



**Mount
Sinai**



The Mount Sinai Health System

MOUNT SINAI MORNINGSID
MOUNT SINAI WEST



Community Service Plan, 2019-2021

DECEMBER 2019

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**Mount
Sinai**

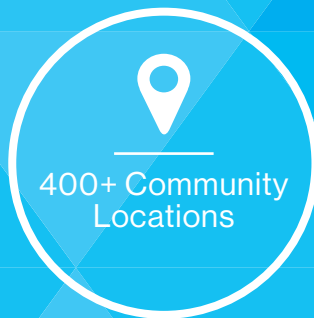


Mount Sinai at a Glance



Over 42,000
Employees

Includes more than 7,400
primary care physicians
and specialists



400+ Community
Locations

Access Mount Sinai
health care across New York
City and beyond



38 Institutes

Focused on multidisciplinary
research, educational, and
clinical progress

The Mount Sinai Health System is an integrated health care system providing exceptional medical care to our local and global communities.

Mount Sinai encompasses the Icahn School of Medicine at Mount Sinai and eight hospital campuses in the New York metropolitan area, as well as a large, regional ambulatory footprint. The hospital campuses include Mount Sinai Beth Israel, Mount Sinai Brooklyn, The Mount Sinai Hospital, Mount Sinai Queens, Mount Sinai Morningside, Mount Sinai West, New York Eye and Ear Infirmary of Mount Sinai, and South Nassau Communities Hospital.

Mount Sinai is internationally acclaimed 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 Mount Sinai Health System includes more than 7,200 physicians, including general practitioners and specialists; more than 2,000 residents and clinical fellows; 13 free-standing joint venture centers, including 6 endoscopy centers, 5 ambulatory surgery centers, and 2 urgent care joint ventures.

Mount Sinai also features a robust and continually expanding network of multispecialty services, including more than 400 ambulatory practice locations throughout the five boroughs of New York City, Westchester, and Long Island. 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.



Our Mission

Why we exist; why the world will be different because we are here

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

Who we want to become; what we want to achieve or create

The Mount Sinai Health System's vision is to continue to grow and challenge conventional wisdom through our pioneering spirit, scientific advancements, forward-thinking leadership, and collaborative approach to providing exceptional patient care in the many unique communities we serve.

Brand Promise

The net benefit we deliver to those we serve

Mount Sinai is the choice for groundbreaking and compassionate health care. Our unrivaled education, translational research, and collaborative clinical leadership ensure that we deliver the best patient care—from prevention to treatment of the most serious and complex human diseases.

Brand Positioning

Who we serve, what we provide, and how we're different

At Mount Sinai, we reimagine what is possible and redefine the practice of modern medicine, both in our local community and across the world, in order to produce the only result that really matters: radically better outcomes for our patients.



**Mount
Sinai**
Morningside

Mount Sinai Morningside



At Mount Sinai Morningside, we offer exceptional clinical care and research within the comfort of a neighborhood hospital known for compassion and sensitivity. We are the leading health care provider for West Harlem and Morningside Heights and offer a level 2 trauma center. We have a proud tradition of medical firsts, particularly

in the areas of cardiology and cardiac surgery. We also work hard to meet the varied needs of all residents of our community, including those who face multiple social and economic challenges. In addition, we work hard to lead the way in quality and safety, and to provide you with complete and accurate reporting on these issues.



**Mount
Sinai
West**

Mount Sinai West



Mount Sinai West is a full-service medical center with a 24/7 emergency department, proudly serving patients from Midtown and the West Side of Manhattan, New York City, and beyond. We have a rich history of medical innovation, and are well-renowned for numerous specialty clinical services, including orthopedics, hand surgery, breast surgery, colorectal surgery, thoracic surgery, vascular surgery, neurology, neurosurgery, obstetrics and gynecology, and urology. We offer special expertise in the

treatment of intracerebral hemorrhage and kidney stones, and the surgical treatment of epilepsy.

We also maintain a strong primary care and specialty physician presence in our surrounding neighborhoods, in order to bring our high-quality clinical services closer to you. As a Mount Sinai West patient, you have access to the full resources of the Mount Sinai Health System, and our outstanding physicians can serve all of your health care needs.

New York State Requirements

New York State Department of Health (NYSDOH) requires all non-profit hospitals to prepare a similar report, called a Community Service Plan (CSP), which must also include a CHNA which must be conducted every three-years, identifying health priorities in their communities. Non-profit hospitals are also required to develop an implementation plan addressing these needs, and to fulfill the requirements of the Internal Revenue Service (IRS) regulations pursuant to the Affordable Care Act (ACA), and for New York State hospitals, Community Service Plan required by Section 2803-I of the State Public Health Law.

The Prevention Agenda 2019-2024 is New York State's health improvement plan, the blueprint for state and local action to improve the health and well-being of all New Yorkers and promote health equity across populations who experience disparities. The priorities include:

- ▶ Prevent Chronic Diseases
- ▶ Promote a Healthy and Safe Environment
- ▶ Promote Healthy Women, Infants, and Children
- ▶ Promote Well-Being and Prevent Mental and Substance Uses Disorders
- ▶ Prevent Communicable Diseases

The CHNA was conducted and completed on December 31, 2017, by Verite Healthcare Consulting, LLC. The Implementation Strategy was adopted by The Mount Sinai Hospital Governing Board on May 15, 2018. A full CHNA and Implementation Strategy were made widely available to the public and can be accessed at: <https://www.mountsinai.org/locations/morningside/about/community>.

