



**Lifespan
Community Health Institute**
Delivering health with care.™



2015 Annual Report

The Lifespan Community Health Institute's mission is to ensure that all people have the opportunities to achieve their optimal state of health through healthy behaviors, healthy relationships, and healthy environments.



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The Lifespan Community Health Institute (LCHI), formerly Lifespan Community Health Services, recognizes that good health begins in our homes, schools, workplaces and communities, and that as a health care system, we must focus on safeguarding health and preventing disease, as well as providing medical care. Consequently, we have refined our mission and strategies to complement and extend Lifespan's services by promoting primary prevention and offering programs that foster healthy communities.

A complete state of health is much more than the absence of disease. It is a state of wellbeing that is a result of good physical health, mental and emotional health, a fulfilling and safe work life, healthy relationships, a strong social network, a healthy natural environment, financial security, and access to quality health care. Though challenging to tackle, we believe it a worthwhile goal to build healthy communities where people thrive and health care resources can be more efficiently and effectively utilized. The LCHI works to expand Lifespan's role in our community by facilitating cooperative efforts with community partners to address the full spectrum of conditions that affect health.

In this Fiscal Year (FY) 2015 Annual Report, we take a look back at what we have accomplished in the past year to advance our mission. While not an exhaustive listing of every activity our staff performed or contributed to, this first of its kind annual report does provide a substantive accounting of how we spent our time, talent and treasure. We also share some of the new initiatives for the new fiscal year to ensure that all people have the opportunities to achieve their optimal state of health. We invite you to explore all that LCHI offers and contact us if you wish to participate in any of our programs or if you have questions or suggestions that can help us improve the health of our communities.

Be well,
Carrie Bridges Feliz, MPH
Director

FY 2015

by the numbers...

28

LCHI programs delivered in

cities and towns

256

Number of classes offered or activities held

14,120

people benefited from LCHI programs

LCHI

programs serve all ages: children, adolescents, adults, and seniors

50%

of program recipients come from core cities

268

CPR instructors managed through the LCHI Training Center

65%

of those served were CPR trained, that's

9,183

people

CORE CITIES:

Providence

Pawtucket

Central Falls

Woonsocket



5

Health Screenings and Adult Immunization Clinics

- See, Test & Treat
- Sun Smarts
- Blood Pressure and Cholesterol Screening
- MMR, Varicella, TDAP, Twinrix
- Flu Clinics

7

Youth Programs

- Power Lunch
- Groundhog Job Shadow Day

8

Health Education for Adults & Professionals

- Parenting Matters Conference
- Speaking of Kids Workshops
- Conferencia Temas Familiares
- Avenues of Healing
- Lifespan Community Health Ambassadors

10

Lifespan Community Training Center

- AHA Community Training Center / CPR, AED & First Aid Classes
- Healthwise
- Safe Sitter
- Unnatural Causes
- Women's Health First Workshops

12

New Programs for FY 2016

- Lifespan Mentoring Program
- Financial Literacy
- Mental Health First Aid
- Family Help Desk
- Incredible Years Parenting Classes
- Food is Medicine



Health Screenings and Adult Immunization Clinics



SEE, TEST & TREAT

MAY 9, 2015

HEALTH CONCERN: Uninsured women who are unable to afford or are ineligible for medical insurance, and under-insured women who are unable to pay for needed services, may forego breast and cervical cancer screening and treatment.

PROGRAM/ACTIVITY DESCRIPTION: Free breast and cervical cancer screening with same day results, educational materials and activities provided to all participants. Anyone needing follow up was also treated for free. Additionally, free HIV and Hepatitis C testing and Tdap vaccinations were offered. This program is generously supported by the College of American Pathologists Foundation and the donated services of providers from Lifespan, Women & Infants Hospital, and staff from the Rhode Island Department of Health's Women's Cancer Screening Program.

PEOPLE SERVED: 45

% BENEFICIARIES FROM CORE CITIES: 89%

RESULTS:

- 37 women received cervical screenings
- 44 women received clinical breast exams & mammograms
- 25 women elected to have HIV and Hepatitis C tests
- 19 women received Tdap vaccinations

SUN SMARTS

HEALTH CONCERN: Rising new cases of melanoma and rising death rate in the most recent 5 year reporting period in Rhode Island.

