

April  
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# SAINT PETER'S HEALTHCARE SYSTEM

*Treating you better...for life.*

## Saint Peter's Family Health Center Completes Major Expansion to Enhance Access to Care for Those Most in Need

Saint Peter's Healthcare System welcomed key legislators, community partners, board members, physicians and staff to its newly expanded and modernized Saint Peter's Family Health Center with a blessing by The Most Reverend James F. Checchio, Bishop of the Diocese of Metuchen. Located at 123 How Lane in New Brunswick, Saint Peter's Family Health Center has undergone a \$12 million modernization and expansion project that was partly funded by a \$5 million state budget appropriation. The Center offers comprehensive primary and specialty care to adults, children and women, many of whom are among the city's most vulnerable, with a full spectrum of services.

Saint Peter's Family Health Center now has the capacity for 100,000 patient visits per year. Saint Peter's expanded and upgraded 49 adult, pediatric and women's health exam rooms to 76; added a new onsite outpatient laboratory; expanded the behavioral health area; created a large physical therapy space; renovated the reception area; and performed infrastructure upgrades to the heating/ventilation and air conditioning systems and electrical services – all of which will allow Saint Peter's to further impact the well-being of the most vulnerable in the surrounding communities, including those most affected by healthcare disparities.

"Always recognizing that we are our brother and sister's keeper, Saint Peter's has been addressing the diverse health needs of our community for over 116 years," said New Brunswick Mayor Jim Cahill, who spoke at the event. "This revitalized space will expand the ever-advancing range and quality of services available to our residents, ensuring that they receive the absolute best care in a modern and welcoming environment."

"It is a marvelous facility and a wonderful accomplishment that the city of New Brunswick, the county of Middlesex, and all of us in the state of New Jersey are better because of the completion of this project," said Assembly Speaker Craig J. Coughlin (D-19) in his remarks at the event. "For so many of us here, this is an extension of our faith and I'm inspired by the commitment to care for the most vulnerable communities."

"Saint Peter's Catholic mission of humble service to humanity comes to life daily at the Family Health Center," said Leslie D. Hirsch, FACHE, president and CEO of Saint Peter's Healthcare System. "We are especially grateful for the efforts of our state legislative delegation who supported this initiative and the leadership and support of Assembly Speaker Craig Coughlin that made this funding possible. We are also appreciative of the support for this project from New Brunswick Mayor Jim Cahill."



### Services at Saint Peter's Family Health Center

#### Adult Multispecialty Health Center

Each year, more than 6,000 patients aged 18 and above visit the Adult Multispecialty Health Center for their primary healthcare needs. Patients at the Adult Multispecialty Center have access to the wide variety of medical services offered at Saint Peter's University Hospital including endocrinology, gastroenterology, neurology and more.

#### Women's Health Center

The Women's Health Center offers comprehensive obstetrical care, including postpartum care, as well as gynecological services. Additional services include nutritional counseling, social work referrals and financial counseling. The Women's Health Center provides health care to females of all ages including adolescents, women of childbearing age, and women seeking post-menopausal care.

Women experiencing high-risk pregnancies can receive a referral to the Division of Maternal-Fetal Medicine at Saint Peter's University Hospital, which is a state-designated regional perinatal center with a Level IV neonatal intensive care unit. Specialized services are offered by a dedicated group of highly trained clinicians who combine the most updated medical information and state-of-the-art technology with the sensitivity, understanding and caring required to meet the needs of women with a high-risk pregnancy.

#### Pediatric Health Center

The Pediatric Health Center provides pediatric primary and specialty care to children up to the age of 18. Services include well care, urgent care, and follow-up visits; vaccines and catch-up immunizations; seasonal flu clinics for established patients; and more.

#### Physical Therapy

As a part of its expansion, Saint Peter's Family Health Center now offers onsite physical therapy to patients 18 and older. Saint Peter's physical therapists take an individualized approach to the care of their patients and assess the individual's entire body since often other areas of the body contribute to the affected area. Treatment can be provided for ailments such as back pain, herniated disks, muscle strains and more.



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### Onsite Outpatient Laboratory

To provide convenience to patients, the Family Health Center has expanded to include an onsite outpatient laboratory. Patients can have their lab tests done right where they receive their medical care, saving time and reducing the need for additional appointments, time off, and costly travel.

### For KEEPS Program

The For KEEPS program (Kids Embraced and Empowered through Psychological Services) is a short-term acute partial-hospitalization, state-of-the-art unit designed to help children, ages 5-17, with behavioral health issues. The healthcare professionals at For KEEPS, a service of The Children's Hospital at Saint Peter's University Hospital, offer high-quality mental health diagnoses and intensive treatment to children who suffer from emotional and behavioral difficulties that impede their ability to function successfully in a social environment. Anyone can refer a child to this program, including schools, physicians, agencies, and parents.

### The Dorothy B. Hersh Child Protection Center

At the Dorothy B. Hersh Child Protection Center, a multidisciplinary team of healthcare professionals, including certified child abuse pediatricians, nurses, psychologists, and social workers, help children and their families in the evaluation and treatment of physical and emotional injuries caused by child abuse and neglect. As one of four state-designated child protection centers in the state, the Dorothy B. Hersh Child Protection Center serves eight counties in central New Jersey. With 24-hour coverage, the Dorothy B. Hersh Child Protection Center provides crisis intervention, child abuse assessments and referrals to community resources. The Child Protection Center also has a satellite program in Neptune.