Recognizing that hospitals and health systems often mutually serve the same communities, for this assessment, Mount Sinai Morningside collaborated with other hospitals in the Health System, including The Mount Sinai Hospital, Mount Sinai Queens, Mount Sinai Beth Israel, and Mount Sinai Brooklyn.

These hospitals work collaboratively and developed CHNAs that outline health priorities throughout the five boroughs. This collaborative process offers:

- ▶ Increased collaboration among local hospitals/ health systems serving the region
- ▶ Reduced duplication of activities and community burden from participation in multiple community meetings
- ▶ Reduced hospital/health system costs in CHNA report development
- ▶ Opportunities for shared learning
- ▶ Establishment of a strong foundation for coordinated efforts to address highest priority community needs

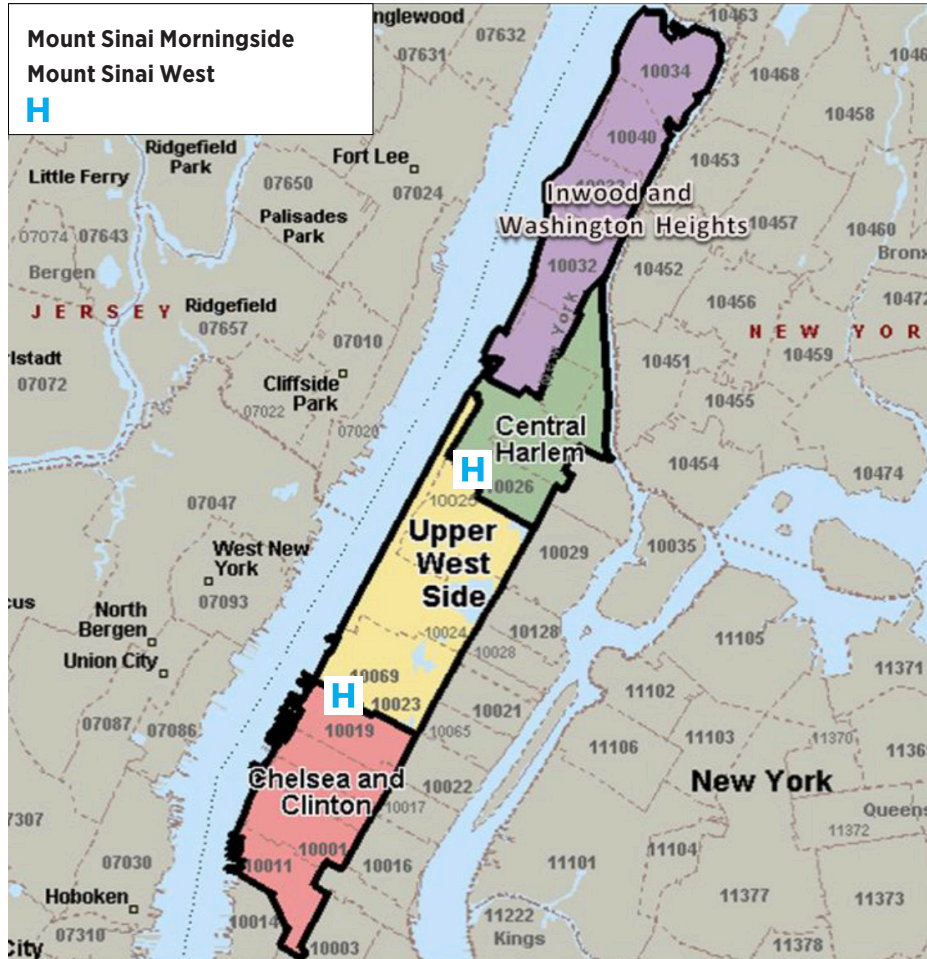
In our Health System, each hospital is dedicated to the community it serves. Each hospital conducted a CHNA to understand its current community health needs and to inform strategies designed to improve community health, including initiatives designed to address social determinants of health. These assessments also comply with federal laws and regulatory requirements that apply to tax-exempt hospitals.

To enhance clarity, the acronyms listed below are used throughout this document.

Acronym	Entity
MSM - Manhattan	▶ Mount Sinai Morningside campus on the Upper West Side neighborhood in Manhattan
MSW - Manhattan	▶ Mount Sinai West, campus in the Chelsea and Clinton neighborhood in Manhattan
MSM and MSW	▶ Mount Sinai Morningside hospital facility with two campuses in Manhattan

