

Newton-Wellesley Hospital Community Collaborative

A Journey of Community Engagement and Impact

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Introduction to Newton-Wellesley Hospital



About Newton-Wellesley Hospital

We are first and foremost a community-based hospital, whose primary mission is to meet the health and wellness needs of the communities we service.



Newton-Wellesley Hospital is a not-for-profit, full-service, comprehensive medical center and community-based hospital located in Newton, Massachusetts. A member of the Mass General Brigham system, the hospital provides direct, high-quality inpatient and outpatient care to the Greater Boston community.

With a 140-year history of serving our community, the organization places the patient and their family at the center of everything it does. Newton-Wellesley excels at prevention and wellness, along with acute care and disease treatment. The hospital provides a wide range of services with a medical staff of more than 2,500 providers.

Newton-Wellesley is also a major teaching hospital for Tufts University School of Medicine and has established post-graduate training programs for residents of Massachusetts General Hospital and Brigham and Women's Hospital.



Newton-Wellesley Hospital | At a Glance



Newton-Wellesley Hospital is a comprehensive medical center located in Newton. We provide the services and expertise of a major medical facility with the convenience and personal attention of a community hospital. Our team is committed to delivering high-quality, safe, efficient medical care to each of our patients.



We are a member of Mass General Brigham, a system founded by Massachusetts General Hospital and Brigham and Women's Hospital. Our membership within Mass General Brigham allows us to provide our patients with access to the best community-based medicine and the most advanced specialty care in the world.



Our hospital is nationally recognized, and our services have been commended by numerous organizations. U.S. News & World Report ranked Newton-Wellesley 6th in the Boston metro area as part of its 2023-2024 hospital rankings, also rating the hospital as “high-performing” in nine specialty areas. Healthgrades has also recognized Newton-Wellesley with several awards in recent years, including America's 50 Best Hospitals Award.



Awards and Achievements



Among Best Hospitals in the U.S. (2023)



Among the Top 100 Cancer Hospitals in America (2023)



Among America's Best Maternity Hospitals (2023)



Among the Top 10 Hospitals in Massachusetts (2022)



A Brief History

The idea for the hospital began when a local reverend, George W. Shinn, encouraged the mayor of Newton, Royal M. Pulsifer, to provide health care services for sick members of the community.

1881

Incorporation of Newton Cottage Hospital and purchase of 9 acres for the building.

1886

Newton Cottage Hospital opens on June 5 with 9 beds. By the end of the first year, the hospital treats **40 patients**.

1917

Hospital erects tents and temporary buildings to deal with the **influenza epidemic** and the influx of wounded from **World War I**.

1927

Dedicated floor for emergency care opens. These patients are transported by some of the first **horseless ambulances**.

1939

The first full-time resident doctor comes to the hospital, marking the **beginning of our program of postgraduate medical education**.

1943

Hospital's name changes to **Newton-Wellesley Hospital**.

1965

Becomes the first of 7 area institutions to participate in a **joint computer program** sponsored by the Massachusetts Hospital Association.

1978

Becomes the first community hospital in Massachusetts to require **board-certification for emergency physicians**.

1999

NWH Hospital **joins the Mass General Brigham system**. Today, Newton-Wellesley Hospital is a fully integrated institution in the system.

2017

The Newton-Wellesley Hospital Community Collaborative is established.



Introduction to the NWH Community Collaborative



The Community Collaborative

Uniting Healthcare Professionals and Community Volunteers to Bridge the Gaps in Our Medical System



Mission

Unite healthcare professionals and volunteers to bridge medical system gaps by reducing healthcare disparities, strengthening the social fabric of support, and empowering residents to lead healthier lives.



Vision

Create a future where every community member has equitable access to health services, fostering a resilient network of support and wellness for all.



Values

Equity: Improving healthcare access for all.

Collaboration: Uniting professionals and communities.

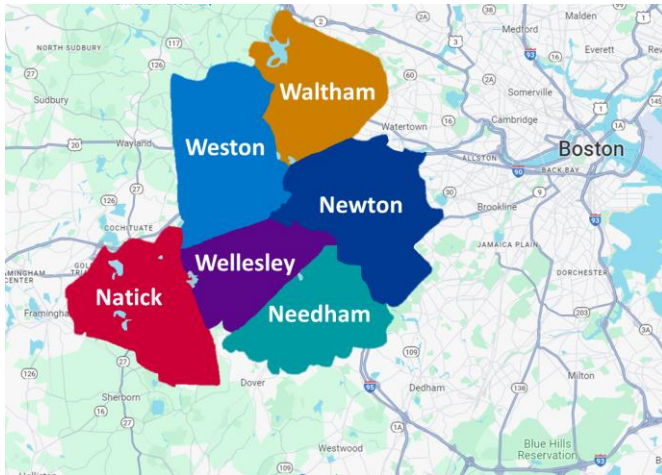
Innovation: Adapting to evolving health needs.

Empowerment: Educating for self-care and wellness.

Compassion: Addressing unmet needs with care.

Advocacy: Championing the mission.

Overview



- The Collaborative was established in 2017 to serve residents of six towns in the Metro-Boston area.
- The Collaborative integrates Newton-Wellesley Hospital more deeply into the local community's social structure and is a core part of the hospital's mission to enhance health and wellness.
- Its eight councils focus on unmet, often poorly funded or unreimbursed needs through oversight and support of clinical services and educational programs.
- Initiatives are aligned with needs identified in the ongoing Community Health Needs Assessment and carried out by specialized councils.
- Work embraces education, advocacy, philanthropy, and targeted programmatic initiatives.