PROGRAM/ACTIVITY DESCRIPTION: In collaboration with the Partnership to Reduce Cancer in RI, University Dermatology and LCHI offer free melanoma screening and educational material to beachgoers.

CLASSES/EVENTS OFFERED: 5 events during the summer

PEOPLE SERVED: 433 children and adults screened

% BENEFICIARIES FROM CORE CITIES: 3%

RESULTS:

73 participants received referrals, with the following breakdown:

- 10 referred for biopsy
- 28 referrals without a biopsy recommendation
- 35 received both a referral and biopsy recommendation
- All people diagnosed with melanoma were treated



It was great for our daughters to gain exposure to importance of skin protection and screening." East Matunuck attendee, who was at the beach with his family

Health Screenings and Adult Immunization Clinics



BLOOD PRESSURE AND CHOLESTEROL SCREENINGS

HEALTH CONCERN: Heart disease and stroke are leading causes of death. High/elevated blood pressure can create higher risk for both diseases. It is also known as the silent killer. High cholesterol levels can create higher risk for cardiovascular disease.

PROGRAM/ACTIVITY DESCRIPTION: Provides free blood pressure checks and total cholesterol levels. Provide material on lifestyle changes to maintain normal levels.

- # CLASSES/EVENTS OFFERED: 9 screenings
- # PEOPLE SERVED: 214 adults screened
- % BENEFICIARIES FROM CORE CITIES: 94%
- RESULTS: Provided an awareness of their blood pressure and cholesterol numbers to patients, along with education materials and resources if they have no primary care provider. In the past few months, 9 patients were identified with early signs of hypertension and referred to appropriate care.

MMR, VARICELLA, TDAP, TWINRIX

HEALTH CONCERN: CDC strongly encourages everyone to get vaccinated, especially those at higher risk of illness or who work in health care settings.

PROGRAM/ACTIVITY DESCRIPTION: Provided vaccinations for those out of compliance or who need the vaccine to gain/maintain employment.

CLASSES/EVENTS OFFERED: 6 clinics

- # PEOPLE SERVED: 13 vaccinated
- % BENEFICIARIES FROM CORE CITIES: 67%
- FLU CLINICS**
- HEALTH CONCERN:** In 2014, CDC reported almost 4,000 deaths were related to the flu. A yearly vaccine is recommended to prevent contracting and spreading the flu virus.
- PROGRAM/ACTIVITY DESCRIPTION:** LCHI partners with the Rhode Island Department of Health to serve as a community immunizer, running free flu clinics for uninsured and low income adults.
- # CLASSES/EVENTS OFFERED: 29 clinics
- # PEOPLE SERVED: 702 vaccinated
- % BENEFICIARIES FROM CORE CITIES: 90%
- RESULTS: In 2015 the CDC recognized Rhode Island for having the highest influenza vaccination coverage rates in adults age 18 and older (53.7% in Rhode Island versus 43.6% nationally). The state was also applauded for having the most improved influenza coverage in adults age 18 and older (from 52.5% in 2013 to 53.7% in 2014).



Youth Programs



POWER LUNCH PROGRAM

HEALTH CONCERN: In the 2013/14 school year, only 52% of Providence Public School third graders were proficient in reading. Students who are not reading on grade level at the end of third grade are less likely to graduate from high schools, which sets them up for poor adult health. Managed by Inspiring Minds, the Power Lunch Programs matches local employees with Providence elementary schools in need of reading volunteers. Students are referred to the program based on low reading levels, low confidence in their reading skills and/or low self-esteem.

PROGRAM/ACTIVITY DESCRIPTION: LCHI coordinates the Power Lunch volunteers at Bailey, Martin Luther King, Jr. and Carl G. Lauro Elementary Schools in Providence. Lifespan staff volunteer to read with elementary school students once a week during their lunch hour, promoting a love of reading and mentoring with elementary age students.