Definition of Community Assessed

Mount Sinai Morningside Community



SOURCES: MICROSOFT MAPPOINT AND THE MOUNT SINAI HEALTH SYSTEM

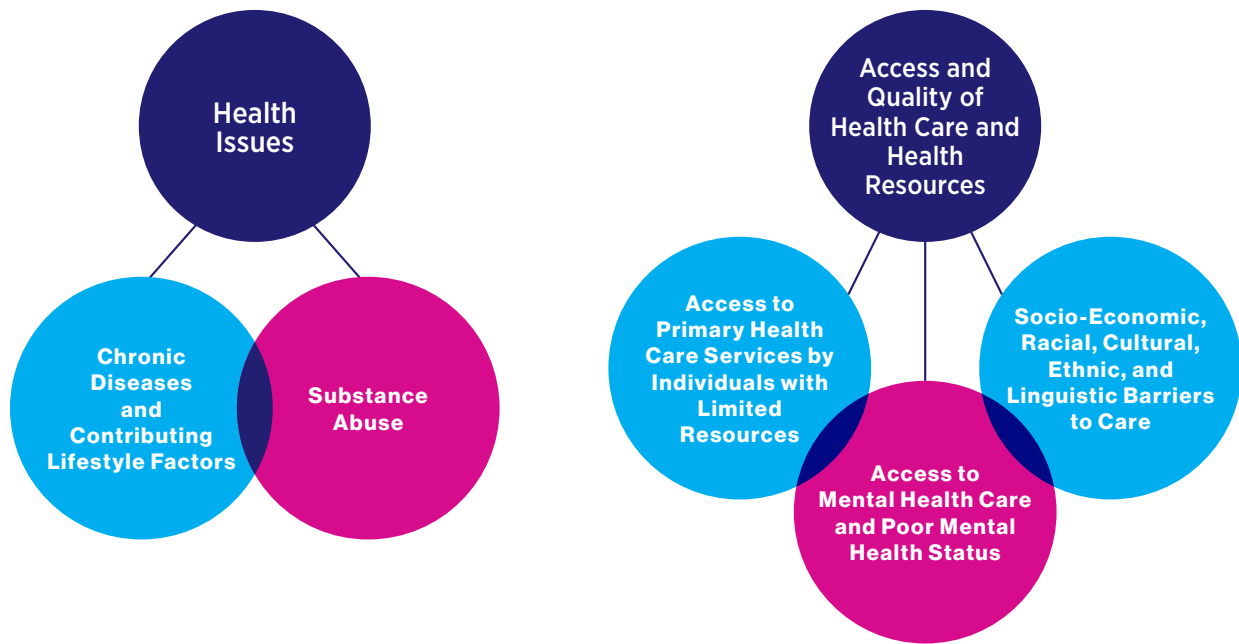
Mount Sinai Morningside community is comprised of 20 ZIP Codes encompassing sections of the borough of Manhattan. Mount Sinai Morningside Hospital is comprised of two campuses, Mount Sinai Morningside and Mount Sinai West. The CHNA applies to the community collectively served by both facilities. Mount Sinai Morningside and Mount Sinai West community consists of neighborhoods of Chelsea and Clinton, the Upper West Side, Central Harlem, Inwood and Washington Heights. The community divides into

neighborhoods utilized by NYSDOH; four of the 42 neighborhoods in New York City are located in MSM and MSW's community.

In 2015, MSM's community estimated to have a population of approximately 817,216 people. The community definition is validated based on the geographic origins of discharges from MSM and MSW. In 2016, the community collectively accounted for 54 percent of MSM and MSW's overall inpatient discharges, and 60 percent of MSM & MSW's New York City inpatient discharges.

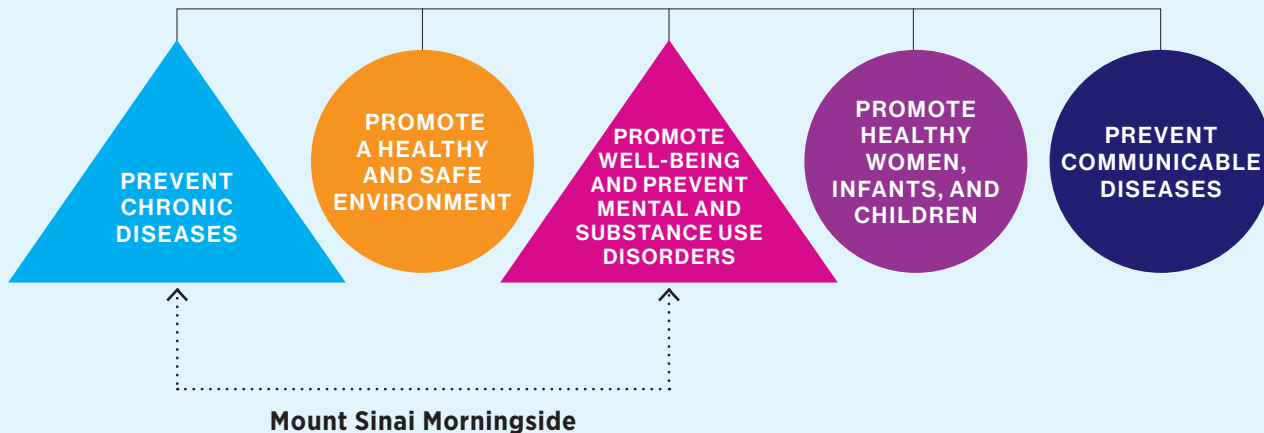
NEW YORK STATE PREVENTION AGENDA PRIORITIES

The Mount Sinai Health System has a proud tradition of serving the community and providing significant resources towards community benefit activities. Mount Sinai will continue to address health needs in the community, through a wide variety of initiatives, including health education, screenings, and customized programs.



New York State Prevention Agenda Priorities

The **Prevention Agenda** 2019-2024 is New York State's health improvement plan, the blueprint for state and local action to improve the health and well-being of all New Yorkers and to promote health equity in all populations who experience disparities.



Priority Area: Prevent Chronic Diseases

FOCUS AREA 4: Chronic Disease Preventive Care and Management

GOAL 4.1: Increase cancer screening rates



CANCER is the second leading cause of death in the United States.

