



10 Healthy Way  
Ellenville, NY 12428

845.647.6400  
www.ERHNY.org

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## 2020 Community Service Plan Progress Update

During the 2020 year, despite the challenges posed by COVID-19, Ellenville Regional Hospital (ERH) continued to focus on the two identified priority areas and interventions included in the 2019-2021 CSP. Though some alterations were necessary to accommodate social distancing and safety precautions, the programs for both chronic disease prevention and substance use disorder support both continued through 2020. Service alternations, such as transitioning to offer classes, programs and meetings with staff in a virtual setting, allowed ERH staff to continue to serve community members.

ERH staff continued to implement programs designed to reduce the incidence of chronic diseases, working directly with a total cohort of one hundred fifty-one (151) adults and twenty (20) families over the course of 2020 to implement healthy lifestyle changes. ERH staff enrolled eighty-seven (87) individuals into the cohort in 2020, fifty-five (55) of whom received a calcium score CT scan and thirty-six (36) of whom received a carotid ultrasound. In 2020, forty-three (43) individuals in the cohort met with the nutritionist to develop meal plans and action plans for dietary changes. In 2020, thirteen (13) cohort members participated in the four-month Cardiac Wellness physical therapy program designed to reduce cardiovascular risk. The average age of the eighty-seven (87) individuals who joined the cohort in 2020 at base line was 57.1, but the average heart age was 68.4, with the heart age calculator showing an average 16.5% risk of a cardiovascular incident in the next 10 years. Over the course of 2020, over two hundred (200) individuals received health education on cardiovascular disease prevention from ERH staff.

ERH staff continued to implement programs designed to provide prevention, harm reduction, treatment, recovery and support services to individuals experiencing substance use disorder. In 2020, staff worked with clients who made a total of one hundred eighty-three (183) visits to the Emergency Department; of which eighty three (83) were walk-ins, seventy-three (73) were brought in by EMS and twenty-two (22) by law enforcement or corrections. Of the visits, one hundred sixty-three (163) were caused by substance use, five (5) by a treatment lapse and fourteen (14) from an unrelated medical visit during which substance use was flagged as being at risky levels. Primary Substances reported at the visit were seventy-one (71) alcohol and forty-six (46) opioid (34 heroin, 12 Rx opioid), the remainder were other substances, including prescription and over-the-counter medications, marijuana and synthetic products, and cocaine. Confirmed overdoses accounted for fifty-six (56) visits, with an additional four (4) possible but unconfirmed overdoses. Upon discharge from visits, eleven (11) patients returned to the Department of Corrections, nine (9) returned to an inpatient treatment facility, seven (7) were transferred to a psychiatric hospital, two (2) were transferred to a crisis center for treatment, two (2) to a detox facility, nineteen (19) were admitted inpatients (most often to detox), and twenty four (24) were referred to a treatment facility for their SUD.



## 2019 – 2021 Community Service Plan Interventions

### **Priority Area #1:** Preventing Chronic Diseases

#### **Focus Area 4:** Preventive Care and Management

**Goal 4.3:** Promote evidence-based care to prevent and manage chronic diseases including asthma, arthritis, cardiovascular disease, diabetes and prediabetes and obesity.

**Intervention 1 Summary:** ERH is working to identify and enroll 150 adults at risk of cardiovascular disease (determined by CDC Heart Age Calculator) in the RHN Wellness Program, to aid them in making lifestyle changes to reduce their risk of developing CVD.

**Intervention 2 Summary:** ERH is working to identify and enroll 45 families with children who are overweight or obese into the RHN Wellness Program to aid them in making lifestyle changes, to reduce their risk of developing chronic diseases and experiencing poor health outcomes.

### **Priority Area #2:** Promote Well-Being and Prevent Mental and Substance Use Disorders

#### **Focus Area 2:** Prevent Mental and Substance User Disorders

**Goal 2.2:** Prevent opioid overdose deaths.

**Intervention 1 Summary:** Implement Project RESCUE, a collaborative partnership between ERH and Catholic Charities of Orange, Sullivan, and Ulster. Medication Assisted Recovery (MAR) (Buprenorphine) will be available in the ED for induction 24/7 (with assessment for withdrawal symptoms) with a warm hand off to a certified recovery peer advocate (CRPA) and a referral to start treatment. MAR is available for up to three days in the ED, with a guaranteed treatment start day with partnering agencies of day 4.

**Intervention 2 Summary:** Provide necessary harm reduction supplies and guidance to prevent fatal overdoses and the occurrence and transmission of infectious complications (i.e. HepC, HIV, Endocarditis).

**Goal 2.1:** Prevent underage drinking and excessive alcohol consumption by adults.

**Intervention 3 Summary:** Support Ulster County Sheriffs Project ORACLE, to facilitate law enforcement assisted diversion for alcohol use disorder by providing detox services, peer support, and referral to treatment providers.