

Population and Community Health News

Advancing Health

MedStar Harbor Hospital

Harm reduction: **An essential step on the road to recovery.**



INSIDE: Empowering youth through health and wellness. | Our Mobile Health Center services.

Letter from the President.



MedStar Health is committed to working together with the communities we serve through a wide range of initiatives intended to improve health outcomes, reduce health inequities, and create lasting solutions that serve the needs of generations to come.

To ensure that our programs and services address these goals, we conduct a comprehensive Community Health Needs Assessment (CHNA) every three years to gather valuable input directly from the community about the challenges they face on a daily basis and identify the best ways for us to help. You'll read about two of our initiatives in this issue of *Advancing Health*.

Our cover story features a unique program we began in 2016 that emphasizes harm reduction to reduce the negative consequences associated with substance use. Designed to identify and assist individuals with substance use disorders, it relies on the expertise of peer recovery coaches—individuals having real experience—to offer them the support and guidance they need to move toward recovery.

We also highlight how we are empowering our future generations through an alliance with Bay-Brook Elementary/Middle School by providing its students with the health and wellness education they need to live well and thrive.

We hope you find *Advancing Health* informative, and welcome any input you may have. Through our collective efforts, we are always striving to make a difference. *It's how we treat people.*

In good health,

Jill Donaldson, FACHE

President, MedStar Harbor Hospital

Senior Vice President, MedStar Health

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At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 300 other care locations.

We're also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care. MedStar Harbor Hospital is proud to be part of MedStar Health. **It's how we treat people.**

Population and Community Health's mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: Peer recovery coaches (left to right) Samuel Davis, Jacqueline White, and Maurice Harrison-el provide support, resources, and a path to recovery to patients who test positive for substance use.



Harm reduction: An essential step on the road to recovery.

During the past decade, substance use has been a growing public health concern both nationally and here in the Baltimore area. Intensifying the problem was the arrival of the synthetic opioid fentanyl, which hit the region particularly hard resulting in thousands of fatal overdoses.

MedStar Health has long been committed to reversing this trend through a proactive approach that emphasizes harm reduction by engaging directly with people who have substance use disorders to prevent overdose, reduce infectious disease transmission, and improve the physical, mental, and social wellbeing of these individuals.

"Our harm reduction strategies are aimed at reducing the negative consequences associated with drug use. We accept that licit and illicit drug use is part of our world and choose to work to minimize its harmful effects rather than simply ignore or condemn them," explains Samantha Sailsman, MS, CCHW, regional director, Community Health, MedStar Health, Baltimore region, who oversees what is called the Screening, Brief Intervention, and Referral to Treatment program, also known as SBIRT.

"If an individual comes to us for care and is screened positive for substance use, one of our 36 hospital-based SBIRT peer recovery coaches—individuals who have personal experience with addiction—engage with that person, providing support, guidance, and a path to recovery."

A nationally recognized, evidence-based program, SBIRT is offered by MedStar Health at all four Baltimore hospitals: MedStar Franklin Square Medical Center, MedStar Good Samaritan Hospital, MedStar Harbor Hospital, and MedStar Union Memorial Hospital. Initially



The peer recovery coaches team at MedStar Harbor: (front row) Jacqueline White; Samantha Sailsman, MS, CCHW, regional director, Community Health; (back row left) Keith Barnes, Maurice Harrison-el; and Samuel Davis.

launched in the hospitals' Emergency departments, it has since been expanded to some Mother/Baby units, Behavioral Health, and large primary care practices.

The peer recovery coaches are key to the success of the program, offering unique insight and valuable perspectives that are different from what is traditionally experienced in a clinical setting. Studies have shown that having guidance and support from someone who has "been there" is what many in recovery value the most.

In addition to offering patients counseling and helping to connect them with community treatment facilities, they are also provided with harm reduction tools which include fentanyl test strips and naloxone kits.

According to Sailsman, the program is making an impact. "In FY24 alone,

we completed 295,922 screenings, identified 18,662 patients with a substance use disorder, most of whom received counseling, and referred or linked nearly 30% to treatment providers," Sailsman notes.

"Addiction is a chronic disease, yet historically, people who struggle with substance use disorders have been met with stigma and punishment instead of support—which makes it harder for them to get help," adds Maurice Harrison-el, a peer recovery coach supervisor at MedStar Harbor.

"Everyone is different and not all individuals with substance use disorders are going to immediately embrace recovery. Our goal is to help them figure out their best options and, if possible, get them connected to treatment before they leave the hospital. We are mentors and more... we strive to offer hope and inspiration on their road to recovery."



For more information about our services, visit **[MedStarHealth.org/CommunityHealth](https://www.MedStarHealth.org/CommunityHealth)**.

Empowering youth through health and wellness.

At MedStar Health, we strive to enhance health outcomes in the communities we serve through a comprehensive approach that emphasizes prevention, builds awareness, and fosters independence. To that end, ensuring the health and wellness of young people is of particular importance as it lays the foundation for healthy habits that can last a lifetime.

