicators: Percentage Of Residents Non-Age Adjusted.**

Weight:           31.1 Overweight   34.6 Obese

HPB:             33.2 yes/ever

High Chol:       30.2 yes/ever

Diabetes:        12.1 yes/ever

Smoker:          12.8

Fmr Smoker:     17.1

Binge Drinker:   12.8

Heavy Drinker:   No reliable data available

Asthma:          8.9 ever        4.5 currently

HIV Testing:     50.2 Within last 12 Mos

                    18.7 More than 12 Mos

                    31.2 Never Tested

Colonoscopy:    72.4 (only 50+)

Flu Vaccine:     35.8 Received flu vaccine

Self Reported Health:        *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

                                  11.1 Excellent:

                                  24.7 Very Good:

                                  29.2 Good:

                                  35.0 Fair/Poor:



**Neighborhood:** • Greenpoint Zip Codes: 11211  
11222

Percentage of Patients: 4.8%

**Health Indicators: Percentage of Residents Non-Age Adjusted.**

Weight: 21.3 Overweight 23.4 Obese

HPB: 19.2 yes/ever

High Chol: 30.7 yes/ever

Diabetes: 7.4 yes/ever

Smoker: 16.2

Fmr Smoker: 25.8

Binge Drinker: 23.9

Heavy Drinker: No Reliable Data Available

Asthma: 10.8 ever 1.7 currently

HIV Testing: 25.8 Within last 12 Mos

31.4 More than 12 Mos

42.8 Never Tested

Colonoscopy: 63.6 (only 50+)

Flu Vaccine: 34.2 Received flu vaccine

Self Reported Health: *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

18.6 Excellent:

26.7 Very Good:

34.3 Good:

20.4 Fair/Poor:

**Neighborhood:**

- Upper East Side
- Grammercy Park

**Zip Codes:** 10010, 10016, 10017, 10021, 10022, 10028, 10044, 10065, 10075, 10128, 10162, 10165, 10170, 10171

**Percentage of Patients:** 4.8

**Health Indicators: Percentage Of Residents Non-Age Adjusted.**

**Weight:** 33.5 Overweight 12.0 Obese

**HPB:** 20.7 yes/ever

**High Chol:** 34.3 yes/ever

**Diabetes:** 4.6 yes/ever

**Smoker:** 12.4

**Fmr Smoker:** 30.1

**Binge Drinker:** 27.8

**Heavy Drinker:** 13.8

**Asthma:** 11.3 ever 2.0 currently

**HIV Testing:** 22.7 Within last 12 Mos

37.3 More than 12 Mos

40.0 Never Tested

**Colonoscopy:** 75.3 (only 50+)

**Flu Vaccine:** 43.5 Received flu vaccine

**Self Reported Health:** *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

32.6 Excellent:

40.8 Very Good:

19.5 Good:

7.0 Fair/Poor:



**Mount  
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Beth Israel  
Brooklyn**

**Beth Israel  
Brooklyn Division**

**Neighborhood:**      • Canarsie                      Zip Codes: 11234, 11236, 11239  
                                 • Flatlands

**Percentage of Patients:** 34.2

**Health Indicators: Percentage of Residents Non-Age Adjusted.**

**Weight:** 39.1 Overweight 26.1 Obese

**HPB:** 35.9 yes/ever

**High Chol:** 27.2 yes/ever

**Diabetes:** 12.9 yes/ever

**Smoker:** 13.5

**Fmr Smoker:** 15.9

**Binge Drinker:** 9.1

**Heavy Drinker:** 4.8

**Asthma:** No reliable data available ever      No reliable data available currently

**HIV Testing:** 52.0 Within last 12 Mos

14.8 More than 12 Mos

33.2 Never Tested

**Colonoscopy:** 75.8 (only 50+)

**Flu Vaccine:** 35.3 Received flu vaccine

**Self Reported Health:** *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

18.3 Excellent:

23.2 Very Good:

38.1 Good:

20.4 Fair/Poor:

**Neighborhood:**      • Coney Island                      Zip Codes: 11223, 11224, 11229, 11235  
                                 • Sheepshead Bay

Percentage of Patients: 29.2

**Health Indicators: Percentage of Residents Non- Age Adjusted.**

Weight: 29.9 Overweight 26.1 Obese

HPB: 39.3 yes/ever

High Chol: 43.1 yes/ever

Diabetes: 15.7 yes/ever

Smoker: 19.4

Fmr Smoker: 17.7

Binge Drinker: 10.2

Heavy Drinker: 0.5

Asthma: 10.5 ever 4.8 currently

HIV Testing: 20.0 Within last 12 Mos

31.1 More than 12 Mos

48.9 Never Tested

Colonoscopy: 64.1 (only 50+)

Flu Vaccine: 41.5 Received flu vaccine

Self Reported Health: *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

14.2 Excellent:

21.5 Very Good:

24.1 Good:

40.1 Fair/Poor:

**Neighborhood:** • Flatbush                      **Zip Codes:** 11203, 11210, 11225, 11226  
**Percentage of Patients:** 13.3

