



**COMMUNITY HEALTH
of SOUTH FLORIDA, INC.**

"Patient Care Comes First"

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HEALTHY BITS

Healthy Bits — A Newsletter Published by Community Health of South Florida Inc.

New Forensic Program Bridges Court Services With Care

As the judge handed out certificates, the Miami Dade courtroom erupted in applause. For the first time, many of the offenders in the jail diversion program felt a sense of accomplishment. It was their completion of the program and new lease on life: their criminal charges wiped clean.

"It's very rewarding to sit in court and see someone who maybe was struggling and now they're more independent," said Nicole Ernst LMHC, Coordinator of Forensic Services for Community Health of South Florida, Inc. (CHI). "They're getting their treatment, they're getting an education, they're drug free, it's really great to see!"

Ernst supervises two new programs for CHI; the jail diversion program and a forensic specialist outreach team. Both are made possible under a new grant worth nearly \$1.2 million awarded to CHI from the South Florida Behavioral Health Network.

The jail diversion program aims to take non-violent offenders with mostly misdemeanors and mental health or substance abuse issues. They can opt into the year-long



Forensic team members left to right: Calvin King, Forensic Team Leader, Stephanie Pastorino, Forensic Hospital Discharge Specialist, Nicole Ernst, Coordinator of Forensic Services, Carlos Davila, Forensic Conditional Release Specialist.

program instead of criminal prosecution or jail time.

"Once in the program the person receives community based services such as case management, outpatient therapy, housing assistance, vocational education and help paying for bills such as electrical, phone and other necessities," explains Jean Pierre, Vice President for Behavioral Health Services at CHI. "In addition, they will get recovery support services, work-

ing with a peer, someone who has been in their shoes before."

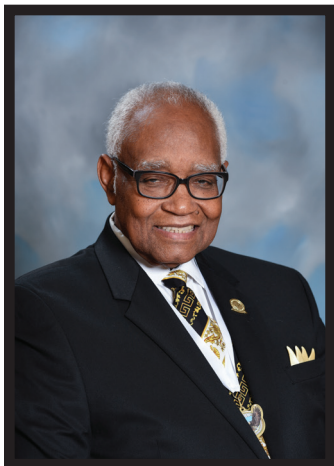
Rehabilitating these people is a great benefit not just for the offenders, but for the community as a whole, according to Pierre. It helps alleviate an over-burdened criminal system as well.

"It makes the clients independent, self-sufficient, more stable, so that they do not re-offend. That's the goal," said Ernst.

The other program: the forensic specialist outreach team, aims to get clients back out into the community. These are clients who have been deemed incompetent to proceed with their criminal trial or not guilty by reason of insanity. In this program, the forensic specialist team from CHI will visit the clients in the state hospitals on a quarterly basis and see if their treatment has been helpful enough for the client to restore their competency to stand trial. The CHI forensic team will assess the individual and provide reports to the judicial system.

The two programs expect to serve about 500 clients per year.

A Message from the President



Happy New Year to all of you! May 2018 be filled with good health, happiness and success for everyone. A new year is about new beginnings. It's a time for us to reprioritize, take stock of our health and our lives. Your well-being is the foundation for your family and all that you do. Schedule your annual check-up now for medical, dental and other services. Your mental health is also a critical aspect of your whole self. Don't let things

go this year. Take the initiative and make appointments for everything now at your medical home, Community Health of South Florida, Inc (CHI).

As I look back at 2017, I am grateful for all that CHI and its staff have accomplished. We opened a new forensic program, a partnership that bridges our mental health services with court services. We graduated our first class of residents from the Teaching Health Center. We grew our foster care program to become the largest therapeutic foster care program in Broward and Miami-Dade Counties; providing more children with a loving home than ever before. CHI rolled out its new state of the art dental trailer into the community. The trailer allows CHI's high quality dental staff to take their services into any neighborhood or school. Beyond these impressive things, together we advocated and advocated and advocated to ask legislators to fund critical healthcare services. That is not going to change. We all must be steadfast and stand up for healthcare.