According to New York State Comprehensive Cancer Control Plan 2018-2023, each year, nearly 110,000 New Yorkers learn they have cancer, and around 35,000 succumb to the disease, making it the second leading cause of death in the state. Risks of developing or dying from various cancers often differ depending on race or ethnicity and socioeconomic status. In New York State, the leading causes of cancer deaths are lung, female breast, prostate, and colorectal cancers.

Mount Sinai Cancer offers the most advanced cancer care. Our dedicated team of cancer specialists treats rare forms of the disease and common types of cancer including breast, prostate, skin, and lung, among others. Each patient diagnosed with cancer receives a personalized treatment plan. We provide medication, surgery, and radiation oncology as needed. We integrate the latest research findings from studies conducted at Mount Sinai's Tisch Cancer Institute, a National Cancer Institute (NCI) Designated Cancer Center.

▶ **Objective 4.1.1:**

- By December 31, 2024, Mount Sinai Health System aims to increase breast cancer screening rates by 5 percent to women with an annual household income less than \$25,000 based on the most recent guidelines.

▶ **Interventions/Strategies/Activities:**

- ✓ Provide culturally targeted intervention workshops and education sessions in multiple languages including English, Spanish, Mandarin, Cantonese, and French.
- ✓ Offer onsite mobile mammography screenings at work sites, in non-clinical settings, onsite translation and patient navigation support, and offer flexible hours to remove barriers for screening.
- ✓ Provide cancer support services to help patients manage their distress that may arise from physical symptoms, emotional issues, and spiritual concerns they may experience with cancer.

▶ **Disparities:** Access to health care; medically underserved/uninsured populations

▶ **Family of Measures - Short-Term Outcomes:**

- Monitor program performance annually, including number of people screened through the Mobile Mammography Van and Breast Health Programs, number of people participated in health education sessions, and health fairs events.
- Monitor select indicators as part of Prevention Agenda Priority: Prevent Chronic Diseases.

▶ **Programs/Services:**

- Dubin Breast Center of the Tisch Cancer Institute
- Mobile Mammography Van Program
- Ruttenberg Treatment Center
- Mount Sinai Queens Breast Health Program

- Cancer Supportive Services/Support Groups
- National Cancer Survivors Day
- Esperanza y Vida and the Witness Project of Harlem™
- Women's Cancer Program at Blavatnik Center

▶ **Collaborations: Hospitals and Organizations**

- New York State Cancer Services Program
- American Cancer Society
- Head and Neck Cancer Alliance
- Mount Sinai Beth Israel
- Mount Sinai Morningside
- Mount Sinai West
- Mount Sinai-Union Square
- Local Community Health Centers
- Federally Qualified Health Centers, and clinics
- SHAREing & CAREing

▶ **Implementation Partners:**

- Consumers
- Community-based organizations
- Faith-based organizations

▶ **Partner Role and Resources:**

- Provide the appropriate venue, recruit participants from surrounding communities, and assist with outreach efforts.

▶ **Commitment of Resources:**

- Direct support for programs and activities
- Health Professions Education
- Community health improvement activities
- Subsidized health services
- Indirect and in-kind support
- Services to Medicaid enrollees
- Facilities usage for support groups and health education meetings, and health promotion events

Making a Measureable Impact in the Community

- Provided breast health education on prevention and early detection in multiple languages, in medically under-served communities throughout the five boroughs in New York City
- Offered a range of breast cancer support services and wellness programs to women diagnosed with breast cancer, in treatment, and post treatment, including support groups and education, nutrition, and exercise programs
- Mobile van and Breast Health Resource Programs, offered clinical breast exams and mammography screenings at no cost to women throughout the five boroughs of New York City

Cardiovascular Disease and Stroke

FOCUS AREA 4: Chronic Disease Preventive Care and Management

GOAL 4.4: In the community setting, improve self-management skills for individuals with chronic diseases, including heart disease, stroke, diabetes and obesity



HEART DISEASE is the leading cause of death in the United States.

STROKE is the Fifth Leading cause of death in the United States, and the leading cause of serious long-term disability.

Mount Sinai Heart is ranked 9th nationally for Cardiology & Heart Surgery by *U.S. News & World Report*. At Mount Sinai Heart, we believe in preventing heart problems from happening in the first place. To that end, we have established a wide range of cardiovascular disease screenings as well as health education and prevention programs. We offer both diagnostic activities and prevention services to help you make important lifestyle changes.

The American Heart Association's 2020 Impact Goal is to improve cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular disease and stroke by 20 percent.

Mount Sinai is recognized as a leader in stroke research and treatment. The Mount Sinai Stroke Centers are dedicated to providing world-class care for both the treatment and prevention of stroke and other cardiovascular disorders. Experts across the Mount Sinai Health System are dedicated to community outreach and education and provide a variety of opportunities for patients, families, and the public to learn about stroke care, stroke prevention, and life after stroke.

The Mount Sinai Hospital and Mount Sinai Queens continue to maintain stroke certifications per requirements of JCAHO Disease Specific Certification as a Primary Stroke Center.

► **Objective 4.2.1:**

- By December 31, 2024, Mount Sinai Health System aims to increase the percentage of adults with chronic conditions (cardiovascular disease, diabetes, prediabetes and obesity) who have taken a course or class to learn how to manage their condition.