Introduction to the Community Collaborative's Councils

Council Objectives



Ambassadorship & Advocacy



Community Education & Outreach



Philanthropy



Programmatic Effort

The success of the Councils is based on

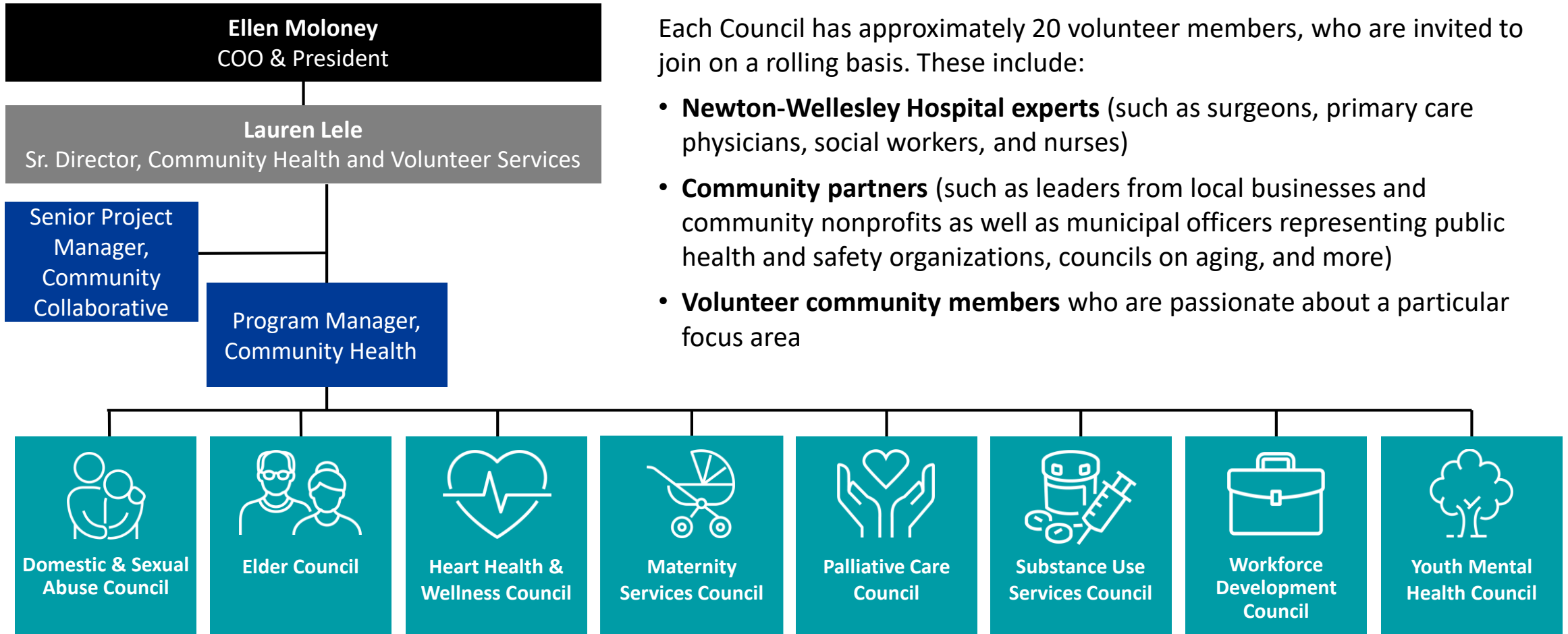
- the leadership of passionate **volunteers**
- the expertise of **NWH staff** and **community partners**
- the generosity of our **donors**

Community input is crucial for identifying engagement and partnership opportunities and is a vital resource for the hospital's mission.

Volunteers of the Community Collaborative play a key role in connecting the hospital with its mission and the community it serves.



Community Collaborative Structure & Councils



Each Council has approximately 20 volunteer members, who are invited to join on a rolling basis. These include:

- **Newton-Wellesley Hospital experts** (such as surgeons, primary care physicians, social workers, and nurses)
- **Community partners** (such as leaders from local businesses and community nonprofits as well as municipal officers representing public health and safety organizations, councils on aging, and more)
- **Volunteer community members** who are passionate about a particular focus area



The Collaborative's Impact



557

Firefighters took part in training to prevent heart disease, the leading cause of on-duty deaths



734

Survivors of domestic, family, or sexual violence received free, confidential services



1,850

Local seniors attended virtual health and wellness webinars since 2020



2,125+

New moms referred for evaluation and care for postpartum depression and anxiety



700

Physicians and nurses trained in Serious Illness Conversations by the Palliative Care Council



2,250

Area students directly impacted by the Resilience Council's programming



150

Conducted group support sessions led by a Substance Use Recovery Coach



100+

Students explored healthcare careers through the Summer Internship Program



Annual Events



Please join us for the 24th annual

NEWTON-WELLESLEY HOSPITAL

GALA

CONNECTIONS

FRIDAY | MAY 3 | INTERCONTINENTAL HOTEL
510 Atlantic Avenue, Boston, MA

6:00 PM Registration and Cocktails	7:00 PM Dinner and Program	9:00 PM Dessert and Dancing
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Newton-Wellesley Hospital
2nd Annual
Community Collaborative Summit

Wednesday, March 29, 2023

7:30am – Welcome Reception
8:00-9:00am – Program

NWH Shipley Auditorium
Main Hospital, 2nd Floor

Join us for a celebration featuring:

Remarks from NWH President/COO, Ellen Moloney

*Keynote Presentation by
Marian Ryan, Middlesex District Attorney*

*Community Impact Testimonial by Capt. John Bonadio
Waltham Fire Department*

And a special welcome by Buddy, the NWH Facility Dog!



Overview of the Community Collaborative Eight Councils



Overview of Councils



Domestic & Sexual Abuse Council

The Domestic & Sexual Abuse Council brings together survivors, advocates, community members, and healthcare providers to ensure robust healthcare and community-based responses to violence and abuse, especially for survivors who face linguistic and cultural barriers to services. Through increased awareness of and access to resources, the Council seeks to connect survivors to trauma-informed programs and services that aim to empower and heal.

[More Information is Available Here](#)



Elder Council

The Elder Council gathers healthcare providers, home caregivers, municipal and senior living professionals and local elders to leverage knowledge and increase access to eldercare resources, support and services that promote independence, safety, and happiness throughout life. By putting elders and their caregivers at the center, the Council seeks to serve as a compassionate navigator through the care continuum, improving the quality of life for older adults and their families/care partners.

[More Information is Available Here](#)



Overview of Councils



Heart Health & Wellness Council

The Heart Health & Wellness Council reaches out to the diverse populations of Newton-Wellesley Hospital to promote preventive health. Through community-based education and hands-on programming, we encourage fitness, nutrition, and stress management to reduce the risk of cardiovascular and other chronic diseases. In addition, the Council champions cutting-edge technologies within the Elfers Cardiovascular Center for the diagnosis and treatment of heart disease.

