

**Manhattanville in West Harlem Implementation Plan Report
October 15, 2018 Submission**

Declaration Reference and Key Data

Obligation Section Number: **5.07(c)(ii)**

Obligation Title: **Mind Brain Behavior Public Outreach Center**

Obligation Page Number: **52**

Obligation Trigger: **Issuance of TCO for Development Site 2**

Obligation Start Date: **August 25, 2016**

Obligation End Date: **25 Years from Commencement of the Public Outreach Center's Full Operation**

Obligation Status: **In Compliance**

Obligation

Mind Brain Behavior Public Outreach Center. CU shall locate within Development Site 2 (the proposed Jerome L. Greene Science Center) a Screening and Education Center for community outreach. The purpose of the Center shall be to provide stroke awareness lectures and free blood pressure and cholesterol screenings. The Center shall commence operation upon issuance of the temporary certificate of occupancy for the Jerome L. Greene Science Center and operate for a 25-year period from commencement of full operation.

* The center opened to the public in September 2017. Therefore, this obligation will be in effect until 2042, 25 years from the commencement of the center's full operation.

Evidence of Compliance

1. Press release and/or announcement about center opening
2. Link to website
3. Annual report
4. Signage at Jerome L. Greene Science Center/MBB Building

Columbia University's Implementation Plan and all supporting documentation are made available on the Community Services Webpage at <http://manhattanville.columbia.edu/community/benefits-and-amenities>.

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EOC Checklist for Obligation 5.07(c)(ii):

Please check to verify EOC items submitted for review.

- ☐ 1. Press release and/or announcement about center opening
- ☐ 2. Link to website
- ☐ 3. Annual report
- ☐ 4. Signage at Jerome L. Greene Science Center/MBB Building

Monitor's Notes / Comments:

[illegible]

Status:

Please check to indicate the status of Obligation 5.07(c)(ii):

- ☐ In Compliance
- ☐ In Progress
- ☐ Not In Compliance
- ☐ Not Triggered

COLUMBIA | Wellness Center

**Located in Columbia University's new
Jerome L. Greene Science Center in West Harlem**

The Wellness Center provides free blood pressure readings, cholesterol screening and A1C glucose testing to the community. Visitors will receive a record of their results, as well as information on ways they can improve their health.

On request, Wellness Center staff will provide information about free and low-cost health care available throughout Harlem and upper Manhattan. The Wellness Center will also provide onsite assistance with health insurance enrollment.

In addition to providing free blood pressure and cholesterol screening, the Wellness Center is home to two programs dedicated to empowering the community through health education.

The Mental Health First Aid (MHFA) program is dedicated to improving access to quality mental health in Harlem. The program teaches participants the warning signs of mental health problems, helps build an understanding of the importance of early intervention and seeking support. Information about support groups, tools for mental health, and local resources will be provided.

The Institute for Training Outreach and Community Health (InTOuCH) is a free community-based program designed to raise awareness about stroke and heart attack prevention. Through its rigorous training program, InTOuCH participants commit to serving the community as volunteer health workers and as counselors at Columbia's Wellness Center and local screening events.

www.zuckermaninstitute.columbia.edu/community-wellness-center

NOW OPEN
MONDAY–FRIDAY 9 A.M.–5 P.M.