► **Interventions/Strategies/Activities:**

- ✓ Expand community-based outreach services on health education events related to heart health, stroke prevention and diabetes.
- ✓ Offer blood pressure screening, cholesterol testing, result/consultation; nutrition and diet counseling, and more at the annual Go Red for Women health fair sponsored system-wide by Mount Sinai Heart.
- ✓ Expand access to evidence-based, self-management interventions for individuals with chronic disease (cardiovascular disease, diabetes, prediabetes, and obesity).
- ✓ Increase awareness of diabetes prevention, good nutrition, healthy eating, benefits of exercising, weight management and controlling stress levels.

► **Disparities:** Access to health care; medically underserved/ uninsured populations

► **Family of Measures - Short-Term Outcomes:**

- Monitor program performance annually, including number of community screenings and health education events held, number of participants enrolled in self-management classes to prevent and control their diabetes.
- Monitor select indicators as part of Prevention Agenda Priority: Prevent Chronic Diseases

► **Programs/Services:**

- Mount Sinai Heart

- Mount Sinai Diabetes Program
- Stroke Awareness Week
- FAMILIA Project
- Harlem Heart Health Series
- Mount Sinai Stroke Centers
- Gilda's Club New York City
- National High Blood Pressure Education Month

► **Collaborations: Hospitals and Organizations**

- American Heart Association
- American Stroke Association
- American Association of Diabetes Educators
- Mount Sinai Beth Israel
- Mount Sinai Morningside
- Mount Sinai West
- Gilda's Club New York City

► **Implementation Partners:**

- Local community organizations
- Faith-based organizations

► **Partner Role and Resources:**

- Provide appropriate venues, recruit participants from surrounding communities, and assist with outreach efforts.

► **Commitment of Resources:**

- Direct support for programs and activities
- Health Professions Education
- Community health improvement activities
- Subsidized health services
- Indirect and in-kind support
- Services to Medicaid enrollees
- Facilities usage for support groups and health education meetings, and health promotion events

Making a Measureable Impact in the Community

- Community-wide events - Go Red for Women campaign – sponsored by Mount Sinai Heart, World Stroke Day, and High Blood Pressure and Stroke Awareness fair
- Offer monthly diabetes self-management classes to increase awareness of diabetes prevention, learn about

good nutrition, healthy eating, how to read food labels, benefits of exercise, weight and stress levels, and implementing self-care for those with type 2 diabetes

- Continue to maintain stroke certification requirements per JCAHO Disease Specific Certification as a Primary Stroke Center

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

FOCUS AREA 2: Mental and Substance Use Disorders Prevention

GOALS: 2.2: Prevent Opioid and other substance misuse deaths 2.5: Prevent Suicides

Behavioral Health is a comprehensive network located throughout the Mount Sinai Health System. Our multidisciplinary team of psychiatrists, psychologists, counselors, social workers, registered nurses, and spiritual leaders are committed to giving patients of all ages the tools and support they need to achieve their highest level of mental health.

The Addiction Institute of Mount Sinai (AIMS) offers addiction services throughout New York City in centers associated with Mount Sinai Morningside, Mount Sinai West, Mount Sinai Beth Israel, and The Mount Sinai Hospital. We provide comprehensive and personalized care, and treat people with addictions related to alcohol, substances, and behaviors such as compulsive eating or gambling.

▶ Objectives:

2.2.1: By December 31, 2024, Mount Sinai Health System aims to increase age-adjusted Buprenorphine prescribing rate for substance use disorder (SUD) from 20 to 43.8 percent per 1,000 population.

2.5.1: By December 31, 2024, Mount Sinai Health System aims to help reduce the age-adjusted suicide mortality rate from 10 to 7 percent per 100,000 population.

▶ Interventions/Strategies/Activities:

1. Mount Sinai Health System Behavioral Health Crisis Pilot Primary Intervention:

- Rapid response to behavioral health crises in the community via Mobile Crisis Teams.
- Increased more rapid referral and connection to outpatient behavioral health providers of community members in acute behavioral health crisis.

2. Increase availability of, access, and linkages to medication-assisted treatment (MAT) including Buprenorphine.

▶ **Disparities:** Access to preventative behavioral health visits for underserved/uninsured populations.

▶ Family of Measures - Short-Term Outcomes:

- Response time of Mobile Crisis Team for crisis referrals
- Number of referrals to outpatient Behavioral Health providers and community-based services.
- Priority: Promote Well-Being and Prevent Mental and Substance Use Disorders

▶ Programs/Services:

- Emergency Behavioral Health Services
- Partial Hospital Program
- Children Behavioral Health and Science Center
- Inpatient Treatments (Mount Sinai Beth Israel and Mount Sinai West)

- Outpatient Treatments (Mount Sinai Beth Israel, Mount Sinai Morningside, and Mount Sinai West)
- Medication-Assisted Treatment Programs (Mount Sinai Beth Israel and Mount Sinai West)
- Adolescents and Young Adults Programs (Mount Sinai West and Mount Sinai Morningside)
- REACH Program (The Mount Sinai Hospital)

▶ Collaborations: Hospitals and Organizations

- New York State Office of Mental Health
- New York State Office of Alcoholism and Substance Abuse Services
- New York City Department of Health and Mental Hygiene

▶ Implementation Partners:

- Icahn School of Medicine at Mount Sinai
- Addiction Institute at Mount Sinai, Mount Sinai Beth Israel, Mount Sinai Morningside, and Mount Sinai West
- Crisis centers and Services
- Health care providers

▶ Partner Role and Resources:

- Part of Pilot Governance/Steering Group, will jointly oversee all pilot activities.
- Office of Mental Health/Office of Alcoholism and Substance Abuse Services/Department of Health and Mental Hygiene