**Health Indicators: Percentage of Residents Non- Age Adjusted.**

**Weight:** 49.7 Overweight 25.2 Obese

**HPB:** 32.5 yes/ever

**High Chol:** 23.1 yes/ever

**Diabetes:** 9.0 yes/ever

**Smoker:** 14.2

**Fmr Smoker:** 15.3

**Binge Drinker:** 14.0

**Heavy Drinker:** 4.9

**Asthma:** 4.8 ever      No reliable data available currently

**HIV Testing:** 48.2 Within last 12 Mos

23.1 More than 12 Mos

28.8 Never Tested

**Colonoscopy:** 75.6 (only 50+)

**Flu Vaccine:** 35.2 Received flu vaccine

**Self Reported Health:** *(Rating Choice: Excellent, Very Good, Good, Fair or Poor)*

24.9 Excellent:

17.3 Very Good:

42.2 Good:

15.6 Fair/Poor:

## Manhattan Community Board 2:



Manhattan Community Board 2 was greatly affected by the closure of the St. Vincent's Catholic Medical Center. To assess the effects of the closure, Board 2 partook in a community health needs assessment. The needs identified by studies were:

- Access to Care
- Emergency Services
- HIV/AIDS
- Substance Abuse

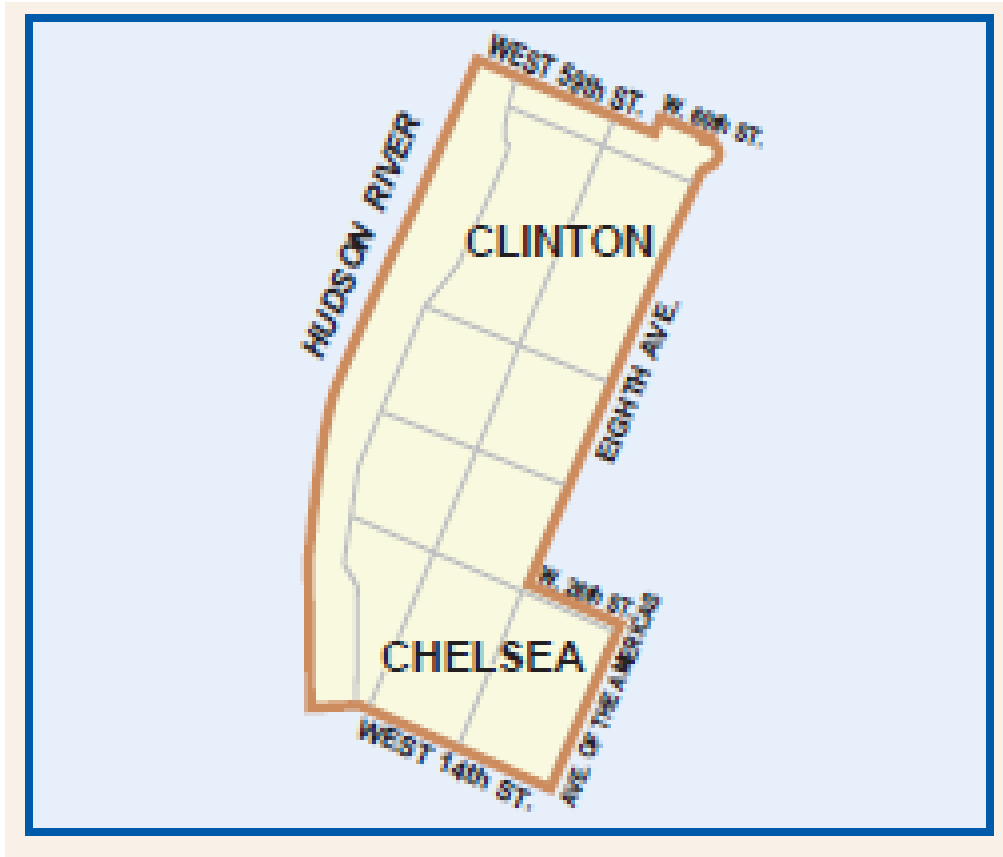
## Manhattan Community Board 3:



The 2012 Year End Report of Manhattan Community Board 3 identifies a number of health care needs for the residents of the community.

- Diabetes
- Alcohol Use
- HIV/AIDS
- Mental Health
- Asthma
- Access to Care

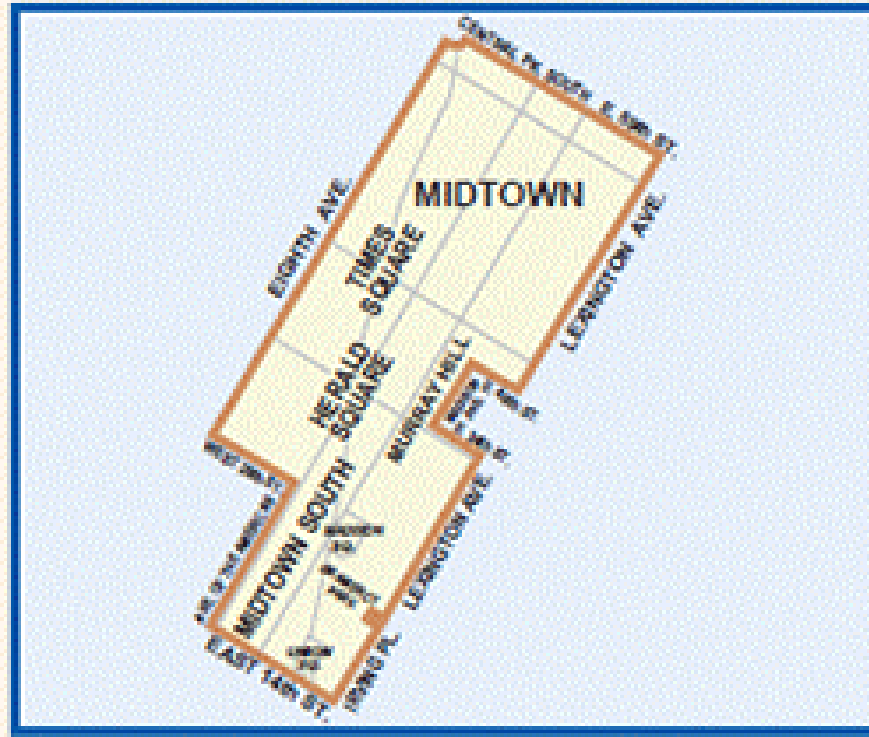
## Manhattan Community Board 4:



As with Community Board 2, Board 4 was also greatly affected by the closure of St. Vincent's Catholic Medical Center. Board 4 corroborated with Board 2 in the Health Needs Assessment. Residents and studies with Board 4's boundaries have also found a high need for services to the senior population of the community.



## Manhattan Community Board 5:



According to their District Needs Statement Manhattan Community Board 5 identified as their top needs:

- Asthma Treatment
- Health Education Programs
- Services for the elderly

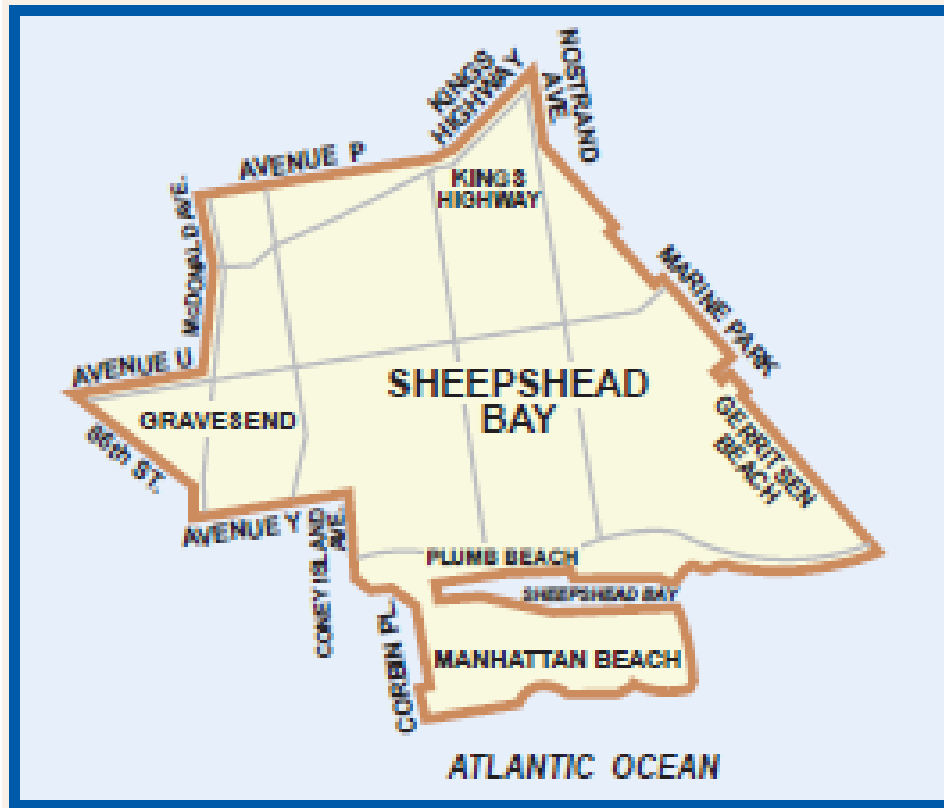
## Manhattan Community Board 6:



The District Needs statement of Community Board 6 recognizes the large number of Hospital facilities within their boundary. They have identified a need for:

- Services for the Elderly
- Services for the Disabled
- A lack of Skilled Nursing Facilities (long term care)

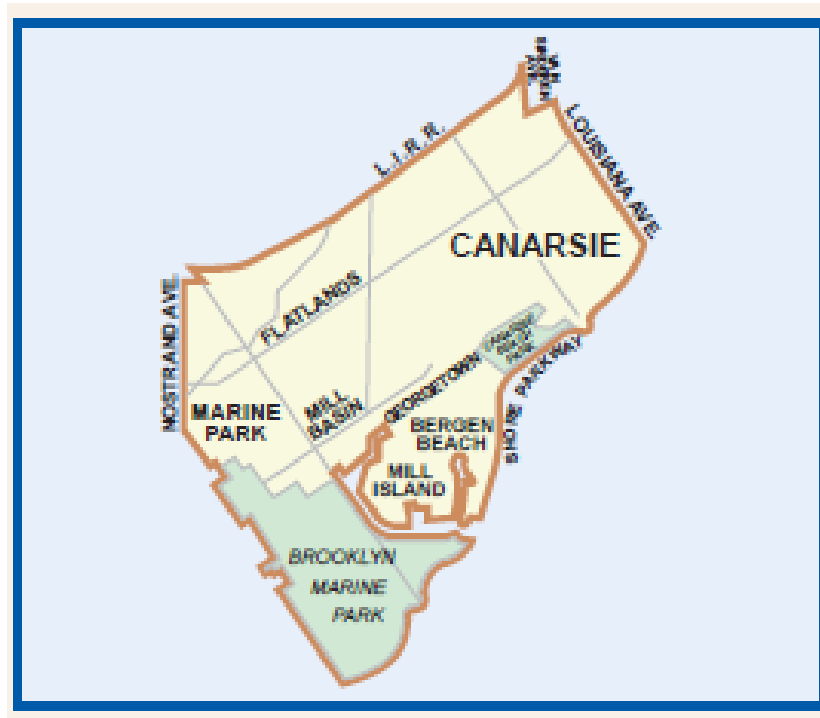
Brooklyn Community Board 15:



Board 15 Identified in their district need statement:

- Service for the elderly
- Access to Care

## Brooklyn Community Board 18:



Board 18 is served by three hospitals:

- Brookdale
- Beth Israel Brooklyn
- Community Hospital

The board identified no pressing health needs in its District Need Statement. According to the District Manager although most needs are currently met there exists a continuing need for:

- Access to Care
- Access to Emergency Care
- Services for the Senior Population

In addition to these needs the need for expanded OB/GYN services and Pediatric Services have been identified in the communities served by Beth Israel Brooklyn.

## Community Health Outreach Programs

### Karpas Health Information Center:

The Karpas Health Information Center has provided thousands of New Yorkers with reliable and easily accessible health information. The center, a storefront located on the corner of 18th Street and First Avenue in Manhattan, is Beth Israel Medical Center's welcoming front door and a point of entry to the outstanding physicians and clinical services of our hospital.

Staffed by health educators, the Karpas Health Information Center is a resource center that offers an extensive health library, walk in assistance and help with research on specific health conditions - all free of charge. Our wellness programs enable our neighbors to remain safe, active and vital members of our community. The center is committed to providing resources that are nurturing to the mind, body, and spirit. The center reaches into the community and sponsors screenings and wellness workshops and classes throughout Manhattan and Brooklyn. These programs are developed in partnership with community based organizations and dedicated to improving health outcomes for the communities we serve.

The Karpas Health Information Center continues to flourish due to the pioneering spirit, generosity and ongoing leadership of Suzanne Toor Karpas and Irving D. Karpas, Jr.

A Biannual Calendar of Events is distributed to the community listing programs that are taking place throughout the year. Links to these Calendars are listed below.

<http://www.karpashealth.org/calendars/Calendar-2013-Spring.pdf>

<http://www.karpashealth.org/newsletters/HealthyNeighbors-2013-Fall.pdf>

In addition to the program listed in the Calendar of Events. The Karpas Center provides a robust series of Influenza Vaccination Programs in Manhattan and Brooklyn.

### Manhattan:

- Co-op Village-NORC
- Hudson Guild NORC Health Fair
- Independent Plaza
- Judith C. White Center
- Manhattan Plaza
- Phillips Ambulatory Care Center
- Sage
- Sirovich Senior Center
- Stuyvesant Town/Peter Cooper Village
- University Settlement House
- Washington Square North
- Whitaker Senior Center

## Brooklyn:

- Nottingham Association
- Office of Assemblymember Steven Cymbrowitz
- Office of State Senator Simcha Felder
- Office of City Council Member Lew Fidler
- Office of Assemblymember Alan Maisel
- Office of Assemblymember Joan Millman
- Office of Assemblymember Helene Weinstein
- Sephardic Jewish Center

## **Care for Our Seniors**

Beth Israel Medical Center maintains a full time nurse to monitor and administer programs for the health of the senior population of the Naturally Occurring Retirement Community (NORC) at Co-op Village on the Lower East Side.

Karpas Health Information Center has a nurse assigned to the Sirovich Senior Center to monitor the health of their participants and assist in home visits of members of the community Sirovich serves.

Beth Israel Brooklyn Maintains a Geriatric Social Worker that Care Giver Support and Community Outreach. A copy of the Fall Flyer can be found by opening this file:



BIEventFlyer\_fall20  
13.pdf

Beth Israel Medical Center distributes a Bi-Annual Newsletter that gives updates on services available at the hospital as well as tips for healthy living. Links to the two most recent issues for 2013 are below:

<http://www.karpashealth.org/newsletters/HealthyNeighbors-2013-Spring.pdf>

<http://www.karpashealth.org/newsletters/HealthyNeighbors-2013-Fall.pdf>

## Public Participation

To assess the overall health needs of the communities served by Beth Israel Medical Center data and information was collected from the following sources:

- **New York City Department of Health 2011 survey:**  
[https://a816-healthpsi.nyc.gov/SASStoredProcess/guest?\\_PROGRAM=%2FEpiQuery%2FCHS%2Fchsindex&year=2011](https://a816-healthpsi.nyc.gov/SASStoredProcess/guest?_PROGRAM=%2FEpiQuery%2FCHS%2Fchsindex&year=2011)
- New York City Community Boards served by Beth Israel Medical Center whose membership contain representatives of Community Based Organizations, Employees of FHQC's, concerned residents. Additionally, the local community boards retrieve data from health care recipients and providers when assessing their district needs.
- Ryan-Nena FHQC
- Hatzolah Ambulance Service
- Beth Israel Community Advisory Council

## Assessment and Selection of Public Health Priorities

A survey of the local community board served by Beth Israel sited both substance abuse and alcohol use as a top priority to be addressed. This need was further amplified by the closure of St. Vincent's Catholic Medical Center. Mount Sinai Beth Israel has a rich history in both treatment for substance abuse and chemical dependency. We have diverse programs and treatment modalities that assist a wide variety of patients that are in need of these services.