CLASSES/EVENTS OFFERED: 31 weekly sessions

CHILDREN SERVED: 24

% BENEFICIARIES FROM CORE CITIES: 100%

GROUNDHOG JOB SHADOW DAY

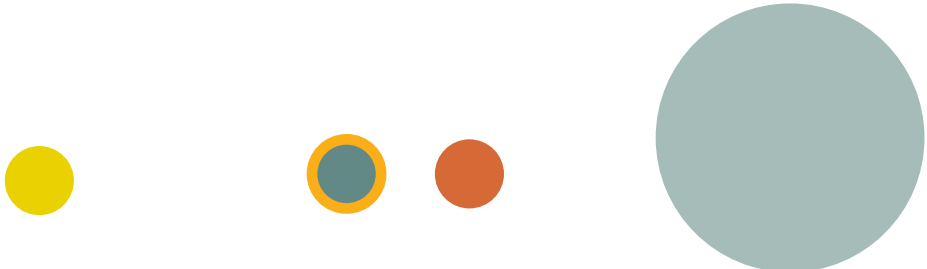
FEBRUARY 6, 2015

HEALTH CONCERN: Children need early exposure to health careers and health care settings in order to stimulate interest in health professions.

PROGRAM/ACTIVITY DESCRIPTION: Students spend a half-day at The Miriam Hospital learning about career pathways from human resources professionals and touring departments including Central Sterilization, the Blood Center, Dietary/Kitchen, and the Robotics Lab.

PEOPLE SERVED: 100 fifth grade students

% BENEFICIARIES FROM CORE CITIES: 100%



Health Education for Adults & Professionals

PARENTING MATTERS CONFERENCE

MARCH 21, 2015

HEALTH CONCERN: Parents, professionals and caregivers are looking for supports to generate healthier outcomes for kids.
PROGRAM/ACTIVITY DESCRIPTION: This half-day conference with a keynote speaker and 34 workshops provided parents, professionals and caregivers with practical information about raising children and teens, with expertise from top child development professionals, especially with respect to mental health concerns.

PEOPLE SERVED: 283

% BENEFICIARIES FROM CORE CITIES: 33%



A great bargain to hear local experts...the topics are relevant to my job, the time really works for me and the cost is excellent. What could be better?"



Great opportunity to earn credits and gain knowledge on a variety of topics, cheap...the staff is always incredibly professional and friendly...Excellent."

SPEAKING OF KIDS WORKSHOPS

HEALTH CONCERN: Parents, professionals and caregivers are looking for supports to generate healthier outcomes for kids.
PROGRAM/ACTIVITY DESCRIPTION: Evening workshops on a single topic provide parents, professionals and caregivers with practical information about raising children and teens with expertise from top child development professionals, especially around mental health concerns.

CLASSES/EVENTS OFFERED: 4

PEOPLE SERVED: 769

% BENEFICIARIES FROM CORE CITIES: 25%

NOTEWORTHY PLANS FOR NEXT YEAR: Name has been changed to Parenting Matters Workshops to better align with the Parenting Matters Conference, and will now be offered twice in the Fall.

CONFERENCIA TEMAS FAMILIARES

OCTOBER 18, 2014

HEALTH CONCERN: Parents, professionals and caregivers are looking for support in their native language to generate healthier outcomes for kids.
PROGRAM/ACTIVITY DESCRIPTION: This half-day conference provides workshops and resources for Spanish-speaking residents about parenting, mental health and health concerns impacting their children.

PEOPLE SERVED: 183

% BENEFICIARIES FROM CORE CITIES: 100%

AVENUES OF HEALING

OCTOBER 18, 2014

HEALTH CONCERN: Women need a venue to learn about breast cancer prevention and treatment from experts in the field.
PROGRAM/ACTIVITY DESCRIPTION: Free educational program with a provider panel, keynote speaker, and vendors—open to the public.

PEOPLE SERVED: 209

% BENEFICIARIES FROM CORE CITIES: 19%

LIFESPAN COMMUNITY HEALTH AMBASSADORS

HEALTH CONCERN: Health and social service agencies approach common health challenges from different angles, yet rarely have an opportunity to come together to learn, share, strategize, and coordinate a response.

PROGRAM/ACTIVITY DESCRIPTION: The Lifespan Community Health Ambassadors convene most months to engage in:

- *Education* to inform and /or improve practices in working with populations disproportionately impacted by health disparities
- *Networking* to provide the opportunity for sharing experiences and efforts in order to improve and coordinate services
- *Increasing awareness* of Lifespan services, research and programs
- *Sharing opportunities* to inform the development and delivery of Lifespan services in order to improve quality and patient satisfaction

A different topic is featured each month. Sample topics included: Opioid Addiction and the Impact on Diverse Communities, Public Health Priorities, How Public Safety is Responding to Gangs & Violence, and updates on the R.I. Commission on Health Advocacy and Equity.