▶ Commitment of Resources:

- Direct support for programs and activities
- Health Professions Education
- Community health improvement activities
- Subsidized health services
- Indirect and in-kind support
- Services to Medicaid enrollees
- Facilities usage for support groups and health education meetings, and health promotion events

Making a Measureable Impact in the Community

- Offer community health education related to mental and behavioral health issues
- Decrease the stigma associated with mental illness
- Increase awareness of available resources for recovery
- Provide direct access for those experiencing a mental health crisis

Programs and Initiatives around Mount Sinai Health System



The Mount Sinai Cancer care team is committed to providing the highest-quality cancer care available using a comprehensive range of diagnostic, therapeutic, and support services. We have one of the top cancer programs in the United States, ranked by *U.S. News & World Report* Best Hospitals survey.

Because our physicians and faculty are actively involved in cancer research at the Mount Sinai's Tisch Cancer Institute, a National Cancer Institute-Designated Cancer Center, we provide patients access to clinical breakthroughs, leading-edge technologies, and the safest, most effective treatment options.

Dubin Breast Center of the Tisch Cancer Institute at Mount Sinai offers a full range of state-of-the-art breast health services as well as other specialized services including access to national breast cancer clinical trials, psychosocial counseling services, support programs for patients and families, genetic counseling and testing, nutritional counseling, wellness programs, and survivorship support.

Women's Cancer Program located in the Blavatnik Family - Chelsea Medical Center is world-class care that is only minutes from your home or work. When you enter our treatment center, the atmosphere resembles a boutique hotel than a cancer center – it is welcoming, intimate, and comforting. Everything we do is on an outpatient basis, so you can go home the same day you are treated. To help ensure that we make an accurate diagnosis, we perform various tests and procedures ranging from a clinical physical breast examination to advanced digital tomosynthesis imaging and various types of biopsy. If you receive a breast cancer diagnosis, we have a team of specialists that can help design a treatment plan that works for you.



The Mobile Mammography Van provides early breast cancer detection services and breast health education to women in medically underserved communities throughout the five boroughs of New York City. The self-contained van provides state-of-the-art digital mammography services to women 40 years and over. Programs are available in multiple languages, including English, Spanish, Mandarin, Cantonese, and French. In 2019, the Mobile Mammography program offered breast cancer screenings and health education events over a period of 120 days to women throughout New York City. All abnormal cases are scheduled for follow-up care in their respective boroughs.



Mount Sinai Queens Breast Health Program provides comprehensive clinical breast exams and mammograms to women 40 years of age and older. The program is available at no cost to women who are medically underserved or underinsured/uninsured in western Queens, through the New York State Cancer Services.

Esperanza y Vida (Hope and Life) and the Witness Project of Harlem™ The Esperanza y Vida (Hope and Life) and the Witness Project of Harlem™ programs provide information to Latino and African American women about breast and cervical cancer prevention and early detection.

Asian Services at Mount Sinai honors the health needs of the Asian American community by providing easy and seamless access to high quality inpatient and outpatient care as well as support services. Our personalized approach ensures the best possible experience for both patients and referring physicians. We collaborate with physicians to provide the most effective and coordinated care.

Center for Head and Neck Cancer conducted free oral cancer exams to approximately 120 participants, on-site throughout the Mount Sinai Health System. The Head and Neck Alliance provided health education materials in English and Spanish.

Skin Cancer Awareness Month and Melanoma Monday The Department of Dermatology will arm the public with vital tips on skin health prevention, along with free on-site skin cancer screenings across the Health System. Approximately 145 people participated in the screening, 39 abnormal results were further tested, and follow-up appointments were scheduled.

National Cancer Survivors Day® is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community. The pop music classic “Bridge Over Troubled Water” took on an added message of hope and resilience at the luncheon when sung by an accomplished musician who is also a breast cancer survivor. Approximately, 200 cancer survivors, their families, and friends attended.



Gynecologic Cancer Awareness Health Fair Approximately 500 people were able to learn about self-care and risk factors associated with gynecologic cancer. Information on nutrition, spiritual care, yoga, and cancer support groups were also available.

Improving Health

Men's Health

Addressing Health Disparities



Raising Awareness about Colon Cancer, visitors were able to walk through a 30-ft. Inflatable model of a colon provided by the colon Cancer Challenge Foundation. The famous “Rollin’ Colon” exhibits polyps and other signs of colon cancer. Approximately 1,000 participants received health information on prevention and screening, and information about the procedure.



A Free Throw Challenge Helps Raise Awareness for Kidney Disease - A March Madness theme free throw challenge Helped raise awareness for kidney cancer and kidney health. Approximately 200 individuals participated in the annual event.

Push-Up Challenge Brings Awareness to Prostate Health at Mount Sinai

- Hosted annually by the Department of Urology commemorating Prostate Cancer Awareness Month in September, each individual was challenged to complete 29 pushups in honor of the 29,000 men who die from prostate cancer in the United States each year. Prostate health education materials and information on scheduling appointments were available.

Lung Cancer Awareness Month

- “The Lungs for Life” event helped raise awareness about lung health and the benefits of low-dose lung screening for current and former smokers. Some 600 participants received information on lung health education, and 30 people signed up for further lung screening. The screenings can identify health problems before symptoms begin. Lung cancer is easier to treat when discovered early. Regular lung screenings can help you stay healthy.