[More Information is Available Here](#)



Maternity Services Council

1 in 7 women will experience postpartum depression after childbirth. Gathering leaders in the fields of maternal medicine, psychiatry, and social work alongside dedicated community advocates and partners. The Maternity Services Council seeks to build awareness and improve treatment outcomes for prenatal and postpartum depression. Leveraging a deep network of community resources, the Council connects new mothers with wrap-around services to support their pregnancy and early motherhood transition.

[More Information is Available Here](#)



Overview of Councils



Palliative Care Council

Council members share a vision of increasing access to palliative care at Newton-Wellesley for patients with serious illnesses and their families. The Council seeks to raise awareness of the importance of engaging in palliative care early in diagnosis. With a belief in enabling patients to make informed care decisions that respect their values and goals, they provide leadership, expertise, and philanthropic support.

[More Information is Available Here](#)



Substance Use Services Council

In recent years, substance use rates have escalated nationally and regionally, with tragic outcomes. Through community engagement, education and outreach, the Substance Use Services Council seeks to advance treatment and prevention options designed to have the greatest impact on community health and wellness. Addressing stigma associated with addiction is a high priority for Council activities.

[More Information is Available Here](#)



Overview of Councils



Workforce Development Council

A strong local economy can positively and broadly impact health and wellness. The Workforce Development Council exposes local young people to career opportunities in a healthcare setting and promotes skill building to prepare them for the future. By developing the community's workforce, Council members seek to expand potential career options for both young people and adults, enhance family financial security, and grow the pool of talent for local businesses.

[More Information is Available Here](#)



Youth Mental Health Council

Amid an ongoing crisis in youth mental health, Council members – led by clinicians, parents, and youth mental health advocates – help to increase access to life-saving clinical care through Newton-Wellesley Hospital's Child and Adolescent Psychiatry Service. The Council also seeks to enhance the vital work of The Resilience Project, an innovative school and community-based program that promotes the emotional health and well-being of children, teens and those who support them.

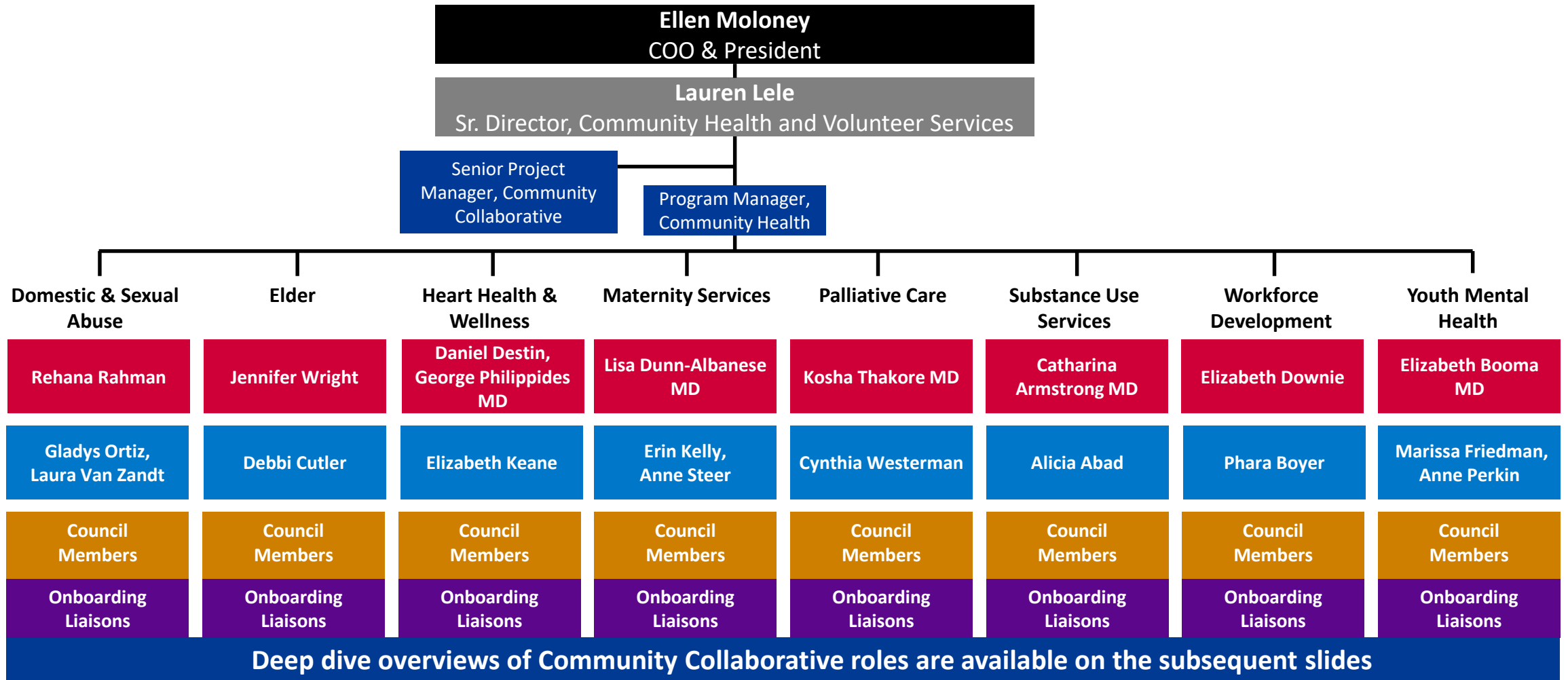
[More Information is Available Here](#)



Member Roles & How You Can Get Involved



Community Collaborative Organization Chart



■ Hospital Champion
 ■ Community Chair



Hospital Champion Role Overview



Hospital Champion

Description

- Provide hospital leadership on the Council
- Be knowledgeable as to the Council strategy as well as overall hospital strategic goals
- Have a line of communication to hospital leadership

Key Responsibilities

Council Leadership

- Serve as a community liaison for the hospital by bringing forward program ideas (education, advocacy, and fundraising) to the Council
- Bring hospital strategy ideas to the Council for reaction and insight
- Encourage hospital staff that may be interested in the Community Collaborative to be members

Community Engagement

- Be a liaison for the Council to the designated service area within the hospital as well as to overall hospital leadership
- Help coordinate with community partners and connect them with Council members working on relevant topics

Council Management

- Partner with the Council Community Chair to co-manage the Council
- Attend the Community Collaborative Executive Committee meetings (five per year), align on best practice and approach for the Collaborative and participate in strategic planning
- Lead three Council meetings per year; assist in framing agendas.