"In an era where young people face a variety of challenges—ranging from mental health struggles to physical well-being—prioritizing health and wellness education is a vital step toward fostering well-rounded, empowered youth," explains Tracy Holcomb, MSN, RN program manager and certified diabetes education specialist for Care Transformation at MedStar Harbor Hospital.

Holcomb serves as a liaison between MedStar Harbor and several community-based youth organizations implementing programs to address the health and wellness needs of young people. One of them is Bay-Brook Elementary/Middle School, a Baltimore City school that strives to provide student-centered educational experiences in a safe and supportive environment while preparing them for the future.

Her team offers health and wellness education during the school's annual health fair and throughout the year as opportunities arise.

"We emphasize the importance of preventive health care through blood pressure screenings, pre-diabetes screenings, and other health resource sharing," Holcomb says.

"We also provide basic training in life-saving skills through Be the Beat, a program that teaches the students how to perform Hands-Only CPR, and Stop the Bleed, in which participants learn simple techniques to control bleeding in the event of an emergency."

During the school's most recent health and wellness fair, nutritional education was provided as well.

"Kids need to know that every food they put into their bodies affects them. Many of these children are growing up in food deserts with limited access to affordable, healthy food," notes Angela Roberson, RD, LDN, regional clinical manager, Food Rx. "For some families, it's easier and less expensive to go to the local fast-food restaurant than trying to put together a healthy and nutritious meal. This can lead to

increased risks of childhood obesity, poor cognitive and academic performance, and health issues."

To make learning about good nutrition fun, Holcomb and her associates put on live cooking demonstrations throughout the day. "We showed them how to make healthy tacos by substituting traditional toppings like sour cream with a yogurt sauce and using fresh ingredients. Then all the students got to sample the final product. It was a lot of work, but the kids really enjoyed it," Holcomb adds.

"Bay-Brook Elementary/Middle is providing its students with essential knowledge to help live healthier lives, and it is a pleasure to work with them in our community benefit services area. Together, we are empowering them for better futures."



Students at Bay-Brook Elementary/Middle School learn about healthy cooking from a MedStar Health dietitian.

To learn more about the Community Health programs offered at MedStar Health, visit [MedStarHealth.org/Community Health](https://www.MedStarHealth.org/CommunityHealth).

Our Mobile Health Services.



Two healthcare centers on wheels, serving neighborhoods across Baltimore.

Being able to see a provider when you need one is important.

MedStar Health's two Mobile Health Centers offer a solution! We visit communities across Baltimore every week, making it easier for you and your loved ones to get the medical services you need—regardless of your insurance coverage.

Your health is our priority. Patients ages 5+ can turn to our Mobile Health Centers for:

- Primary Care
- Urgent Care
- Chronic Disease Management
- Cancer Screenings
- Vaccines
- Harm Reduction Supplies
- Mental Health
- Wound Care
- HIV and Hepatitis C Testing
- Sexually Transmitted Infection (STI) Screenings
- Women's Health

Walk-ins are accepted but appointments are encouraged and can be scheduled by calling **410-350-7511**. Learn more at **[MedStarHealth.org/MobileHealthCenter](https://www.MedStarHealth.org/MobileHealthCenter)** or by scanning the QR code using your mobile phone camera.



Mobile Health Center—North Baltimore

Franciscan Center

101 W. 23rd St.
Baltimore, MD 21218
Mondays, 10 a.m. to 4 p.m.

St. Stephens AME Church

1601 Old Eastern Ave.
Essex, MD 21221
Tuesdays, 10 a.m. to 4 p.m.

Govans Farmers' Market

5104 York Rd.
Baltimore, MD 21212
Wednesdays, 10 a.m. to 4 p.m.

Community Assistance Network

7900 E. Baltimore St.
Baltimore, MD 21224
Thursdays, 10 a.m. to 4 p.m.

Mobile Health Center—South Baltimore

City of Refuge Baltimore (CORB)

3501 7th St.
Baltimore, MD 21225
Mondays, 9 a.m. to 3 p.m.

The Transformation Center

3701 4th St.
Baltimore, MD 21225
Tuesdays, 10 a.m. to 4 p.m.

Drink at the Well

4710 Pennington Ave.
Baltimore, MD 21226
Wednesdays, 10 a.m. to 4 p.m.

Middle Branch Fitness & Wellness Center

201 Reedbird Ave.
Baltimore, MD 21225
Thursdays, 10 a.m. to 4 p.m.

We are deeply grateful to our philanthropic partner, the Baltimore Ravens.



Community class schedules.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of free and low-cost special classes, events, and screenings at our local MedStar Health hospitals. They include the following:

CANCER PREVENTION

Breast and Cervical Cancer Screenings

Free mammograms, clinical breast exams, PAP and HPV testing for women ages 40 and older who live in Baltimore City. Free PAP and HPV testing for women between ages 21 to 39 who live in Baltimore City.

Call **410-350-2066** for details.

Colon Cancer Screening

Free colon cancer screenings for uninsured and underinsured men and women ages 45 or older, or younger with symptoms or family history, who live in Baltimore City, or Anne Arundel, Baltimore, or Howard counties.

Have Medicaid or Medicare? We can pay your out-of-pocket costs and help you get screened.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.