**610 W. 130th Street
New York, NY 10027
1-212-853-1146**

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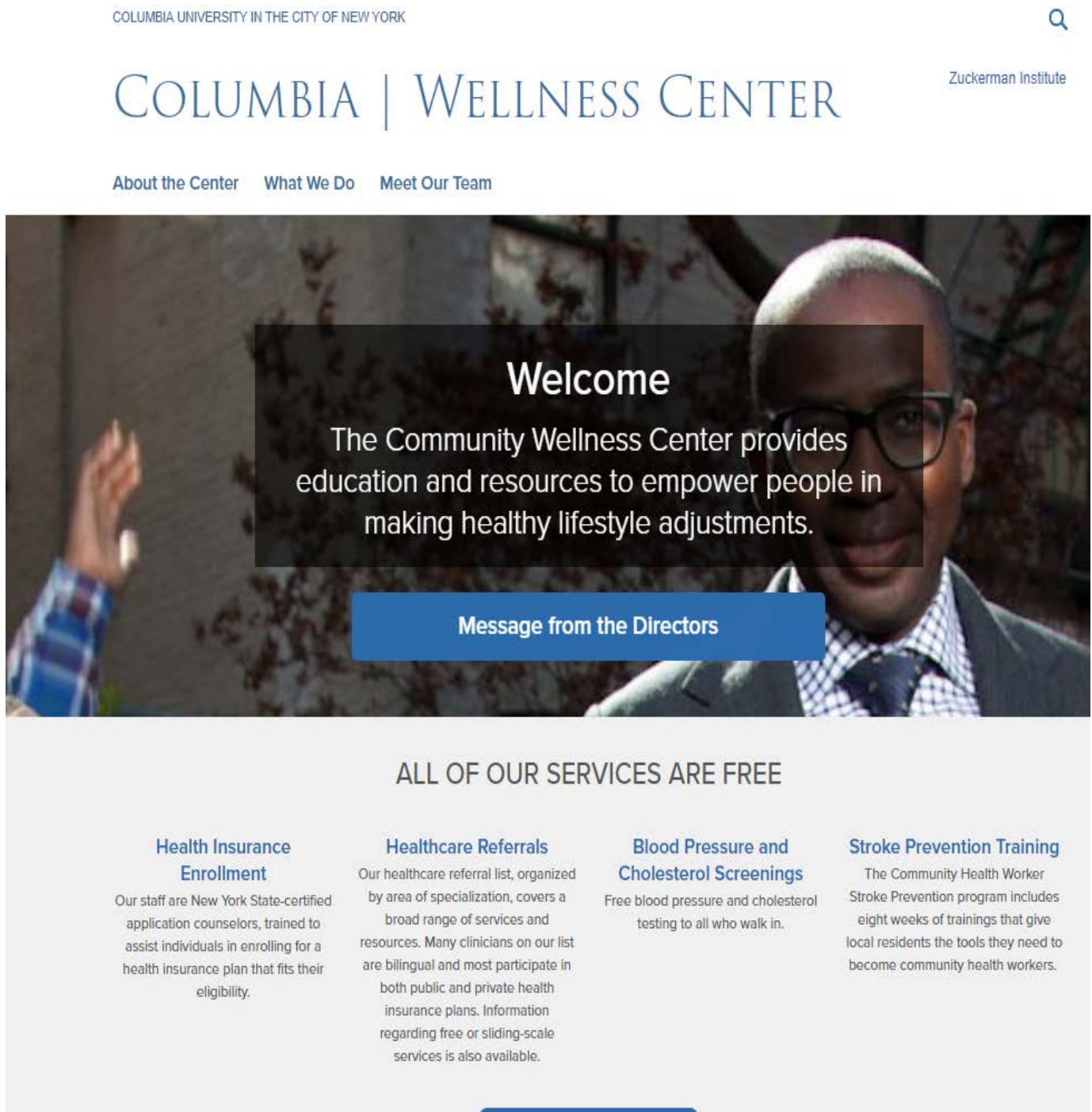
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Mind Brain Behavior Public Outreach Center

Link to website:

<https://communitywellness.manhattanville.columbia.edu/>



Annual Report: Mind Brain Behavior Public Outreach Center (Wellness Center)

State Submission Annual Reporting Period: **October 2017 - September 2018**

The Wellness Center, situated on the ground floor of the Jerome L. Greene Science Center, located at 610 West 130th Street, offers health resources to serve area residents. The Wellness Center staff provide free blood pressure readings and cholesterol tests on weekdays and select weekends to all visitors. Visitors are given a record of their results, as well as information on ways they can improve their health. Information on free, low-cost clinical resources and referrals in the neighborhood and within the New York-Presbyterian/Columbia University Medical Center community will also be available. *Please note the Wellness Center is not a clinical practice.*