Onboarding Process Steps

- *None – onboarding will be managed by the Program Manager, Council Community Chair, and Onboarding Liaison*



Community Chair Role Overview



Community Chair

Description

- Be a leader within the community on their respective Council's focus areas
- Be passionate about community health programs
- Be actively engaged in managing the Council and its goals and activities

Key Responsibilities

Council Leadership

- Serve as the leader of the Council, along with the Hospital Champion, by demonstrating passion and commitment to community health
- Attend the Community Collaborative Executive Committee meetings (five per year) with other Council Chairs, and participate in strategic planning
- Participate, at a personally comfortable level, to financially support the Council/Collaborative/NWH mission
- Help recruit and serve as the Council liaison for new members, along with an appointed Onboarding Liaison(s), to match people to focus areas

Event Participation

- Support the annual Community Collaborative Gala by attending, sponsoring, promoting the Gala event as a fundraising source for Council efforts.
- Attend the annual Community Collaborative Summit (featuring keynote speakers, impact reports and appreciation).

Council Management

- Lead three Council meetings per year; assist in framing agendas.
- Partner with the Hospital Champion to co-manage the Council
- Develop Council subcommittees as needed and appropriate, such as education, advocacy, community connections.

Onboarding Process Steps

- Educates new member on the Council's mission, strategy and helps them define their role aligned to Council goals
- Identifies onboarding liaisons
- Stays in the loop on new member onboarding process and experience



Council Member Role Overview



Council Member

Description

- Be connected to the NWH through employment, community involvement, etc.
- Have an interest in supporting a specific Council and sub-committee
- Be passionate about community health programs

Key Responsibilities

Member participation and responsibilities are voluntary, however the bullets provide a summary of ways that they can engage and contribute to the Council:

Council Participation

- Attend three council meetings and volunteer as a speaker or contributor to provide an overview of the work supported
- Participate in an advocacy, education, and fundraising Council efforts, based on experience and interest. Serve on subcommittees, as appropriate.
- Bring forward ideas generated for the Collaborative and/or the hospital
- Actively engage and contribute to Council initiatives

Event Participation

- Attend the annual Community Collaborative Summit (featuring keynote speakers, impact reports and appreciation).
- Support the annual Community Collaborative Gala (e.g., sponsor, preparation activities, etc.), which supports fundraising efforts for all Councils

Community Engagement

- Depending on the member's desired focus areas / sub-committee, make connections in the community that would support the Council

Onboarding Process Steps

- Participates as Onboarding Liaison – process steps identified on next slide



Onboarding Liaison Role Overview



Onboarding Liaison

Description

The primary goal of this role is to help onboard new joiners to the Community Collaborative. This role will provide a support structure in terms of acting as an initial connection point within the Council for questions. They will also provide a feedback loop for the Community Council Chair.

Characteristics

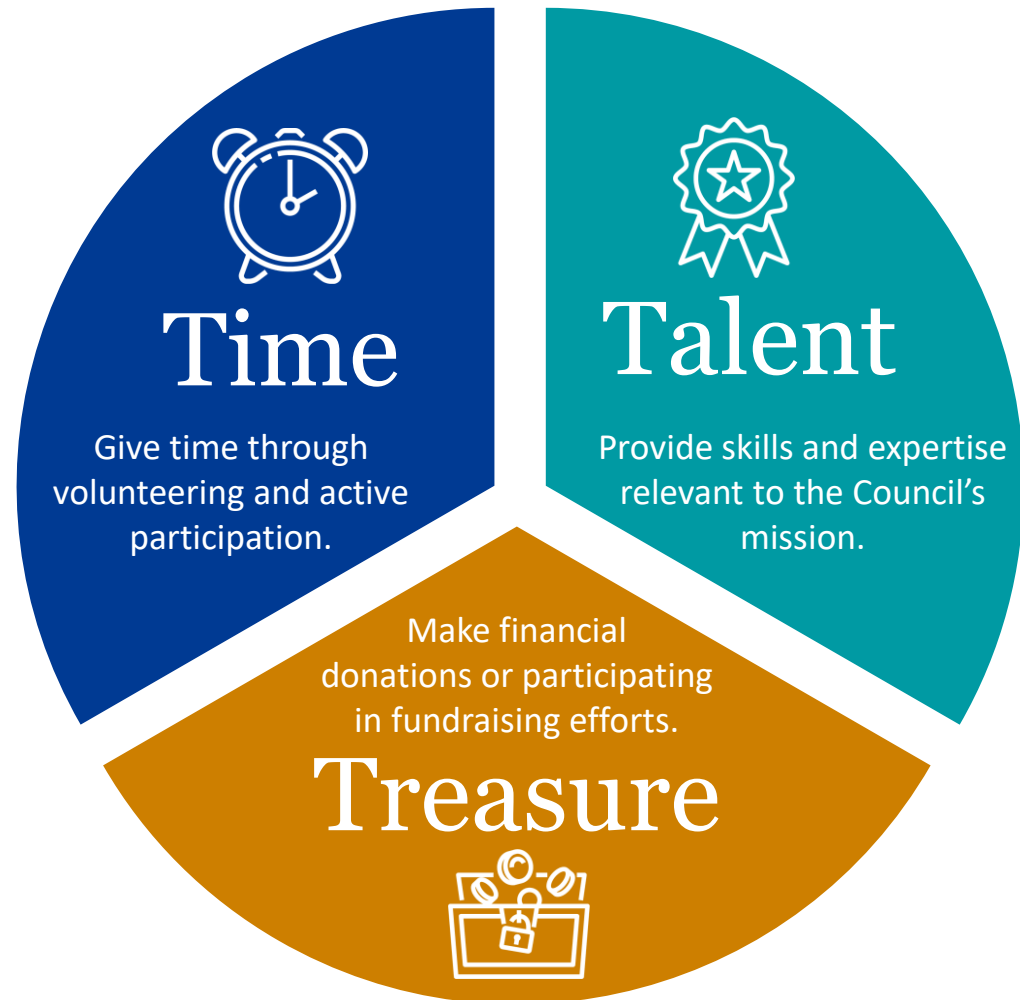
- Be an experienced (at least one year) and active Council member
- Have a clear understanding of the Council focus area
- Be passionate about the experience of new joiners to the Collaborative
- Be empathetic and attentive to the needs of new joiners, ask them questions on their experience and provide thoughts on opportunities for enhancement
- Have connections within the Collaborative, community, etc. that would help a new joiner
- Maintain a strong relationship with the Collaborative Community Chair for their Council and ensure that feedback from the new joiner is being shared and addressed