Lung Cancer Screening

Free lung cancer screenings for uninsured and underinsured women and men ages 50 or older, who currently smoke or have quit in the past 15 years and live in Baltimore City or Anne Arundel County.

Call **410-350-8216** (in English) or **410-350-3444** (in Spanish) to learn more.

DIABETES PREVENTION AND EDUCATION

Diabetes Education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose monitoring, and more. Virtual appointments are available.

Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational Diabetes Education

In-person and virtual classes will assist gestational diabetic women with blood sugar control, diet, exercise, and medication instruction for a safe pregnancy. Call **443-777-6528** for details.

HEART AND LUNG HEALTH

Cardiac Rehabilitation

Pulmonary Rehabilitation

Call **443-444-3397** for more information.

Phase III General Exercise Program

Call **443-444-3881** for more information.

Congestive Heart Failure Clinic

Call **443-444-5993** for details.

SUPPORT GROUPS

Contact the emails below to see if the group is virtual or in person.

Amputee Support Group

Email jennifer.mcdivitt@medstar.net for details.

Aphasia Support Group

Aphasia is a language disorder due to illness.

Email kate.c.gerber@medstar.net for details.

Concussion Support Group

Email kate.c.gerber@medstar.net for details.

Diabetes Support Group

Email lorraine.p.giangrandi@medstar.net at MedStar Franklin Square and alexandra.orlan@medstar.net at MedStar Good Samaritan for details.

Stroke Support Group

Email kate.c.gerber@medstar.net for details.

WELLNESS AND PREVENTION

Tobacco Cessation

Learn to quit smoking with support from our certified tobacco cessation experts.

Free virtual or in-person classes.

Call **855-218-2435** or visit [MedStarHealth.org/StopSmoking](https://www.MedStarHealth.org/StopSmoking).

PARKINSON'S DISEASE FITNESS

Aquatics for Parkinson's Disease

Parkinson's Exercise Class

Rock Steady Boxing

Call **443-444-4600** for details.

BIRTH AND FAMILY SERVICES

Birth and family services are offered in the MedStar Health, Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our birthplace virtual tours by scanning this QR code with your mobile phone camera feature and scrolling to the bottom of the page.



IN-PERSON CLASSES AT MEDSTAR FRANKLIN SQUARE MEDICAL CENTER

Prepared Childbirth Classes

Preparing mother and her birth partner for labor and childbirth. Offered 1 full day or as a 4-week series (1 night/week).

Breastfeeding: Facts, Myths, and Techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.



Infant Care and Safety Class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and Child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and Child First Aid

Classes cover allergic reactions, sudden illness, head, bone and joint injury, wound care, shock, burns, and more. Classes can be taken separately or together with CPR (discount applies if taken at the same time). Classes meet the State requirement for daycare providers.

Moms, Babies, and Breastfeeding Support Group

Facilitated by breastfeeding specialists, this group provides clinical support to new moms while providing a place to build relationships with other new moms. Professional infant scale for weigh-ins available. FREE lunches provided. Expectant moms, support partners, and siblings are welcome.

VIRTUAL - Join from the comfort of your home!

Tuesdays, 10 to 11 a.m.

Contact susanna.k.derocco@medstar.net for a private link.

In-person support group, 11 a.m. to 1 p.m.

First Monday of each month - MedStar Franklin Square Medical Center 3rd floor Wellness Center

Contact susanna.k.derocco@medstar.net for details.

NEW eCLASSES hosted by MedStar Health

We are excited to have partnered with InJoy Health Education to provide a variety of online eClasses to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Classes include:

- Multiples
- Your Newborn
- Cesarean Section
- Grandparenting
- Childbirth
- Breastfeeding
- Natural Childbirth
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smart phone or visit

[MedStarHealth.org/BirthandFamilyClasses](https://www.MedStarHealth.org/BirthandFamilyClasses).

For questions on any of these classes, contact **beth.kegley@medstar.net**.

To register online, visit: **[MedStarHealth.org/BirthandFamilyClasses](https://www.MedStarHealth.org/BirthandFamilyClasses)** or call **888-746-2852**.

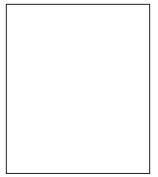




MedStar Health

5601 Loch Raven Blvd.
Baltimore, MD 21239

MedStarHealth.org/CommunityHealth
855-218-2435



MedStar Health **Social Needs Program**

Find the resources you need and get connected...all in one place.

Education, employment, food security, housing, safety, social support, and transportation are all factors that affect health and well-being. Yet many individuals and families struggle to address these needs on a daily basis. The MedStar Health Social Needs program can help.

SocialNeeds.MedStarHealth.org is an online tool used to easily and quickly connect those in need with free or low-cost resources and services in their community. This publicly accessible tool allows community members to search for various services for themselves or on behalf of family members, friends, or neighbors. Meal delivery, medical care, rent, ride-share programs, and utility assistance are just a few of the search options available by zip code in a wide range of languages.



Social Needs program.



Scan the QR code, visit **SocialNeeds.MedStarHealth.org** or call 211.