Cancer Support Services - The Mount Sinai Health System help patients manage the distress that may arise from physical symptoms, emotional issues, and spiritual concerns that you experience with cancer. The goal is to provide the types of services that contribute to your positive outlook and well-being. Mount Sinai’s team includes highly skilled and caring nurses, social workers, psychiatrists, dietitians, chaplains, and experts in palliative care, pain medicine, and integrative medicine.

Mount Sinai’s Ruttenberg Treatment Center offers a wide range of outpatient services for all cancer diagnoses, with the exception of breast cancer. Your care team will include medical oncologists, who are supported by physician assistants, nurse practitioners, social workers, a nutritionist, and a patient experience manager-all with specialized training in oncology. We offer access to leading-edge clinical trials and cancer treatments.

The Tisch Cancer Institute – Clinical Trails Office offers a wide range of clinical trials, Phase I, II, and III for patients with cancer. Clinical trials are research studies that involve humans. These studies test new ways to prevent, detect, diagnose, or treat diseases. Choosing to participate in a clinical trial is an important personal decision – and a voluntary one.



Programs and Initiatives around Mount Sinai Health System

Ranked 6th nationally for Cardiology & Heart Surgery by *U.S. News & World Report*, Mount Sinai Heart at The Mount Sinai Hospital, is celebrated internationally as a world leader in all facets of cardiology care, cardiac surgery, and advanced research.



Mount Sinai Queens celebrated Go Red for Women Day



Mount Sinai-Union Square



The Mount Sinai Hospital

Going Red For Women's Health

February is "American Heart Month." Every year, Mount Sinai Heart celebrates by participating in the American Heart Association's Go Red for Women campaign, designed to raise awareness of heart disease among women. Mount Sinai Heart sponsored Go Red for Women Day® at five different Mount Sinai Health System locations across New York City on Friday, February 1. The health fairs attracted more than 1,000 participants, provided free screenings for blood pressure, total cholesterol, triglyceride levels, and body mass index (BMI), diabetes education, healthy eating tips and more. The American Heart Association's Go Red campaign, aims to raise awareness of heart disease, the No. 1 killer of women worldwide.



MaryAnn McLaughlin, MD, MPH, Medical Director, Cardiac Health Program, Mount Sinai Health System, left; and Beth Oliver, DNP, RN, Senior Vice President of Cardiac Services, Mount Sinai Health System.



Improving Health

Community Outreach

Women's Health

Addressing Health Disparities

Mount Sinai Heart provides cardiovascular medicine and advanced diagnostic and therapeutic technologies; conducts cardiovascular health-related research; and offer a wide range of cardiovascular disease screenings, health education, and prevention programs throughout the Mount Sinai Health System.



FAMILIA Project is a multi-faceted program designed to promote cardiovascular health in Harlem and the Bronx of New York City. Taking a family-centered approach, we are working to develop a culture of health in these high-risk populations. The goal is to reduce each child's future risk of obesity, heart attack, stroke, and type 2 diabetes by creating a family-based "culture of health." The project focus was to enroll 600 children ages 3 to 5 in participating New York City preschools, along with 1,000 of their caregivers, in high-risk communities. The program is partly based on and adapted from educational initiatives by Sesame Workshop and the Foundation for Science Health, and Education.

Women's Heart NY is a multi-site comprehensive heart program designed specifically for women who are at-risk or have a history of heart disease. We offer diagnostic tests and treatments for a wide spectrum of heart diseases, including coronary artery disease, valvular heart disease, arrhythmias, and congestive heart failure.

Harlem Healthy Hearts Series conducts ongoing education and wellness workshops to increase awareness of cardiac risk factors and their manifestations, healthy nutrition, novel approaches to shopping and preparing meals, and demonstrate ways to eliminate risk factors. The Series also provides free blood pressure, cholesterol, and glucose testing.

Educating the Community about High Blood Pressure and Stroke, many people in our community have no idea their blood pressure is elevated, putting them at risk for heart attacks and strokes. High blood pressure is treatable; the goal of treatment is not simply to lower blood pressure but to prevent additional health issues. We treat high blood pressure with lifestyle changes and, when necessary, medication. Experts across Mount Sinai Health System provide community education programs that consist of several different components including: information on what is a stroke and how it can impact your life, stroke warning signs, risk factors, stroke prevention tips, and controllable risk factors such as smoking, high blood pressure, obesity, high cholesterol, and poor diet.



Programs and Initiatives around Mount Sinai Health System

Women's Health

Improving Health

Addressing Health Disparities

Community Outreach

At **Mount Sinai-Union Square**, we invite you to explore the free support services we offer to you as part of your health care regimen. We offer the following menu of empowerment, support, and wellness programs at Mount Sinai-Union Square: Art therapy, Yoga for Women, Reiki: Living Light™, Chemo Brain Workshops, Legal Health-New York Legal Assistance Group Clinic, Malecare, Lymphedema Workshop, and Spanish Speaking Workshops.

Martha Stewart Center for Living offers a variety of health promotion and disease prevention programs that specialize in working with older adults. We provide expert consultation and share connections to healthy living activities, educational programs, and community referrals.

Mount Sinai Visiting Doctors Program delivers comprehensive primary care throughout Manhattan to an underserved segment of the population—homebound adults, consisting of geriatrics patients, as well as those with psychiatric, neurological, complex, and terminal illnesses. Our team also reaches out to families and caregivers to offer emotional support and counseling.