Data taken from the New York City Department of Health Survey covering the Core Markets served by Beth Israel Medical Center showed that a majority of residents did not receive their annual Influenza Vaccination. It further showed that the more economically disadvantaged the neighborhood the lower the percentage of residents receiving the vaccination. Additionally since the goals of the Prevention Agenda sites increasing vaccinations to persons aged 65+ this priority could also be seen as enhancing services to the elderly. A need sited as a priority by almost all the Community Boards Beth Israel serves.

## 2013-2017 Prevention Agenda

### Promote Mental Health and Prevent Substance Abuse Action Plan:

Goal #3.1: Support collaboration among leaders, professionals and community members working in MEB health promotion, substance abuse and other MEB disorders and chronic disease prevention, treatment and recovery.

Promote Mental, Emotional and Behavioral Well-Being in Communities:

- Objective 3.1.1: Identify and strengthen opportunities for sharing data on access to care, identifying service gaps, studying cost-effectiveness strategies for integration and coordination, and the impact of interventions.

- Objective 3.1.2: Identify and strengthen opportunities for implementing MEB health promotion and MEB disorder prevention with individuals.
- Objective 3.1.3: Collaborate with the chronic disease community to identify opportunities to share and disseminate scientific information, implement evidence-based interventions, and provide cross-systems training and quality improvement.
- Objective 3.1.4: Support efforts to integrate MEB disorder screening and treatment into primary care.
  - Identify and implement evidence- based practices and environmental strategies that promote MEB health.
  - Support and facilitate quality improvement of evidence-based practices and environmental strategies that promote MEB health.

**Mount Sinai Beth Israel works many community partners to identify at risk individuals:**

- Educational Alliance
- NYC Community Boards 2,4,5 and 6
- Henry Street Settlement
- Hatzolah Ambulance Service
- Ryan-Nena FHQC
- Chinese American Planning Council
- Asian Americans for Equality
- Charles B. Wang Health Center
- ODA Health Center
- United Jewish Council of Lower East Side
- Metropolitan Council on Jewish Poverty
- Jewish Board of Family Services

Mount Sinai Beth Israel offers a wide range of service and programs to address the needs of our patients with substance abuse issues.

### **The Methadone Maintenance Treatment Program**

The Methadone Maintenance Treatment Program (MMTP) at Mount Sinai Beth Israel, the largest non-profit methadone clinic in the United States, has been in operation for more than 40 years, with 18 clinics throughout Manhattan and Brooklyn. Methadone maintenance has proven to be an invaluable tool for the effective treatment and rehabilitation of opioid-addicted individuals.

Breaking an opioid addiction can be extremely difficult. Methadone maintenance is not a cure, but a treatment that can be very effective if taken properly. Methadone is a long-acting, synthetic medication which, when used in maintenance treatment, will:



- Prevent opioid withdrawal symptoms
- Stop the patient’s physical need for opioids and allow him/her to function in their required activities
- Block the effects of illicit opioid use and decrease opioid craving

Mount Sinai Beth Israel offers multiple chemical dependency programs outside of MMTP, which include inpatient detoxification, inpatient rehabilitation and outpatient programs (including ambulatory detoxification services)

### **Our Mission**

Our mission is to provide the highest quality addiction services to opioid-addicted individuals who seek methadone maintenance treatment. Moreover, we do this with an emphasis on patient self-reliance, dignity and compassion, regardless of race, ethnicity, religion, belief system, gender, sexual orientation, age or disability.

### **The Stuyvesant Square Chemical Dependency Treatment Program**

Chemical dependency is more than a drug or alcohol habit that’s out of control. It is a serious illness with debilitating symptoms. A chemically dependent person has lost the ability to willingly stop drinking, or taking a particular mood-altering drug despite the consequences it causes on their life.

The Stuyvesant Square Chemical Dependency Treatment Program at Mount Sinai Beth Israel is a leader in providing optimal, cost-effective services to help the chemically dependent person regain stability. Since this program is located in a hospital, we are able to provide a wide range of services within the same vicinity. Through our hospital-based program, patients receive the highest quality of medical and patient centered-care based on their individual needs. Our outstanding interdisciplinary team includes social workers, addiction and substance abuse counselors, physicians, physician assistants and registered nurses—who are skilled in working with and treating addiction.

### **Our Mission**

Our mission at Stuyvesant Square is to provide individuals and families with the best recovery- oriented chemical dependency services that respect cultural differences and foster hope strength, self-determination and dignity.

### **Inpatient Programs**

#### **Detoxification**

Detoxification (Detox) is the removal of substances from an individual’s system. Detox treatments for acute withdrawal require immediate attention. Treatment includes engagement, assessment, motivation and referral. Detoxification is not meant to treat addiction but is the first step to long-term treatment.

At Stuyvesant Square, our state-of-the-art medical facilities enable us to provide patients with a safe, humane detox that helps regulate the withdrawal symptoms. A patient’s length of stay depends on the type of substance and his/her medical condition.