This year Community Health of South Florida Inc. hopes to break ground on its new Children's Crisis Center at its main campus, 10300 SW 216 St. Miami FL 33190. This will be a place where children can get the delicate, compassionate and quality care that they deserve while in a mental health crisis. Our current Crisis Stabilization Unit is not suited for children so when kids are Baker Acted or come to us during a trauma, we do their intake and then transfer them to another facility. That's not a good process for a child in dire straits. This dream will soon be realized and children in South Dade and Monroe Counties will be able to get the help they need. You can donate to this cause on our foundation website www.chisouthfl.org/foundation. Let's do this together.

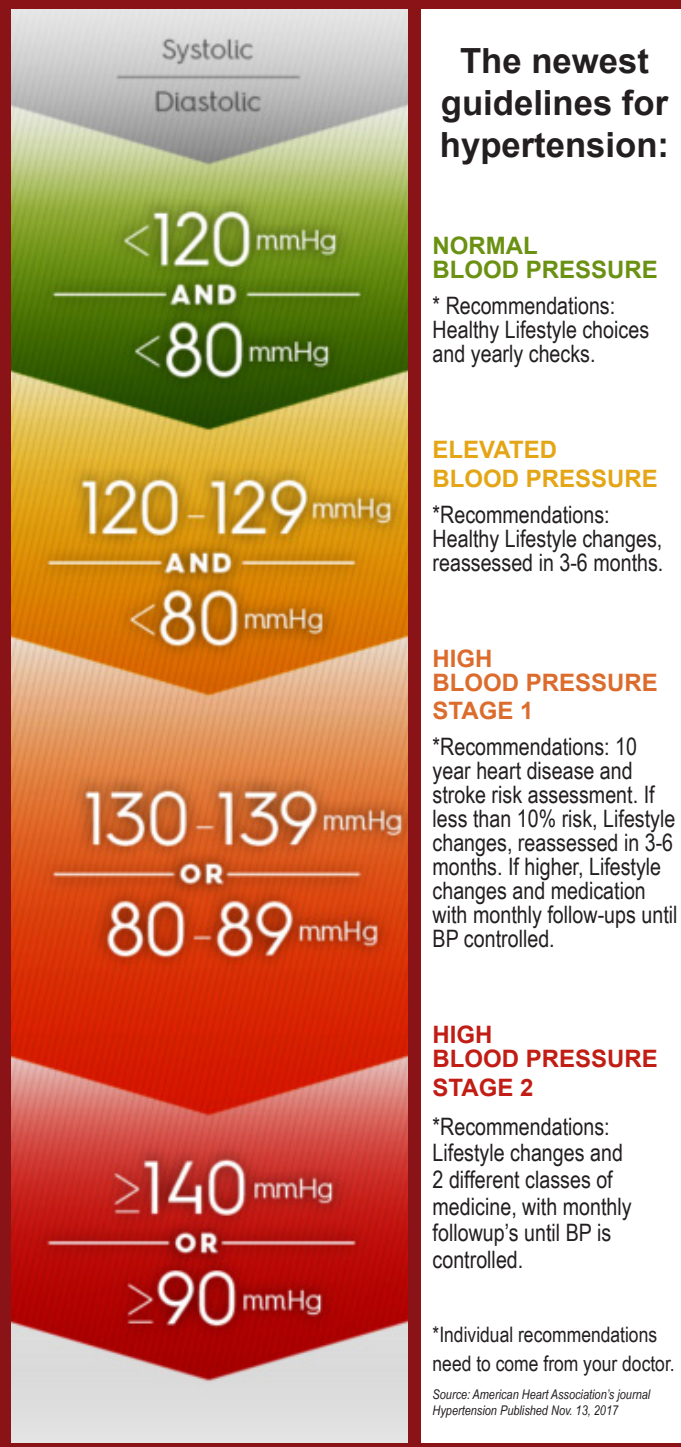
Brodes H. Hartley Jr.
President/CEO

New guidelines from the American Heart Association suggest as much as half of adults are now at risk for major health problems due to high blood pressure.

Catching problems early can prevent heart disease, stroke and even death.