CLASSES/EVENTS OFFERED: 7

PEOPLE SERVED: 115

% BENEFICIARIES FROM CORE CITIES: 75%

Lifespan Community Training Center



AHA COMMUNITY TRAINING CENTER CPR, AED & FIRST AID CLASSES

HEALTH CONCERN: Over 300,000 people suffer sudden cardiac arrest per year. Performing CPR can nearly double the chance of survival, yet only 15-30% receive bystander CPR. Increasing the number of people trained may increase bystander CPR and ultimately increase survival rates.

PROGRAM/ACTIVITY DESCRIPTION: LCHI offers certified and non-certified CPR, AED and First Aid classes. Additionally, LCHI monitors and credentials CPR instructors who adhere to the American Heart Association Guidelines.

OF INSTRUCTORS IN TRAINING CENTER: 268

CLASSES TAUGHT: 1,413

PEOPLE TRAINED: 9,183

RESULTS: Community members who took the class expressed ease of learning and confidence to be able to perform CPR if needed. Data has shown a slight increase in survival rates since Hands Only training was initiated. Professionals who took the class were able to secure or retain employment.

NOTEWORTHY PLANS FOR NEXT YEAR: Hands Only CPR, Heart-saver AED, and Heartsaver First Aid will be offered in Spanish.

HEALTHWISE

HEALTH CONCERN: Rhode Island experiences a higher than average rate of emergency department visits. Becoming insured, building a relationship with a primary care provider, and learning how to navigate the healthcare system may reduce unnecessary emergency department utilization.

PROGRAM/ACTIVITY DESCRIPTION: Presentation to inform students about health choices including when to call their doctor, treat yourself or go to the emergency department. The course and accompanying book explain a large variety of medical problems and treatment options.

CLASSES/EVENTS OFFERED: 23 classes

PEOPLE SERVED: 319 students

% BENEFICIARIES FROM CORE CITIES: 96%

SAFE SITTER

HEALTH CONCERN: It is important for children to learn how to safely care for themselves and others, especially before young people begin babysitting other children.

PROGRAM/ACTIVITY DESCRIPTION: Teaches children 11-14 years old CPR, choking prevention, first aid, and how to manage emergencies.

CLASSES/EVENTS OFFERED: 26 classes



PEOPLE SERVED: 283 students

% BENEFICIARIES FROM CORE CITIES: 20%

RESULTS: Students gain confidence in their capabilities and knowledge as a babysitter in addition to learning important life-saving skills including the Heimlich, rescue breathing and first aid.

UNNATURAL CAUSES TRAININGS

HEALTH CONCERN: Health, education and social service organizations need to understand the root causes of our alarming socio-economic and racial inequities in health.

PROGRAM/ACTIVITY DESCRIPTION: The "Unnatural Causes" documentary crisscrosses the nation uncovering startling findings that suggest there is much more to our health than bad habits, health care, or unlucky genes. The social circumstances in which we are born, live, and work can actually get under our skin and disrupt our physiology as much as germs and viruses. LCHI offers facilitated screenings and discussion of this eye opening, educational documentary.

CLASSES/EVENTS OFFERED: 2

PEOPLE SERVED IN TOTAL: 48

% BENEFICIARIES FROM CORE CITIES: 100%



WOMEN'S HEALTH FIRST WORKSHOPS

HEALTH CONCERN: Women are not always aware of the urgency/importance of getting regular screenings, even when provided at no cost to them.

PROGRAM/ACTIVITY DESCRIPTION: Workshop focusing on breast and cervical health, the importance of regular health screenings, and the opportunity to participate in See, Test & Treat.

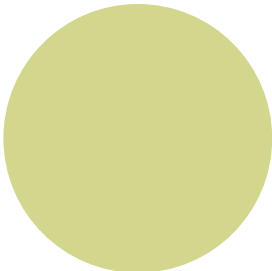
CLASSES/EVENTS OFFERED: 8

PEOPLE SERVED IN TOTAL: 76

% BENEFICIARIES FROM CORE CITIES: 100%

RESULTS:

- At least 12 women signed up or recruited other women for See, Test & Treat.
- Women learned about the importance of cancer prevention.



“Heartsaver First Aid student: “Provides basic understanding of what to do in emergency situations.”

“I liked the class and it was a lot of fun. Safe Sitter is a great program, it helped me a lot and I hope it stays around forever. Safe Sitter should try to get more people to learn these skills...”