*\*The Stuyvesant Square Chemical Dependency Treatment Program at Mount Sinai Beth Israel provides specialized detoxification services to pregnant women.*

## **Rehabilitation**

Inpatient rehabilitation (inpatient rehab) is an intensive treatment modality that provides patients with a 24/7 structured therapeutic setting. Inpatient rehab is generally the first step in the recovery process after detox. When participating in our inpatient program, patients are put on a routine that includes teaching them how to experience life without drugs or alcohol.

At Stuyvesant Square we believe family is an essential element to a patient's recovery. We believe that mending and building family relationships are integrally involved in the patient's recovery from addiction and we encourage consistent family participation.

Our rehab programs include:

- Daily therapy sessions (individual, group, and family)
- Discussion groups
- Daily self-help groups
- Medical supervision
- Family program
- Psychiatric services
- HIV support groups
- Nutritious meals
- Personal quiet time
- Lectures and multimedia education programs
- Weekend visits with family and friends
- Access to medical and psychiatric care if needed
- Spiritual care

## **Outpatient Programs**

Not all patients require the intensity of inpatient services. For those who can continue to live at home and/or maintain their employment, Stuyvesant Square offers innovative outpatient programs. One of the advantages of our outpatient program is its flexibility. With a full range of programs at various times of the day, chemically dependent people can receive treatment that works around their work schedule and/or child care needs.

### **Outpatient Services Include:**

- Evaluation
- Ambulatory detoxification
- Outpatient day and evening services

- DWI screening, assessment, and referral
- Brief therapy
- Psychiatric services

Patients on methadone are welcome.

### **Ambulatory Detox:**

Ambulatory detoxification is available for patients with opiate dependency only. Patients are treated with methadone or suboxone for the detoxification process. Patients must be medically and clinically evaluated for this service and are seen daily by nursing and counseling staff during the course of their detox.

### **Outpatient Day and Evening Services**

Our outpatient programs at Styuvesant Square support the necessary behavioral changes needed to gain and maintain chemical abstinence. As a patient's treatment progresses we continuously re-evaluate and adjust the intensity, scheduling and duration of services.

### **Treatment Planning May Include The Following:**

- **Group Therapy** is the primary mode of treatment offered. Group therapy includes all aspects of education and the recovery process.
- **Individual Counseling** - Upon entering treatment, patients are assigned a primary counselor whom they will meet with throughout their treatment process in a one on one setting.
- **Psychiatric Services** - Referrals for psychiatric assessment and treatment are available if deemed necessary by an individual's treatment team.
- **Chemical Dependency Education** focuses on understanding addiction as a disease, the chemical and behavioral effects of addiction and the coping strategies needed for the recovery process to begin
- **Health Education Lectures** are conducted by the nursing and medical staff focusing on the medical, health and nutrition needs of the patient in treatment.
- **Vocational Preparation** - A vocational counselor is available to all our patients to assist in career exploration, work readiness, resume preparation, job search and to provide referrals to appropriate training programs and employment interviews.
- **Family Therapy** is offered both as individual and group counseling sessions. These sessions focus on the family dynamic and the effects of addiction on all members of the family system.
- **Co-Dependency Groups** help patients identify and change enabling behaviors that have developed as a result of their historical development, addictions, family dynamics and relationships with others.
- **Stress Management** is an important technique utilized in relapse prevention. Stress management groups focus on corrective breathing, exercise, guided imagery and meditation.
- **Parenting Group** focuses on improving the patient's parenting skills through education and a safe forum to process the complexities of parenthood.

- **The Anger Management Group** is where the patient will develop an anger control plan, in addition to assertiveness and cognitive restructuring skills.
- **Dual Focus Group** provides patients who have an addiction and a psychiatric diagnosis the opportunity to explore the impact that their addiction has had on their psychiatric disorder and the impact their disorder may have on their addiction. Education and coping strategies are also incorporated into the group process.
- **Domestic Violence Groups** are available to provide prevention education on issues of domestic violence. Safety planning and referrals to additional services are available for patients currently experiencing domestic violence issues.
- **Gender-specific Groups** center around the specific needs of the male and female patients.
  - **The Women's Group** provides education, support and discussion of issues that women face in their recovery process such as relationships, trauma, setting acceptable limits and building self esteem.
  - **The Men's Group** provided education, support and discussion of issues that men experience in their recovery process such as dealing with resentments, getting respect, being valued and establishing healthy relationships in recovery.
- **Lesbian Gay Bisexual Transgender (LGBT) Group** focuses on the specific issues LGBT patients experience during their recovery process.
- **Boomer's Group** (addressing issues for those patients 50+) is offered for those patients who are 50 years of age or older. The group provides education, support and a forum for discussion on the more mature patient experiences during recovery.
- **Spanish Speaking Relapse Prevention Group** is set up for patients who feel more comfortable having a discussion in Spanish. The Spanish Speaking Relapse Prevention Group has the same curriculum as the other relapse prevention group.

### DWI Screening Assessment and Referral

DWI screening, assessment and referral services are available for any patient who is mandated by the court system after an arrest for DWI. Please bring all court issued documents to the session. Any required documents will be faxed to the courts after completion of the evaluation. If a diagnosis of substance abuse is indicated, a referral to a DWI specific program will be provided.

### Brief Therapy

Brief therapy consists of 10 sessions in a 10-week period. It is designed to assist those patients seeking solution-focused chemical dependency treatment and education.

