



NEW JERSEY HEALTH CARE **QUALITY INSTITUTE**

A BI-WEEKLY LOOK AT THE BUSINESS & POLITICS OF HEALTH CARE IN NEW JERSEY



PRESIDENT & CEO, LINDA SCHWIMMER **Foundational Change to Primary Care is Needed Now**

Now is the time to come together and commit to making high quality primary care the foundation of our health care system. This will be a change for New Jersey, but it's a long overdue positive and important change that we can define and design together.

Depending on our age, health status, and our social determinants, each of us has different needs from our primary care clinician. But all of us do better when we have care at the ready from someone we trust who focuses on our needs and preferences. Without access to this type of primary care, minor health issues may become more serious; chronic diseases that could be managed may instead lead to unnecessary hospitalizations or death; health disparities in our communities increase; and health care spending continues to rise, pushing out other priorities.

The COVID-19 pandemic increased our need for connectivity to high quality primary care. A stronger system of primary care would have enabled us to better address the increased need for mental health and social supports and created greater access to trusted sources of public health information. Indeed, as spelled out by the National Academy of Sciences, Engineering, and Medicine ("NASEM") in its recent [report](#), "primary care is the only health care component where an increased supply is associated with better population health and more equitable outcomes."

MENTAL HEALTH RESOURCES FOR HEALTH CARE WORKERS



Like all of you, we were shocked and saddened by the recent shooting at Jefferson University Hospital in Philadelphia. Violence against healthcare workers is an ever-present threat that comes on top of the stress and trauma that they have faced throughout the pandemic. We can't help others unless we take care of ourselves. Please share the following mental health resources for healthcare workers with your colleagues to get people the information and care they need. If you have other helpful resources that are open to the public that you'd like to share please send them to Tyla Minniear at tminniear@njhcqi.org.

- **NJ Hope and Healing**: this program includes free, confidential virtual counseling, on-line emotional support and discussion groups covering a variety of topics and "call or text" emotional support services. The call line is multi-lingual. More information and October schedule can be found [here](#).
- **Nurse2Nurse**: provides empathic, non-judgmental peer support to all nurses, active or retired, in New Jersey.







The Mental Health Association in New Jersey, in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, offers this Crisis Counseling Program through a Federal Emergency Management Agency grant.

**During the COVID-19 Pandemic
your mental health is vital.**

**For Free Emotional Support
from Trained Staff**

Call 866-202-HELP (4357)
(Multi-Lingual Service)
Daily, 8 a.m. to 8 p.m.

Text NJHOPE to 51684
(English and Spanish)
Monday — Friday, 10 a.m. to 8 p.m.



This program is brought to you through NJ Hope and Healing Crisis Counseling Program (CCP). The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services is offering this CCP through a FEMA/USAMLSA grant.

**Durante la pandemia de COVID-19,
su salud mental es vital.**

**Solicite apoyo emocional gratuito
de personal capacitado.**

866-202-Help (4357)
7 Días por Semana de 8am a 8pm
Servicios multilingües disponibles



New Jersey
MentalHealthCares
NJ Hope and Healing

Families of Color Who Experienced COVID-19 Program

Groups Available in Spanish & More Info



APPLY TO RECEIVE FUNDING

To become a new Centering site in New Jersey!



What is CenteringPregnancy and CenteringParenting?

- **CenteringPregnancy** is the evidence-based prenatal group health care model that helps improve maternal and infant health outcomes and reduce health disparities in birth outcomes, especially preterm births.
- **CenteringParenting** is a best-in-class group health care model that helps improve child health outcomes and promote nurturing parent-child relationships during the earliest years when brain development most influences lifelong wellbeing.

Why Centering?

Despite being one of the wealthiest states in terms of per capita income, New Jersey continues to grapple with some concerning maternal and infant health and wellbeing outcomes.

Funding Opportunity:

A Request for Applications has been released to launch five CenteringPregnancy and five Centering Parenting programs in New Jersey in 2022 with a goal to help health care providers achieve the Quadruple Aim – better patient care, better health outcomes, and higher job satisfaction among providers, all at lower costs.

- Selected grantees will receive in-kind implementation awards to cover two years of support and materials along with \$10,000 mini grants to cover some start-up operational costs.

Learn more and join the movement to help make pregnant woman and families in New Jersey healthier and more resilient! **Deadline to apply is November 12, 2021.**

Apply for Funding Now

NEW MEMBER



KinderSmile Foundation

KinderSmile Foundation's mission is to provide underserved children with access to comprehensive dental care and educate children and their families on the importance of dental hygiene. We envision a future where every child has access to a dentist.



For information on how to join, please contact Virginia Tesser at vtesser@njhcqi.org.

To learn more about our current initiatives, please visit our website at www.njhcqi.org.

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