New Programs for FY 2016

In addition to these new programs, LCHI will work with Lifespan affiliates to increase availability of existing programs that have proven effective.

LIFESPAN MENTORING PROGRAM

HEALTH CONCERN: Mentoring can improve students' lives, especially with respect to educational achievement, social and emotional development, and health behaviors. For the mentor, mentorship provides an opportunity for a professional to develop a meaningful relationship with a young person and an enriched life experience.

PROGRAM/ACTIVITY DESCRIPTION: The Lifespan Mentoring Program pairs high school students who are interested in health careers with Lifespan professionals. With ample evidence demonstrating the tremendous positive impact a caring adult can have on the trajectory of a young person's life, the program facilitates one-on-one relationships between health professionals and students to bolster essential skills in the academic, professional, and social domains.

FINANCIAL LITERACY

HEALTH CONCERN: Managing one's finances well promotes economic security, health and wellbeing. In partnership with Coastway Community Bank, LCHI will offer the DollarWise course, designed to help participants manage money more wisely. Topics will include budgeting, checking account basics, identity theft prevention, and managing credit. Participants will have ample time to ask questions and will walk away with worksheets to help them manage their finances in the future. Sessions are led by a financial educator and are available in English and Spanish.

MENTAL HEALTH FIRST AID (MHFA)

In collaboration with Gateway Healthcare, LCHI will offer MHFA training. It is an innovative eight-hour course that trains people to recognize the signs and symptoms of common mental health disorders, to provide immediate initial on-site help, and to guide individuals toward appropriate professional assistance. Participants will leave MHFA training with simple yet powerful tools they can use to assist individuals who may be experiencing a mental health crisis, diffuse potentially dangerous or disruptive situations, and help improve mental health literacy. One of the first sites chosen to implement MHFA in 2008, Gateway Healthcare has trained more than 750 people, mostly public safety (police and fire) and education professionals. LCHI will assist Gateway Healthcare to achieve the goal of providing MHFA to more lay audiences in community settings.

FAMILY HELP DESK (FORMERLY HEALTH LEADS)

Access to basic resources like food, safe housing, and a stable income is the foundation of good health. Delivering high quality health care means not only providing medical treatment when patients are sick, but connecting them to the services they need to stay healthy. For 20 years, the Family Help Desk has linked patients at Hasbro's primary and urgent care clinics with volunteer college student health advocates. Physicians screen patients for social needs, and refer them to the Family Help Desk located directly in the clinic. There, the student advocates provide



information about community services such as clothing banks, food pantries, and utilities assistance. In coordination with the clinical team, advocates work with families over time to help them overcome access barriers and ensure they are able to successfully connect with the resources they need.

INCREDIBLE YEARS PARENTING CLASSES

Incredible Years is a proven effective program that builds positive parenting strategies and assists parents in managing young children's behavior, ultimately reducing early onset behavior problems and preventing adolescent delinquency, substance abuse, and violence.

Parents who complete the program will:

- Feel more confident dealing with tantrums
- Help their children learn to listen and manage feelings
- Prepare their children for future school success
- Support positive relationships
- Get support and manage parenting stress

For many years, Dr. Stephanie Shepard Umaschi at Emma Pendelton Bradley Hospital has been implementing the Incredible Years program in Rhode Island, as well as providing technical assistance to other providers in the state. Beginning in 2016, LCHI will partner with Dr. Shepard Umaschi to offer more sessions of this highly effective program.

FOOD IS MEDICINE

Mary Flynn, PhD, RD, LDN, is a research dietician at The Miriam Hospital. In 2000, she developed a plant-based diet that features extra virgin olive oil, whole grain and legumes. Dr. Flynn has delivered the 6-session Food is Medicine cooking and education program repeatedly over the past 15 years in partnership with local organizations including the Rhode Island Community Food Bank, the Rhode Island Free Clinic, and LCHI. The program has been studied and evaluation results published in peer-reviewed journals. Exciting findings of the program include that when participants replace at least 3 meals a week with the recipes, they report less food insecurity (the program has been proven to be less costly than the USDA recommended MyPlate diet), lower BMI and waist circumference, lower blood pressure, and increased consumption of vegetables. LCHI is pleased to partner with Dr. Flynn to offer Food is Medicine at its facility in South Providence. In addition, we are seeking to build out a demonstration kitchen to be able to efficiently enroll more adults and youth in the program.



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