KNOW YOUR BLOOD PRESSURE —AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS



Source: American Heart Association's Journal Hypertension Published Nov. 13, 2017

Self-Monitoring Blood Pressure Programs Improve Health

Beny Richter cares for her 92 year-old mother, Ivone Richter. She became increasingly worried when her mother's blood pressure readings were high at two doctor visits at Community Health of South Florida, Inc. The care team gave Richter a self-monitoring blood pressure machine and asked her to take her mom's pressure at home several times a day.

"The nurse told me to how to do it and she gave me the tools, pictures and written instructions," explained Beny Richter. "So, I followed the instructions. It was very, very easy."

Richter is one of more than 160 patients enrolled in two new CHI programs that teach patients with high blood pressure to monitor their own blood pressure at home.

"That's good for the families to do it at home so you can do it when she's relaxed," said Beny Richter. "It's much better."

Turns out for her mother, monitoring at home was a big help.

"I do appreciate that you have given me the opportunity to measure because now we are sure that she has low pressure and not high pressure. So it's good for me to know that she's fine."

The programs, sponsored by the American Heart Association and the Health Foundation of South Florida could go a long way in teaching patients and medical



Ivone Richter uses a self-monitoring blood pressure machine as part of a new CHI program.

teams about new ways to approach hypertension.

"We don't often know what a patient's blood pressure looks like in the real world," said Dr. St. Anthony Amofah, Chief Medical Officer at CHI. "Giving them a good machine and training them to check the blood pressure accurately could really make a difference."

Dr. Amofah recently returned from presenting to cardiologists at the national conference for the American Heart Association. He discussed the significant progress that CHI and its sister health centers have made using pilot programs like this.

The American Heart Association program looks closely at the patient's perception of the tools including: the machines, logs and even the website. The Health

Foundation of South Florida program is even broader with technology that lets patients download software into their phone and links the blood pressure machine to the cell. That allows doctors to remotely access patients' home blood pressure readings via the internet.

"This will enable us to respond more quickly to abnormal blood pressure," said Dr. Amofah.

The program provides quality, validated blood pressure machines to patients who are unable to get one. Some insurance plans will cover this and it could help CHI meet its goals for improving blood pressure in its patient population.

Currently 65% of CHI's hypertensive patients have controlled blood pressure. The goal is to increase that number to 80% by the end of 2018.



Dr. Amofah getting ready to speak at the American Heart Association Convention in California.

Chief Of Staff Retires After Decades Of Service

After more than 37 years at Community Health of South Florida, Inc., Natalie Windsor, Chief of Staff is retiring. During her tenure, she has been a critical part of the organization, always aiding staff as well as a strong community liaison.

“She has been an invaluable member of the CHI team for many years,” said Brodes H. Hartley Jr., President/CEO. “Her institutional knowledge is unsurpassed by anyone. Her impact upon all elements of the organization including the board of directors, senior staff and other staff members has been tremendous. She has been a resource for all of us and a replacement for her is not possible”

Windsor has had the pleasure of working directly with Hartley for 33 years. When she gave Hartley her retirement letter, he joked with her, “Who said you could retire?”

“It was a very hard decision to make because I really didn’t want to leave my boss,” said Windsor. “But he’s like the energizer bunny. He keeps on going! So, I can’t wait for him.”



Natalie Windsor, Chief of Staff, retired to travel the world.

Windsor has watched CHI grow over the years and looks back fondly at being part of an organization which has expanded to meet the needs of the community. When she first started CHI had two health centers and two small camp sites for migrant workers. Today CHI has 11 health centers and 35 school based health centers with a plethora of services and programs.

She was a key resource in 2016 when CHI was creating a historical book about itself.

“She remembered the touching stories about patients waiting overnight for a beloved ER doctor at CHI,” said Tiffani Helberg, Vice President for Communications and Development. “And it was Natalie who drew a mental picture for us of what it was like the day after Hurricane Andrew here at CHI as devoted employees came in to pick up the pieces and serve patients who desperately needed help.”

Helberg affectionally called Windsor her “encyclopedia” as she has been such a great reference for anything and everything about the organization.

“I enjoy the people,” she said. “That’s what I’m going to miss the most, the staff, the people I work with.”

Windsor said she is looking forward to traveling and spending more time with her family. She said her first trip will be to Ireland.

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