Blood Pressure and Cholesterol Screenings

| Month | Blood Pressure Screenings | Cholesterol Screenings | Total |
|----------|---------------------------|------------------------|------------|
| Oct-2017 | 18 | 5 | 23 |
| Nov-2017 | 1 | 2 | 3 |
| Dec-2017 | 0 | 0 | 0 |
| Jan-2018 | 2 | 0 | 2 |
| Feb-2018 | 26 | 4 | 30 |
| Mar-2018 | 16 | 1 | 17 |
| Apr-2018 | 7 | 0 | 7 |
| May-2018 | 4 | 3 | 7 |
| Jun-2018 | 23 | 3 | 26 |
| Jul-2018 | 39 | 2 | 41 |
| Aug-2018 | 80 | 1 | 81 |
| Sep-2018 | 7 | 5 | 12 |
| | 223 | 26 | 249 |

Stroke Awareness

The Wellness Center houses the Community Health Worker Stroke Prevention program (CHW), which empowers communities to combat stroke. The program includes 6-week trainings, held throughout the year at the Wellness Center, that give local residents the tools they need to become community health workers. Volunteers learn about various cardiovascular health topics, including motivational interviewing, with a special emphasis on stroke and related risk factors. Alumni of the program serve as health advocates in their communities and at faith-based organizations, with the overall goal of improving stroke outcomes and lowering the prevalence of stroke and related risk factors. The curriculum was developed with the assistance of community focus groups and in consultation with experts in health education.

The program, modeled on the Center for Disease Control and Prevention's CHW training curriculum, with the addition of culturally tailored multimedia components, is led by Olajide Williams, MD, chief of staff of neurology and associate professor of neurology at Columbia University Medical Center, founder of Hip Hop Public Health, and codirector of the Center for Stroke Disparities Solutions in New York.

| InTOuCH Community Health Worker Training Program | | |
|--|---------------------|--------------------------|
| Cohort # | Program Dates | Number of people trained |
| 5 | 1/16/2018-3/8/2018 | 12 |
| 6 | 4/10/2018-5/31/2018 | 13 |

Additional Supporting Documentation

- Annual operating schedule for the center

COLUMBIA | Wellness Center

At Columbia University's
Jerome L. Greene Science Center in Manhattanville



The Wellness Center provides **free blood pressure readings and cholesterol screening** to the community. Visitors will receive a record of their results, as well as information on ways they can improve their health.



On request, Wellness Center staff will provide **information about free and low-cost health care** available throughout Harlem and Upper Manhattan. The Wellness Center will also provide onsite assistance with health insurance enrollment.



Columbia's Wellness Center is also home to community outreach programs that empower local residents to **improve mental and physical health through education and training.**

The **Mental Health First Aid (MHFA)** program is dedicated to improving access to quality mental health in Harlem. Participants learn how to recognize the warning signs of mental health problems, build an understanding of the importance of early intervention, and seek support. They will also be able to share information about support groups, tools for mental health, and local resources.

The **Institute for Training Outreach and Community Health (InTOuCH)** is a community-based program designed to raise awareness about stroke and heart attack prevention. Through its rigorous training, InTOuCH participants commit to serving the community as volunteer health workers and as counselors at Columbia's Wellness Center as well as local medical screening events.

www.zuckermaninstitute.columbia.edu/community-wellness-center

NOW OPEN

MONDAY–FRIDAY 9 A.M.–5 P.M.

610 W. 130th Street, New York, NY 10027

wellnesscenter@cumc.columbia.edu

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COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK

COLUMBIA | Wellness Center

En Columbia University's
Jerome L. Greene Science Center en Manhattanville



The Wellness Center (el Centro de Salud) provee **pruebas de presión arterial y análisis de colesterol gratuitos**.

Visitantes también reciben un comprobante de sus resultados e información sobre la prevención y el cuidado continuo necesario para mantener la buena salud.