In each individual session, the patient and counselor work on relapse prevention skills and techniques, coping strategies, self help and community resources. Homework assignments are completed weekly by the patient and discussed with their primary counselor. Telephone case management support is provided throughout the 10-week cycle.

To qualify for brief therapy, an individual must be medically and psychiatrically stabilized and motivated to engage in individual chemical dependency treatment. Random urine testing is a requirement.

## **Admission to Stuyvesant Square**

### **Evaluation**

The “Road to Recovery” begins with Stuyvesant Square’s admissions unit, where the patient is prepared for entry into one of the inpatient or outpatient programs. Preparation for admission includes a medical exam and an interview.

### **The Medical Evaluation**

- Determines the degree of dependency
- Identifies treatment(s) needed for related medical conditions
- Provides a history of medications

Our staff also evaluates the patient’s past and current psychiatric treatment, and obtains all releases necessary to coordinate treatment. Appointments are arranged for psychiatric evaluations when needed.

### **The Interview:**

- Reveals the nature and extent of the chemical dependency
- Uncovers the areas in which substance abuse has jeopardized the patient’s well-being - their physical and mental health, family life and career.

The staff at Stuyvesant Square uses the information obtained to formulate an individualized treatment plan for the patient. After evaluation, our staff completes a comprehensive bio and psycho-social summary. This summary includes information about the following areas: housing, employment, education, family, interpersonal dynamics medical, psychiatrist, legal, spiritual, financial, prior treatment history of incarceration, and drug/alcohol history.

### **Requirements:**

Applications for admission to the Stuyvesant Square Chemical Dependency Treatment Program can be facilitated in several ways; via walk-ins, self-referrals; intra-hospital transfers and outside referrals. All patients are voluntary admissions and must be 18-years or older.

Each patient’s admission is based on their outcome of care from lower intensity programs, motivation for treatment, and/or their clinical status. Length of stay is dependent on the individual’s particular addiction, clinical condition and support system.

### **Addiction Psychiatry**

The Addiction Psychiatry Division is a specialized service for patients who require simultaneous treatment of both a psychiatric condition and a substance-related disorder. Each of these disorders can serve as a barrier to effective treatment of the other. Psychiatric medications and therapies may be rendered ineffective by coexisting drug or alcohol abuse. Conversely, untreated psychiatric illness can hinder efforts at overcoming addiction problems. Concurrent treatment of these disorders is the mission of the division and requires specialized training and specific clinical strategies.

- The division is under the supervision of attending psychiatrists who are board certified in both addiction psychiatry and general psychiatry, and have extensive experience working in both areas. The division staff is also composed of psychologists, post-doctoral fellows in addiction psychiatry, psychiatric residents-in-training, psychiatric nurses, addiction counselors, and psychiatric social workers with comprehensive experience in addiction treatment. There is a postgraduate training program for board certification in addiction psychiatry, as well as an active research program.

The major components of our addiction psychiatry services are the 28-bed inpatient unit—the first such service established in New York City—and the busy outpatient service. In addition, a wide range of treatment modalities are offered that utilize the services of the Department of Medicine, the Stuyvesant Square rehabilitation programs, the Department of Pain and Palliative Care, and the Beth Israel methadone maintenance treatment programs.

The services offered include:

- Acute inpatient psychiatric care with concurrent substance disorder treatment
- Inpatient detoxification in both psychiatric and non-psychiatric settings
- Outpatient addiction psychiatry treatment
- Outpatient detoxification
- Intensive inpatient 28-day drug/alcohol rehab treatment
- Intensive outpatient partial-hospital drug/alcohol rehab program
- Part-time and evening outpatient rehab program
- Referrals to methadone maintenance

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## **Prevent HIV, Sexually Transmitted Diseases, Vaccine-Preventable Diseases and Healthcare-Associated Infections Action Plan:**

### **Goal #4: Decrease the burden of influenza disease.**

#### **Objective 4.1: Increase influenza immunization rates.**

**Increase influenza immunization rates of adults aged 65 years and older by 10% to 75.1%.**

(Baseline: 68.3%; Year: 2010; Data Source: BRFSS and Expanded BRFSS; Data Availability: State, county)

- Increase the number of hospitals that offer influenza vaccine to families and caregivers of newborns (including post-partum mothers).
- Increase the number of doses given by hospitals to families and caregivers of newborns (including post-partum mothers).
- Increase the number of doses given by hospitals to adults aged 65 years and older.
- Increase the number of health care personnel vaccinated with influenza vaccine each year.
- Increase the number of providers who offer influenza vaccine to adults.
- Identify and reduce disparities in vaccine coverage rates by race, geography (rural, suburban, urban) and socioeconomic status.

- Educate all parents about the importance of immunizations.
- Improve efforts to educate patients, parents, children and schools about immunization and the importance of low exemption rates.
- Disseminate materials that address misconceptions.
- Address adult hesitancy, especially for influenza vaccine and for health care workers.
- Decrease burden of influenza.
- Ensure vaccination of adults with influenza vaccine.
- Support vaccination of family members with influenza vaccine in all types of health provider offices.

Mount Sinai Beth Israel works with many different partners in both Manhattan and Brooklyn to offer free influenza vaccinations in the community.