Mount Sinai Stroke Centers are dedicated to providing world-class care for both the treatment and prevention of stroke and other cardiovascular disorders. Experts across the Mount Sinai Health System are dedicated to community outreach and education, and provide a variety of opportunities for patients, families, and the public to learn about stroke care, prevention, and life after stroke.



Mount Sinai Clinical Diabetes Institute provides highly specialized care for people with diabetes and related conditions. The Mount Sinai Hospital is highly ranked as seventh for 2019-2020 among all U.S. Hospitals for Diabetes/Endocrinology by *U.S. News & World Report*. At Mount Sinai, our goal is to empower our patients. We offer a series of classes that help you take control of your disease. Our multicultural and multilingual nurses, nurse practitioners, and dietitians, all of whom are certified diabetes educators, teach our classes. Our curriculum helps you learn how to prevent complications, control your diabetes, and thrive.

Programs and Initiatives around Mount Sinai Health System



Annual Brain Awareness Fair is a global campaign created to promote public awareness of brain research. “With Alzheimer’s, the brain just shrinks?” asked one curious 14 year old as he touched human tissue from a normal brain and compared it to the smaller brain displaying Alzheimer’s disease.

Addiction Institute of Mount Sinai can help if you or your loved one is facing the challenges of addiction. We provide comprehensive and personalized care. Our centers treat people with addictions to alcohol, substances, and behaviors such as compulsive eating or gambling. We offer services throughout New York City, in clinics associated with our centers. We are located at Mount Sinai Morningside, Mount Sinai West, Mount Sinai Beth Israel, and The Mount Sinai Hospital.

Behavioral Health is a comprehensive network located throughout the Mount Sinai Health System. Through dynamic integration of clinical care, cutting-edge science, and education, the department delivers expert care for adult, adolescent, and pediatric patients with a range of mental health conditions. From addiction to schizophrenia, Mount Sinai’s Department of Behavioral Health provides psychiatric treatment through an array of specialized programs and services.

REACH (Respectful and Equitable Access to Comprehensive Healthcare) provides a patient-centered, harm reduction approach to primary care for persons who use alcohol and other drugs, and for individuals living with hepatitis C virus (HCV) infection. REACH offers overdose prevention services, access to buprenorphine, and other medicines to treat substance use disorders.

LGBT Health at Mount Sinai is committed to meeting the special health care needs of the lesbian, gay, bisexual, and transgender (LGBT) community with respect and compassion. We provide a wide range of health, referral, and educational services that promote LGBT health equity and access to care. Our mission includes insuring that our LGBT patients can access quality health care in a welcoming, supportive, and safe environment.

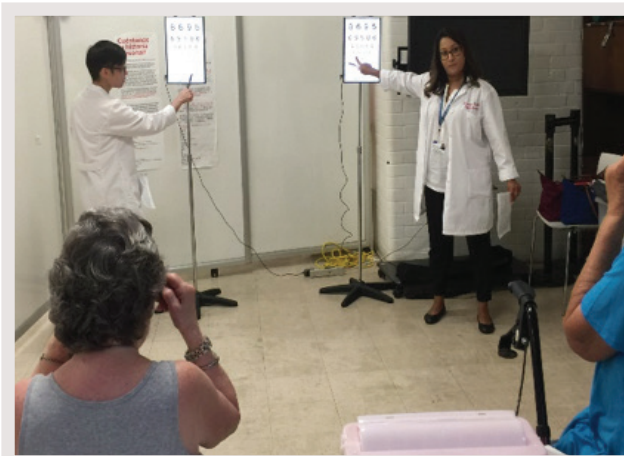
Language & Communication Access Services at Mount Sinai Health System provides interpretation and translation services to patients and/or family members who prefer to communicate in a language other than English. Assistive devices are also available to persons with disabilities to help them communicate with providers and staff during their visit. All services are provided free of charge.

Programs and Initiatives around Mount Sinai Health System

Improving Health

Community Outreach

Addressing Health Disparities



New York Eye and Ear Infirmary of Mount Sinai (NYEE)

offers support groups for select eye, ear, nose, and throat conditions. Macular Degeneration support group, members can discuss their experiences, share coping strategies, and provide emotional support to each other.

NYEE also hosts several ophthalmology and otolaryngology support groups that provide psychological, emotional, and social support and resources to help patients adjust to emotional and practical changes, so they can move forward. Members share their stories, ask questions, and find out about useful resources in a comfortable and supportive environment.

Mount Sinai Brooklyn has forged strong partnerships with many community organizations that offers community residents a wide range of events and programs, including free lectures, workshops, classes, and health screenings.

Mount Sinai Department of Health Education provides community-based health education programming in partnership with schools, senior centers, and non-profit organizations. We offer onsite, school-based health education for students, parents, and staff, including mental health and sexual and reproductive health curricula. We also offer programming for older adults, women and families in transitional housing settings, and groups operated by local community agencies.

Karpas Health Information Center provides wellness programs to enable our neighbors to remain safe, active, and vital members of our community. Staffed by health educators, we are committed to providing resources that are nurturing to the mind, body, and spirit. Karpas health and wellness programs are established through partnerships with community-based organizations, and dedicated to improving health outcomes for the communities we serve.

Mount Sinai Adolescent Health Center (MSAHC) has grown to become a model of excellence in adolescent health care nationally and worldwide. MSAHC offers a comprehensive array of medical, mental health, and reproductive health services, and prevention education to young people aged 10 to 22.