A petición, el personal del Wellness Center (Centro de Salud) proporciona **información sobre atenciones médicas gratuitas, o de bajo costo**, disponibles en las comunidades de Harlem y el Alto Manhattan. También se ofrece ayuda en la inscripción de un plan de seguro médico.



Columbia's Wellness Center (el Centro de Salud de Columbia) es hogar para varios grupos comunitarios, cuyas metas son empoderar a los residentes locales para **mejorar en salud física y mental a través de la educación**.

El programa **Mental Health First Aid (MHFA)** de Harlem se dedica a mejorar el acceso a la salud mental de alta calidad para sus residentes. Los participantes de este programa aprenden cómo reconocer las señales de advertencia, construyen la importancia de la intervención temprana, y conocen de lugares donde acudir para buscar apoyo. También se les brinda la oportunidad de compartir información sobre grupos de apoyo, herramientas para la salud mental e inculcan el conocimiento sobre los recursos locales a su disponibilidad.

El **Institute for Training Outreach and Community Health (InTOuCH)** es un programa comunitario diseñado para crear conciencia sobre la prevención de derrames cerebrales y ataques cardíacos. A través de un entrenamiento riguroso, los participantes de InTOuCH se comprometen a servir como voluntarios de trabajo de salud para la comunidad de Harlem—asistiendo varios eventos donde facilitan exámenes médicos; también sirven como consejeros en *Columbia's Wellness Center* (Centro de Salud de Columbia).

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AHORA ABIERTO

LUNES–VIERNES 9 A.M.–5 P.M.

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COLUMBIA UNIVERSITY
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COLUMBIA | Wellness Center



communitywellness.manhattanville.columbia.edu

COLUMBIA | Wellness Center

Columbia University's Community Wellness Center in Manhattanville is a space specifically created with the Harlem community in mind. Our focus is to provide education and resources to empower people in making healthy lifestyle adjustments. All of the services we provide are free:

- health insurance enrollment
- blood pressure screening
- cholesterol screening
- mental health first aid training
- BMI and weight counseling
- health care referrals
- workshops



“Our goal is to promote education, awareness, and engagement, so people can get the help and healing that they need.”

–Sidney Hankerson, M.D., M.B.A.

With the goal to assist the community in developing a healthier relationship between the mind and body, the Wellness Center has workshops and resources to bridge the gap. It provides free blood pressure readings and cholesterol screening to the community. Visitors will receive a record of their results, as well as information on ways they can improve their health. Wellness Center staff will provide information about free and low-cost health care available throughout Harlem and Upper Manhattan and can assist with health insurance enrollment.





Know the Signs



Learn the Actions



Be a Lifeline

MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is a public education program that introduces participants to the warning signs of mental health problems, aids in understanding their impact, and debriefs their common treatments. MHFA is an 8-hour course that teaches about the risk factors of illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. Instructors prepare participants to act in the event of a psychiatric emergency by distributing valuable information and conducting interactive exercises that simulate real-life events.



INTOUCH COMMUNITY HEALTH WORKER

The Institute for Training Outreach and Community Health (InTOuCH) is a community volunteer training program that offers

local church health ministries the opportunity to train and serve as community health workers. This program aims to build a sustainable public health infrastructure in Harlem and Washington Heights that supports free community health screening and improved access to health care services for low income families and the uninsured.

Trainees completing the program commit to serve the local community as volunteer health workers, conducting local screening events, providing support for health insurance enrollment in affordable health plans, and acting as volunteer counselors at the Wellness Center.

“80% of strokes are preventable by controlling common cardiovascular risk factors. At the Wellness Center, our goal is to prevent strokes by helping the community identify, control, and eliminate these factors.”

—Olajide Williams, M.D.



COLUMBIA | Wellness Center

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Columbia Community Wellness Center / Screening Hours*:

Monday-Friday 9am-5pm

** check the Web site for the most up to date hours and event info*

communitywellness.manhattanville.columbia.edu

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