- Assemblymember Steven Cymbrowitz
- Assemblymember Helene Weinstein
- Assemblymember Alan Maisel
- Assemblymember Joan Millman
- State Senator Simcha Felder
- Councilmember Lew Fidler
- Phillip Howard Houses
- Seward Park Houses
- Sephardic Jewish Center
- Nottingham Association
- Sirovich Center
- S.A.G.E. Center
- Franciscan Senior Center
- Jewish Community Relations Council
- LaGuardia Houses
- Logan Gardens
- Independence Plaza Housing
- Lincoln Square Neighborhood Houses
- Manhattan Plaza
- Co-Op Village Houses
- Washington Square
- University Settlement House
- Whittaker Senior Center

### **Three-Year Plan of Action:**

As previously stated, on September 30, 2013 Beth Israel Medical Center and the other former Continuum Health Partners Hospitals combined with Mount Sinai Hospital, Mount Sinai Queens and the Ichan School of Medicine at Mount Sinai to form the Mount Sinai Health System. Therefore the implementation plan and strategies for a three year period are difficult to outline so early in the process.

Additionally the measurement of success for treatment of substance abuse and other mental health issues is difficult. We can measure the number of people we treat in our programs and that are referred to us through our community partners. There is however a large number of undetected and unreported cases that no program(s) can track.

Mount Sinai Beth Israel maintains a robust Influenza vaccine program that is free to members of the community. We carefully track our total number of participants. Due to the proliferation of availability by local pharmacies to deliver vaccinations we have seen a drop in our overall numbers. This will not hinder our plan of education and availability to increase the overall number of people receiving a vaccination.

### **Mental Health Issues and Substance abuse:**

Beth Israel; has long been a leader in the treatment of Mental Health Issues and Substance abuse. The formation of the Mount Sinai Health System should only bolster the ability of Beth Israel to provide these services. In addition Mount Sinai Beth Israel conducts extensive research in Addiction Psychiatry that will enable our system to use best based practices in collaboration with our community partners to achieve our goals over the three year plan of action. The Addiction Psychiatry Division conducts research in 3 areas -- in collaboration with the large, multimodal substance abuse treatment facilities of the Chemical Dependency programs of Mount Sinai Beth Israel.

First, we conduct descriptive studies to characterize the prevalence and nature of dual diagnoses and secondary substance use in patients with identified primary substance use disorders.

Second, we conduct treatment studies to develop new approaches to improve retention and outcome among patients entering Chemical Dependency programs, who are readily prone to early drop-out. These approaches include psychopharmacologic and behavioral treatments.

Third, we conduct services research studies to identify patterns, as well as barriers to and promoters of, adherence to treatment.

**Year One: 2014:** This transition period of the new health system will be used to achieve objective 3.1.1 and 3.1.2

**Year Two 2015:** The additional anticipated cooperation with the Ichan School of Medicine at Mount Sinai achieve objective 3.1.3 and start working to implement objective 3.1.4

**Year Three 2016:** Finish implementing final stages of objective 3.1.4 and survey results of implementation strategy.



### **Increase Influenza Vaccination Rates:**

**Year One 2014:** Continue Campaign for 100% staff vaccination. Increase education of need for vaccination with use of materials. Continue to expand programs at senior centers and communities to reach 65+ populations.

**Year Two 2015:** Continue activity and achieve a 7% increase on vaccinations provided. Increase staff vaccinations by 10%.

**Year Three 2016:** An additional 7% increase in vaccinations at all levels over 2015.

### **Dissemination of Plan to Public**

The Community Service Plan will be available through hard copy through the department of Government and Community Affairs, and online at [www.wehealny.org](http://www.wehealny.org)

### **Brief Description of Process Use to Maintain Engagement with Local Partners**

Beth Israel Medical Center works closely with the local New York City Community Boards it serves. Beth Israel maintains an internal Community Advisory Council whose members represent many local civic and community groups as well as Federally Qualified Health Centers. These groups include:

- Educational Alliance
- NYC Community Boards 2,4,5 and 6
- Henry Street Settlement
- Hatzolah Ambulance Service
- Ryan-Nena FHQC
- Chinese American Planning Council
- Asian Americans for Equality
- Charles B. Wang Health Center
- ODA Health Center
- United Jewish Council of Lower East Side
- Metropolitan Council on Jewish Poverty
- Jewish Board of Family Services
  
- Assemblymember Steven Cymbrowitz
- Assemblymember Helene Weinstein
- Assemblymember Alan Maisel
- Assemblymember Joan Millman
- State Senator Simcha Felder
- Councilmember Lew Fidler

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- Phillip Howard Houses
- Seward Park Houses
- Sephardic Jewish Center
- Nottingham Association
- Sirovich Center
- S.A.G.E. Center
- Franciscan Senior Center
- Jewish Community Relations Council
- LaGuardia Houses
- Logan Gardens
- Independence Plaza Housing
- Lincoln Square Neighborhood Houses
- Manhattan Plaza
- Co-Op Village Houses
- Washington Square
- University Settlement House
- Whittaker Senior Center



**Mount  
Sinai**

**For Additional Information,  
Contact:**

*PLEASE CONTACT:*

***Brad Korn***

Corporate Director, Community Affairs  
Department of Government & Community Affairs  
Mount Sinai Health System  
555 West 57<sup>th</sup> Street - 5<sup>th</sup> Floor  
New York, NY 10019

Phone: 212:523-5942

Fax: 212/523-2617

E-Mail: [kornb@chpnet.org](mailto:kornb@chpnet.org)