Onboarding Process Steps

- Along with the Community Chair, educates new joiner on Councils' mission and strategy and helps define their role within the Council
- Schedules and facilitates a check-in meeting with new joiner after their first Council meeting
- Provides notes from check-in to Community Chair and evaluates findings and follows-up on any necessary actions



Contribute in Your Own Way



There are multiple ways to contribute to your Council on the Collaborative depending on your priorities, skills, availability, and resources.

Let's discuss what you care about and where you could contribute to the Collaborative.

Examples

- **Time:** Attend 3 meetings a year, help host a council event, align your organization as an outreach partner
- **Talent:** Serve on a subcommittee, participate in a council led presentation
- **Treasure:** Provide philanthropic support to a council or collaborative, attend and/or sponsor the Annual Gala



Collaborative Council Details





Domestic & Sexual Abuse Council

The Domestic & Sexual Abuse Council brings together survivors, advocates, community members, and healthcare providers to ensure robust healthcare and community-based responses to violence and abuse, especially for survivors who face linguistic and cultural barriers to services. Through increased awareness of and access to resources, the Council seeks to connect survivors to trauma-informed programs and services that aim to empower and heal.



Leadership & Community Partners



Gladys Ortiz
Community Co-Chair



Laura Van Zandt
Community Co-Chair



Rehana Rahman Kiani,
MSW, LICSW
Hospital Champion

Community Partners:



At a Glance | Domestic & Sexual Abuse Council



About the Council

The Domestic & Sexual Abuse Council is a group of survivors, advocates, community members, and healthcare providers.



What We Do

The Council ensures robust healthcare and community-based responses to violence and abuse, especially for survivors who face linguistic and cultural barriers to services. Through increased awareness of and access to resources, the Council seeks to connect survivors to trauma-informed programs and services that aim to empower and heal.



Current Initiatives

- Enhancing access for survivors who face linguistic and cultural barriers
- Growing community education regarding the health impact of violence and abuse
- Increasing the hospital's capacity to respond to diverse needs of survivors seeking services
- Supporting stronger bridges between healthcare providers and community-based providers
- Empowering public health approaches to violence, abuse and trauma
- Establishing a Coordinated Community Response Network convened by NWH and involving all DSV community providers to create a service delivery model that will effectively address the complex needs of survivors.



Achievements (2022 – 2023)

- 330 survivors of domestic, family, or sexual violence received free and confidential services
- 439 consultations provided to community partners and NWH providers and staff
- As a result of the Council’s work, Newton-Wellesley Hospital is now funding expanded services to immigrant, Latinx, and Spanish-speaking survivors of partner abuse through REACH Beyond Domestic Violence points
- “*Recognizing Unhealthy Relationships and Finding Support*” Webinar: Community education program addressing abuse in intimate partner relationships
- Program staff offered 19 support groups in collaboration with our community partners





Getting Involved

Ongoing Initiatives

- Growing community education regarding the health impact of violence and abuse
- Increasing the hospital's capacity to respond to diverse needs of survivors seeking services
- Supporting stronger bridges between healthcare providers and community-based providers
- Empowering public health approaches to violence, abuse and trauma

Future Funding Opportunities

- Continue to raise funds for Emergency Assistance Fund for survivors of DV that provides support related to housing, food, transportation and other needs associated with access and basic living conditions
- Partner with DSV community organizations to create coordinated support and resources for domestic and sexual violence providers in our community through community education, raising awareness, and facilitating effective support systems for those affected by domestic and sexual violence.

How You Can Help!

- Share your passion for supporting survivors to spread awareness
- Provide financial support to the Collaborative and encourage others to do the same
- Volunteer to represent the Collaborative at community events





Elder Council

The Elder Council gathers healthcare providers, home caregivers, municipal professionals and local elders to leverage knowledge and increase access to eldercare resources, support and services that promote independence, safety, and happiness throughout life. By putting elders and their caregivers at the center, the Council seeks to serve as a compassionate navigator through the care continuum, improving the quality of life for the aging.

Leadership & Community Partners



Debbi Cutler, MSW, LICSW
Community Chair



Jennie Wright, RN CCM
Hospital Champion

Community Partners:

- Needham, Newton, Natick, Waltham, Weston, Wellesley Senior Centers
- Surrounding Assisted Living and Independent Living Communities



At a Glance | Elder Council



About the Council

The Elder Council is a group of compassionate community members united in their concern to address the health and wellness needs of our elders. These devoted volunteers look for ways in which the community can collaborate to optimize care. The care needs of our elders are unique and require tailored strategies. The council explores solutions and evaluates options through the lens of elders themselves, health care providers, home caregivers, municipal professionals and others.



What We Do

- Look for ways in which the community can collaborate to optimize care for elders
- Values services and programs designed to increase independence, safety and happiness throughout life
- Examine many elements of physical and emotional well-being



Current Initiatives

- Senior Community Living Forums with Assisted and Independent Living facilities
- Senior health and wellness educational programming
- Council member education on innovations in approaches to care along the continuum
- Providing resources to community elders



Achievements (2022 – 2023)

Hosted three, 8-week *Matter of Balance* programs at local senior centers.