### QIP-NJ

Maternity patients 18 and older can access behavioral health services under QIP-NJ (Quality Improvement Program-New Jersey) at Saint Peter's Family Health Center. Saint Peter's partners with behavioral health agencies in the community to provide services and resources to these patients.

### General Market

To reduce food insecurity among its patients, the expanded Saint Peter's Family Health Center now offers a general market stocked with produce and food, baby care and female hygiene items for patients in need.

"The Market at Saint Peter's helps reduce the burden of having to purchase expensive household items and food so that our patients can reallocate their funds to necessities like rent, utilities, and transportation for work.

We also have a Prescription Assistance Program so our patients can obtain medications at a lower cost, freeing up funds for other needs," said Ishani Ved, director, Transformational Population Health and Outcomes, Saint Peter's Healthcare System.



### Community Resources

It can be difficult to find resources and support services in the community. Based out of the Family Health Center, Saint Peter's Population Health team helps connect patients to community resources and services such as food pantries, mental health hotlines, tax preparation assistance, transportation services, housing resource guides and more. As a part of Saint Peter's commitment to its patients and its diverse community, the bilingual Resource Services team helps patients navigate and enroll in insurance and financial assistance programs.

## Addressing Social Determinants of Health

A person's health is influenced by a wide range of social, economic, and environmental factors known as social determinants of health. In New Brunswick, approximately 34 percent of residents are living below the federal poverty level. In addition to providing clinical services, the Family Health Center focuses on addressing social determinants of health, including food insecurity and other environmental factors.

"Social determinants of health govern 60 percent of patient outcomes, which means your zip code has more of an impact on your health than your genetic code. We recognize the significance of these factors and are actively working to mitigate their effects by providing access to quality medical care, nutritious food, transportation assistance, and more," said Alma Ratcliffe, MD, vice president and chief clinical transformation officer, Saint Peter's Healthcare System.



To learn more about Saint Peter's Family Health Center visit [saintpetershcs.com/familyhealthcenter](http://saintpetershcs.com/familyhealthcenter).

# Community Calendar

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/events](http://saintpetershcs.com/events). Most programs are FREE unless noted; please call for information.

## Cancer Support

- Bone Marrow Transplant**  
For patients who have had an allogeneic transplant  
Call for information: 732.235.8522
- Breast Cancer**  
Call for information: 732.235.7011
- Gynecologic Cancer**  
In partnership with the Cancer Support Community Central NJ  
Call for information: 732.235.6792
- Living with Cancer**  
Call for information: 732.235.7557

## Diabetes Education\*

- For information about classes, call the numbers listed below.
- Diabetes Self-Management Education\***  
Call for information: 732.339.7630
- Gestational Diabetes Self-Management Education\***  
Call for information: 732.339.7630
- Prevent T2 Program**  
Call for information and registration: 732.339.7772

## Parent Education

Some parenting classes are being held online. Register at [saintpetershcs.com/ParentEducation](http://saintpetershcs.com/ParentEducation). Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579.

- Baby Care Birth Center Class**  
(for moms under midwifery care)
- Breastfeeding Class**
- Grandparents Class**
- Hypnobirthing**
- Marvelous Multiples New Daddy Class**
- Prenatal Yoga/ Exercise Class**
- Prepared Childbirth/ Lamaze Classes**
- Sibling Class**
- Spinning Babies**

## Parent Support

- Registration is required. Visit [saintpetershcs.com/ParentEducation](http://saintpetershcs.com/ParentEducation) or call 732.745.8579.
- Breastfeeding Support Group**  
1<sup>st</sup> Tuesday of each month  
Next meeting: April 2 • 1 pm
- New Moms Support Group "Life Will Never Be The Same"**  
1<sup>st</sup> Tuesday of each month  
Next meeting: April 2 • 12 pm

## Support Groups

- NEW! Bariatric Behavioral Health Support**  
Every Wednesday  
Call 732.339.7450 for Zoom meeting information
- Bariatric Nutrition Support**  
2<sup>nd</sup> Thursday of each month  
Next meeting: April 11 • 6 – 7 pm  
Call 732.339.7450 for Zoom meeting information
- Bereavement**  
Call Pastoral Care for information: 732.745.8565
- Craniofacial Teen Girls**  
Call for information: 732.745.8600, x8113
- MyGoal Autism Family**  
2<sup>nd</sup> Sunday of each month  
Next meeting: April 14 • 3 pm  
Call 877.886.9462 or email [imariano@mygoalautism.org](mailto:imariano@mygoalautism.org) for virtual meeting information
- SHARE**  
3<sup>rd</sup> Thursday of each month  
Next meeting: April 18 • 7 – 9 pm  
Call 732.745.8522 or email [imariano@saintpetersuh.com](mailto:imariano@saintpetersuh.com) for Zoom link
- Spouse/Partner Caregiver Support**  
Call for information: 732.745.8600, x8653

Need a doctor? To find a Saint Peter's physician, visit [saintpetershcs.com/findaphysician](http://saintpetershcs.com/findaphysician). Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at [BookMySPDoc.com](http://BookMySPDoc.com)

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



Sponsored by the Roman Catholic Diocese of Metuchen State-designated children's hospital and regional perinatal center

