

Enhancing Health Through Stronger Communities

At MedStar Health, we recognize that a person's health is strongly linked to the health of the community in which they live. It's dependent on many different things, including physical, social, and economic factors, such as access to housing, transportation, and employment.

As one of the region's leading healthcare providers, we play an important and significant role in advancing health and partnering with others to facilitate community health improvement. To that end, we work hard to help area residents thrive, not only while under our care, but outside of our walls as well.

These efforts are guided in large part by the results of our Community Health Needs Assessment (CHNA), which, as a not-for-profit organization, MedStar Health is required to perform every three years. Our CHNA utilizes an organized, systematic approach, bringing hospital representatives together with individuals representing a diverse cross-section of the community to identify the needs of the underserved.



Community Health Classes

We care about the health and wellness of each and every member of our community. That's why we provide a variety of free and low-cost classes and programs in our hospitals and throughout the region on an ongoing basis. Programs cover a wide range of topics ranging from chronic disease prevention and management for heart disease, stroke, cancer, diabetes, and obesity; to mental health support; to drug overdose response training; to smoking cessation classes; and more.

Visit [MedstarHealth.org/mhs/events/](https://www.MedstarHealth.org/mhs/events/) to see a list of community health classes offered and details about each one.



Community Health:

Ensuring Access to the Resources Baltimore Residents Need

It's how we **treat people.**



Establishing Priorities in the Baltimore Region

In the Baltimore region, the CHNA has been integral to guiding the development and implementation of a comprehensive plan to improve health outcomes for those most affected by disease as well as social, environmental, and economic barriers to good health. It has also informed the creation of a strategy for future community health programming and how to allocate community benefit resources in each of our hospitals.

Currently, our community health initiatives in Baltimore are focused on the following needs identified as priorities during the last CHNA:

- Health and Wellness
 - Chronic Disease Prevention and Management
 - Mental Health and Substance Abuse
- Access to Care and Services
 - Mental Health and Substance Abuse
 - Linkage to Resources and Services
 - Transportation
- Social Determinants of Health
 - Employment
 - Supporting Street Safety
 - Food Access and Insecurity
 - Housing

Baltimore Region Community Health Services

Our services strive to connect area residents to services and resources in the community that will best help them live better and healthier lives. Physicians and associates as well as patients and their families are encouraged to call the numbers listed in this brochure to learn how to access these services. Following is an overview of those initiatives:

- **Community Health Advocates** are part of the interdisciplinary care team in our inpatient, emergency departments, and outpatient settings. They work closely with our hospital case management teams to address the unmet social needs of patients that are at a high or moderate risk of readmission. Community health advocates assist in linking patients to housing services, food, transportation, state and federal assistance programs, and other resources.
- **Peer Recovery Coaches** provide patients who have sought treatment for alcohol or drug dependency and addiction issues with the emotional support needed to move toward recovery. These coaches, most of whom have personal experience with substance use, assist in connecting patients to treatment services, including support groups, inpatient, and outpatient treatment programs.
- **Opioid Overdose Survivor Outreach Coaches** link patients who have left the hospital after being treated for opioid use with the resources and care they need to prevent future overdoses. These coaches, all having personal experience, counsel patients one-on-one in community settings for several months, providing patients with referrals to treatment and ensuring they have access to fentanyl test strips and naloxone, in case of an emergency.

- **Hospital Violence Responders** are members of the care team who, in partnership with Baltimore's Safe Streets program, work with victims or perpetrators of violence in the hospital and out in the community, once a relationship has been established. The responders personally understand the challenges these individuals face in the community and work to de-escalate and mediate conflicts that could otherwise lead to further violence. They also connect patients to needed resources. This service is offered at MedStar Good Samaritan Hospital, MedStar Harbor Hospital, and MedStar Union Memorial Hospital.
- **Rapid HIV Testing Program** offers free HIV rapid testing and counseling from a trained community health advocate. Patients who screen positive are connected to medical care and other supportive programs for unmet needs. This service is offered only through MedStar Harbor Hospital.
- **Care for the Uninsured or Under-insured** is available for community members who qualify through Shepherd's Clinic. Our community health advocates assist with linking eligible clients to this by-appointment clinic, which also offers a variety of wellness programs and behavioral health services. Those eligible to receive care at Shepherd's Clinic must reside in these zip codes: 21211, 21212, 21213, 21214, 21215, 21218, 21234, 21239, and 21206.

For more information about these services, call community health leadership at the following:

MedStar Franklin Square Medical Center: 410-918-7014

MedStar Good Samaritan Hospital: 443-695-7813

MedStar Harbor Hospital: 410-387-6457

MedStar Union Memorial Hospital: 443-835-7352