- Variety of activities to address physical social and cognitive factors affecting fear of falling and to learn fall prevention strategies.
- 24 participants served at each session.
- 1900 seniors have participated since 1997

Supported weekly virtual Elder Care Council Fitness Class

- Activities included tai chi, Pilates, stretch/strengthen
- 160 weekly participants in 2022

Hosted Senior Community Living Forums

- 4 events held in 2022
- 25 attendees at each session
- Topics: delirium, guardianship, mobility, medication, end of life, frailty, infectious disease and home hospital.

Hosted Virtual *Health and Wellness Webinar Series*

- Hypertension and Stroke
- Senior Steps for Better Health
- Nutrition and Aging



Getting Involved

Ongoing Initiatives

- Foster engagement and socialization among elders
- Offer education to elders on topics related to health and wellness
- Promote the *Walk and Talk Health* Program offered by the Heart Health and Wellness Council
- Ensure continuation of care support and services post-health care episodes

Future Funding Opportunities

- Expand navigation services to community members and families who are in need of support.
- Bring in speakers and presenters who can educate the community on topics such as caregiving, speaking with healthcare providers, nutrition and others

How You Can Help!

- Participate in ongoing initiatives to foster a sense of community among elders
- Provide financial support to the Collaborative and encourage others to do the same
- Volunteer to represent the Collaborative at community and hospital events





Heart Health & Wellness Council

The Heart Health & Wellness Council reaches out to the diverse populations of Newton-Wellesley Hospital to promote preventive health. Through community-based education and hands-on programming, we encourage fitness, nutrition, and stress management to reduce the risk of cardiovascular and other chronic diseases. In addition, the Council champions cutting-edge technologies within the Elfers Cardiovascular Center for the diagnosis and treatment of heart disease.

Leadership & Community Partners



Beth Keane
Community Chair



George Philippides, MD
Hospital Champion



Daniel Destin
Hospital Champion

Community Partners:

- Newton, Needham, and Waltham Fire Departments
- Newton and Waltham YMCA
- Jewish Community Center
- Mended Hearts
- Waltham, Newton, Needham, Weston, Natick Senior Centers
- UMASS at Mount Ida Campus, Bentley University, Babson University and Regis College
- North Hill in Needham
- Wellesley Free Library



WELLESLEY FREE
LIBRARY



North Hill
VIBRANT LIVING FOR PEOPLE AGE 65+



The Mended Hearts, Inc.



At a Glance | Heart Health & Wellness Council



About the Council

The Heart Health & Wellness Council is a group of community and health care leaders who are united through their passion to create a heart healthy community. Cardiovascular disease is widespread in the communities that Newton-Wellesley serves. Its damaging effects can often be managed, or even eliminated, through appropriate treatments, procedures, and/or lifestyle changes.



What We Do

- Develop and implement community-based heart health programs
- Support hospital employee wellness initiatives
- Prioritize advanced cardiovascular care technologies
- Increase awareness of life-saving tools and techniques



Current Initiatives

- Firefighter Heart Health Training
- Council on Aging heart health education
- Walk-and-Talk movement and education
- AED and CPR awareness and training



Achievements (2022 – 2023)

Tested employees at NWH and discounted Fit Bits for 360 people

Heart Health Initiative for first responders

- 557 firefighters took part in training to prevent heart disease, the leading cause of on-duty deaths
- Curriculum focused on fitness, nutrition, stress management, and understanding health risks
- In-person with 6 NWH staff

Webinars for Wellness

- Simple Things You Can Do to Improve Your Heart Health Now
- Using Wearables and Apps for Optimal Heart Health and Wellness
- Sleep: Myths & Truths

Small Steps to Better Heart Health Program for Seniors

Walk and Talk Health Initiative

- Walking programs in area communities (Weston, Newton, Waltham, Wellesley)
- Health education component (fitness, relaxation, nutrition)

CPR and AED Education and Training

- Waltham High School
- Councils on Aging
- AED training kit donations



Getting Involved

Ongoing Initiatives

- Firefighter Heart Health Training
- Expansion of Heart Health training to additional at-risk populations (teachers, seniors)
- Community outreach (Walk and Talk Health Program) & community education

Future Funding Opportunities

- Expand the donation of AED devices in schools in the NWH catchment area
- Expand “Heart Health Initiative” to all NWH community Fire Departments. Contribute to the on-going engagement of participants of the Heart Health Program
- Expand program to Police Departments
- Expand capacity for the Walk and Talk Health Program to ensure the program has a consistent presence in all of our communities

How You Can Help!

- Attend Council meetings and sponsored events
- Participate in Walk-and-Talk or Firefighter education events
- Network within your community to find new areas to expand our work
- Offer special skills that will enhance our programming
- Sponsor a wellness initiative
- Support new technologies within the Elfers Cardiovascular Center
- Be an active contributor to hospital fundraising efforts



Maternity Services Council

One in seven women will experience postpartum depression in the first year after childbirth. Gathering leaders in the fields of maternal medicine, psychiatry, and social work alongside dedicated community advocates and partners, the Maternity Services Council seeks to build awareness and improve treatment outcomes for prenatal and postpartum depression. Leveraging a deep network of community resources, the Council connects new mothers with a breadth of wrap-around services to support their pregnancy and early motherhood transitions.

Leadership & Community Partners



Erin Kelly
Community Co-Chair



Anne Steer
Community Co-Chair



Lisa Dunn-Albanese, MD
Hospital Champion

Community Partners:

- MA Child Psychiatry Access Program for Moms (MCPAP)
- Jewish Family and Children's Services (Center for Early Relationship Support)



At a Glance | Maternity Services Council



About the Council

The Maternity Services Council is a group of volunteer leaders, drawn from the community and hospital staff, who share a special interest in improving Maternity Services during pregnancy and after delivery with a special mission to increase awareness and improve treatment of pregnancy-related depression.



What We Do

- Evaluate strategies on how best to meet the needs of women and families, engaging related community and hospital services to enhance care
- Provide leadership, guidance, build awareness, and offer philanthropic support to help strengthen services for new mothers and families
- Investigate approaches to screening for depression



Current Initiatives

- Maternal health education for community members and support partners
- Expand Newborn Observation Training program to wider array of multidiscipline health care providers
- Expand support programs to include those having experienced loss



Achievements (2022 – 2023)

Funded an experienced clinical social worker through the “Perinatal Mood and Anxiety Disorder Initiative.”

Since April 2019, over 1600 patients have been referred with up to 60 new patients being referred monthly.

- LSW communicates with 35+ patients per week, onsite
- Jan – Mar, 2023 LSW had 921 individual contacts with patients: in-person, virtual therapy, phone calls and messages through patient portal

Added EPIC postpartum screenings for all obstetrics patients at NWH.

- 6 weeks prenatal
- 6 weeks postpartum
- 6 months postpartum

Any patient flagged for postpartum depression is contacted by social worker who assists with both counseling and patient navigation.

Hosted “Journeying Through Pregnancy and Post Partum” program

- 75 individuals and partners joining the in person event.

Moderated Facebook group around pregnancy and postpartum

Provided new mothers with a free, twice-weekly postpartum drop-in group

- Led by a certified nurse midwife, creating a welcoming space to share information and offer support
- 11 new moms attend each session with most attending more than 8 sessions.

Hosted 3-part Webinar, “Put Your Oxygen Mask on First: Thriving through the Postpartum Period”.

- 50 attendees at each session



Getting Involved

Ongoing Initiatives

- The Newborn Behavior Observation training program to NWH multidisciplinary staff
- Journey mapping for maternity and post partum patients to identify opportunities for future programming and services

Future Funding Opportunities

- Launch an ante-natal mother's group/educational platform
- Fund a peri-natal Psychiatrist to provide quarterly education sessions on use of psychiatric medication during pregnancy.

How You Can Help!

- Identify gaps and opportunities or supporting mothers and partners through the pre- and post-natal experience
- Provide input to the program planning of *HEAL: Babies Remembered*
- Serve on Council sub-committees
- Fundraise and provide philanthropic support



Palliative Care Council

Council members share a vision of increasing access to palliative care at Newton-Wellesley for patients with serious illnesses and their families. The Council seeks to raise awareness of the importance of engaging in palliative care early in diagnosis. With a belief in enabling patients to make informed care decisions that respect their values and goals, they provide leadership, expertise, and philanthropic support.

Leadership & Community Partners



Cynthia Westerman
Community Chair



Kosha Thakore, MD
Hospital Champion

Community Partners:

- Therapeutic Music Program Staff, Althea Khoo
- Faith communities
- Councils on Aging
- Oechsle Family Foundation



Massachusetts
Councils On Aging



At a Glance | Palliative Care Council



About the Council

The Newton-Wellesley Hospital Palliative Care Council is a group of medical professionals and community individuals who help support and build awareness for the NWH Division of Palliative Care to support the care of the seriously ill and their loved ones in our community. Individuals who sit on the Palliative Care Council offer a range of experience, making them well suited to provide hospital leadership with feedback on its vision.



What We Do

Provide strategic leadership, counsel, community education, expertise and philanthropic support with the goal of increasing access to palliative care at NWH for patients and their families



Current Initiatives

- Support and teach advanced communication-skills education for clinicians and providers at NWH
- Fund therapeutic musician program for hospitalized patients receiving services from Palliative care
- Community-based education on both palliative care and advance care planning



Achievements (2022 – 2023)

Trained 700 physicians and nurses in “Serious Illness Conversations” since 2017

Funded Certified Music Practitioner through one year grant (\$10,000)

Hosted “What Matters Most” lecture on the topic of advance care planning

Secured funding for Palliative Care expansion for 680 families in 2022. 70% of palliative cares costs are not reimbursed by insurance.

A Certified Music Therapist hired for one year to provide an evidence-based service to inpatient palliative care patients.



Getting Involved

Ongoing Initiatives

- Support advanced communication-skills education for clinicians and providers at NWH
- Fund therapeutic music program for hospitalized patients receiving services from Palliative Care
- Community-based education on advance care planning

Future Funding Opportunities

- Sustained funding for Therapeutic Music Program
- Program expansion into Emergency Department and Outpatient Clinic (non-oncology)
 - *Funding for Nurse Navigator role*
 - *Funding for Social Work role*

How You Can Help!

- Host an event at a local organization where council experts can share benefits of palliative care or advance care planning
- Share your network and connections (grant-funding organizations, philanthropists/donors)
- Meet with NWH Development team to review giving opportunities for Palliative Care that aligns with your values





Substance Use Services Council

In recent years, substance use rates have escalated nationally and regionally, with tragic outcomes. Through community engagement, education and outreach, the Substance Use Services Council seeks to advance treatment and prevention options designed to have the greatest impact on community health and wellness.

Leadership & Community Partners



Alicia Abad
Community Chair



Catharina Armstrong, MD
Hospital Champion

Community Partners:

- Middlesex District Attorney's Office
- Boston Bulldogs
- SOAR Natick
- Natick 180
- Newton Health and Human Services



At a Glance | Substance Use Services Council



About the Council

The Substance Use Council is a group of highly committed individuals willing to offer their expertise and support to arrest the spread of what has become a serious threat to community health and wellness. In recent years, concerns about substance use have escalated nationally and regionally. Its effects can be insidious, with long-term damage to individuals, families and communities. Council members represent both clinical and societal perspectives.



What We Do

Provide critical services at the time of greatest impact, embedding treatment and preventive care throughout our community.



Current Initiatives

- Recovery Coach Groups
- Resource Nights
- Narcan distribution and test trip training
- Community education focused on addiction and stigma



Achievements (2022 – 2023)

2,700 patients treated by SUS Recovery Coach in the NWH Substance Use Clinic

231 doses of Narcan distributed to community partners in 2022 – police, fire, public health, schools and shelters.

Community wide lecture, “Drug Use on the Rise: How to Identify the Signs in your Child or Loved One.” Resources and treatment options provided at event.

Weekly support group sessions by a NWH Substance Abuse Recovery Coach.

- In 2022, 88 groups held with 6-15 people per group between ages 20-75 yr.

Purple Flag Project display during International Overdose Awareness Day. SOAR as partner.

- Event and partnership taking place for five years.



Getting Involved

Ongoing Initiatives

- Community engagement and outreach
- Community education
- Staff education
- Clinician education

Future Funding Opportunities

- Transportation for the community to access addiction treatment
- Staff Education
- Clinician Education
- Endowment to sustain the program

How You Can Help!

- Plan community education events
- Organize and help plan recovery month events
- Be informed – attend community events, e.g. DA Opioid Task Force meetings
- Fundraising



Workforce Development Council

A strong local economy can positively and broadly impact health and wellness. The Workforce Development Council exposes local young people to career opportunities in a healthcare setting and promotes skill building to prepare them for the future. By developing the community's workforce, Council members seek to expand potential career options for both young people and adults, enhance family financial security, and grow the pool of talent for local businesses.

Leadership & Community Partners



Phara Boyer
Community Chair



Elizabeth Downie
Hospital Champion

Community Partners:

- Waltham Partnership for Youth
- MassBay Community College
- MGB Workforce Development



At a Glance | Workforce Development Council



About the Council

The Workforce Development Council comprises hospital and community leaders and individuals who are devoted to improving career opportunities, especially for area youth. A strong local economy can positively and more broadly impact health and wellness.



What We Do

- Expand potential career options for both youth and adults
- Enhance family financial security
- Provide a ready pool of talent for local businesses



Current Initiatives

- Waltham summer youth intern program
- Student and community exposure to healthcare careers across all disciplines, with various entry points
- Healthcare Career Exploration Series and job readiness skill development
- Opportunities for non-working adults and adults in the workforce in need of additional support



Achievements (2022 – 2023)

100 students explored healthcare careers through Summer Internship Program

- 22 Waltham student interns in 2022
- Since internship program inception, over 100 Waltham HS students have taken part in the program

NWH annual Golf Tournament benefits Workforce Development

- Provides source of funding for the youth internship program

Hosted High School Career Nights, “Zoom to Success.”

- 88 attended in 2022

Hosted a 4-part virtual “Healthcare Career Exploration Series” supported by 25 NWH staff.

- 200 attended in 2022.

Continuing partnership at Waltham Partnership for Youth: “Career Exploration and Training” (CET) program.

- Focus on clinical and non-clinical roles and those with varying levels of entry (education, financial, etc.)



Getting Involved

Ongoing Initiatives

- Waltham summer youth intern program
- Student and community exposure to healthcare careers across all levels, highlighted by an annual career fair
- Opportunities for non-working adults and adults in the workforce in need of additional support
- Explore ways that young adults can be formally trained on health topics for the purpose of conducting outreach and education to high-risk populations in the community

Future Funding Opportunities

- Host a Career Night and develop resource materials
- Host an event for education professionals to be informed of variety of careers in healthcare setting
- Add a year-round part time program with teaching and mentoring components, for High School students age 16+

How You Can Help!

- Lend your professional experience in workforce development programming
- Participate in workshops
- Provide financial support to the Collaborative and encourage others to do the same
- Volunteer to represent the Collaborative at community events





Youth Mental Health Council

Amid an ongoing crisis in youth mental health, Council members – led by clinicians, parents, and youth mental health advocates – help to increase access to life-saving clinical care through Newton-Wellesley Hospital’s Child and Adolescent Psychiatry Service. The Council also seeks to enhance the vital work of The Resilience Project, an innovative school and community-based program that promotes the emotional health and well-being of children, teens and those who support them.

Leadership & Community Partners



Marissa Friedman
Council Co-Chair



Anne Perkin
Council Co-Chair



Elizabeth Booma, MD
Hospital Champion

Community Partners:

- The school districts of Newton, Natick, Needham, Wellesley, Weston and Waltham
- Pediatrician practices in the Newton-Wellesley Hospital catchment area



At a Glance | Resilience Council



About the Council

The Resilience Council is a group of volunteer leaders who have a specific interest in improving the impact of the Newton-Wellesley Hospital Child and Adolescent Psychiatry Service (CAPS) within the community. All members demonstrate a willingness to help build awareness and provide philanthropic support to help strengthen, expand and increase access to mental health care at NWH for children and their families.



What We Do

- Council members help to increase access to life-saving clinical care through Newton-Wellesley Hospital's Child and Adolescent Psychiatry Service.
- The Council also seeks to enhance the vital work of The Resilience Project, an innovative school and community-based program that promotes the emotional health and well-being of children, teens and those who support them.



Current Initiatives

- Raising Resilient Kids and Raising Resilient Teens 7-week parent workshops
- Building Resilience Series, quarterly free webinars open to the community
- Clinical consultations and professional development customized for each school partner



Achievements (2022 – 2023)

Hosted the “Annual Educational Summit” since 2017, a free professional development day for all high school teachers, counselors and administrative staff.

- 136 attendees in 2024

School Outreach Program

- 2,250 area students directly impacted by The Resilience Project’s programming
- Added a Student Liaison Clinician to serve an additional 22 schools with 18,000 students

Hosted Parent Workshops

- 2022 “Raising Resilient Teens” parent group. 7 small-group parent workshops with 150 participants, 3 cycles per year
- “Raising Resilient Kids” program held 3 times in 2022. 7-week workshop for parents, led by child and adolescent psychiatrist and a clinical psychologist

Professional Development

- Provided more than 40 presentations on adolescent mental health in 2023
- Provided 10 talks to pediatricians and med students in 2023



Getting Involved

Ongoing Initiatives

- Psychiatrist and social worker connection to each high school and, most recently, middle school
- Annual Summit (professional development opportunity for school guidance counselors, nurses, social workers, teachers, and other educators and administrators)
- Parent and teen support programs
- Community education

Future Funding Opportunities

- Build capacity for evaluation and short-term treatment for any child or adolescent in our 6 communities
- Invest in Resilience Project clinicians to increase services to school
- Expansion into elementary and pre-schools

How You Can Help!

- Recruit participants to parent workshops and webinars
- Provide financial support to the Collaborative and encourage others to do the same
- Connect the staff to community-based organizations that could benefit from partnership



Appendix



Helpful Links

[Newton-Wellesley Hospital Homepage](#)

[Community Health Needs Assessment](#)

[Community Collaborative Homepage](#)

[Mass General Brigham Homepage](#)

