

**Manhattanville in West Harlem Implementation Plan Report
October 15, 2020 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 Columbia Neighbors Webpage at <https://neighbors.columbia.edu/content/community-commitments>.

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

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MONDAY-FRIDAY 9 A.M.-5 P.M.

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

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Mind Brain Behavior Public Outreach Center

Link to website:

<https://communitywellness.manhattanville.columbia.edu/content/about-center>

About the Center

Welcome to the Columbia Community Wellness Center.

The center is led by neurologist Olajide Williams and psychiatrist Sidney Hankerson, physicians known for their pioneering approaches to improving public health in Harlem and Washington Heights. The Wellness Center operates with support from Columbia's [Mortimer B. Zuckerman Mind Brain Behavior Institute](#).

The Wellness Center houses the Community Health Worker Stroke Prevention program, designed to raise awareness about one of the leading causes of death and disability in the United States. The free program includes six-week training sessions held throughout the year to give local residents the tools they need to become community health workers. Volunteers learn about cardiovascular health issues, with a special emphasis on stroke and related risk factors. The program, modeled on the Centers for Disease Control and Prevention training curriculum for community health workers, is led by Dr. Williams, chief of staff of neurology and associate professor of neurology at Columbia University Medical Center; founder of Hip Hop Public Health; and co-director of the Center for Stroke Disparities Solutions in New York.

“When we committed ourselves to creating a new kind of open, accessible campus in Manhattanville, we knew it would be essential to use this as an opportunity to deepen our partnerships with the local community.”
— *Columbia President Lee C. Bollinger*



A Specially Designed Community Center

Located on the ground floor of the Jerome L. Greene Science Center, the Wellness Center provides health resources to area residents. [ColumbiaDoctors](#) host community-based initiatives that train members of the Harlem community to become health advocates to prevent stroke and promote mental health. The center also provides free cholesterol and blood pressure screenings, health insurance enrollment, weight counseling, and other services.

Please note that the Wellness Center is not a clinical practice.

Message from the Directors

📞 212-853-1146

✉ wellnesscenter@cumc.columbia.edu

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

State Submission Annual Reporting Period: **October 2019 - September 2020**

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.*

**** Due to COVID-19, the Columbia Wellness Center closed its doors to the public on March 7, 2020. Screening services are temporarily suspended for the remainder of the year. Virtual programs on health promotion and education are being prioritized during the 2020 pandemic crisis.****

Blood Pressure and Cholesterol Screenings

Month	Blood Pressure Screenings	Cholesterol Screenings	Total
Oct-2019	45	8	53
Nov-2019	46	30	76
Dec-2019	38	0	38
Jan-2020	0	24	24
Feb-2020	42	13	55
Mar-2020	6	2	8
Apr-2020			
May-2020			
Jun-2020			
Jul-2020			
Aug-2020			
Sep-2020			
	177	77	254

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
10	12/03/19 - 02/19/20	14
11	<i>Cancelled due to COVID-19</i>	0
	Total	14

Additional Supporting Documentation

- Annual operating schedule for the center
- List of community partners and annual events attended by Wellness Center staff
- List of community partner organizations and annual events attended by Community Health Worker program

Columbia Wellness Center Annual Operating Schedule

*** Due to COVID-19, the Columbia Wellness Center closed its doors to the public on March 7, 2020. Screening services are temporarily suspended for the remainder of the year. Virtual programs on health promotion and education are being prioritized during the 2020 pandemic crisis. ***

Monday – Friday 9am – 5pm

Open on select Saturdays for community outreach opportunities

COVID-19 Hybrid-Flex schedule effective September 21, 2020

Office Hours: Tuesday, Wednesday, Friday 9am – 5pm

Work-from-Home: Monday and Thursday 1:30-8:30pm

MBB Wellness Center Annual Report

Columbia Wellness Center: Annual Partners

Arts and Minds
Harlem Advocate for Seniors
Harlem Wellness Center
Jackie Robinson Senior Center
Mortimer B. Zuckerman Institute Public Programs
PSS Manhattanville Senior Center
3333 Broadway Tenant Association
Central Harlem Senior Citizens' Centers
Wallach Art Gallery
The Graduate Center, CUNY | Wellness Center - Student Health Services

Columbia Wellness Center: Screening Team Annual Events

Interchurch Center Health Fair
October 23, 2019

Harlem Advocate for Seniors: Senior Resource Fair
October 23, 2019

Association of Black Cardiologists Health Fair
November 2, 2019

Morningside HR Expo
November 7, 2019

Manhattanville HR Expo
November 12, 2019

President Bollinger's Neighbors Breakfast
December 10, 2019

First Annual Harlem Re-Entry Resource Fair
January 10, 2020

InTOuCH Wellness Center Referral Presentation
January 23, 2020

Virtual

Uptown People's Assembly: Facing the Raging Pandemic
June 12, 2020

CUNY Virtual Wellness Festival
August 24, 2020

List of community partner organizations and annual events attended by Community Health Worker program

New Member Churches

New Mount Zion Baptist Church

Fruit of Increase Ministries

Fort Motte Baptist Church

Macedonia Seventh Day Adventist Church

Our Lady of Refuge Catholic Church

Abundantly Blessed Bible Assembly

Memorial Baptist Church

New Partner Organizations

- Silicon Harlem (Mr. Clayton Banks)
- PRIMES (Program for Individualized Mentorship Education Solutions) Dr. Ben Hartley
- Academic and Research Services, CUIT (Creation of a virtual learning platform for CHW distance learning) Bharti Jain
- New York Eye Institute/Warby Parker Eye Glass Co. Community Vision Screening Program (Dr. Lisa Hark)
- Depression Screening in Black Churches (Dr. Sidney Hankerson) Protocol AAAT1474
Clinicaltrials.gov
- NYU School of Global Public Health (CHW support for community smoking study) Dr. Joyce Moon-Howard
- Working collaboratively with Irving Institute for Clinical and Translational Research (CTSA board member).

*An email was sent to all CHWs advising them that all screening and in-person activities are suspended until further notice. This is to maintain the safety and protect the health of our volunteers from the risk of COVID infection. (***See attached email***)

Annual Events Attended

3rd Annual Summit: ***Take The Pressure Off NYC (October 30th, 2019)***

Spirit of The Heart & Wellness Fair and Symposium (***November 2nd, 2019***)

Masonic Midyear Annual Session Meeting (***January 24th-26th, 2019***)

Women's Heart Month (Multi Site) (***Feb. 7th, 9th & 16th***)

Alumni Activities: Wellness Check-in

CHWs have been charged with calling their fellow church members and neighbors to perform wellness checks to assess mental and emotional wellness and offer support through mindfulness and yoga exercises.

Telephone surveys were conducted by staff, with 1 CHW per church, to assess the churches response to COVID 19, and to perform a wellness check among our alumni to make sure they were safe and healthy. These wellness checks were started after learning there was 1 confirmed COVID death of a member of cohort 9.

Alumni Continuing Education & Training:

1. Zoom training: March 20th, 2020 (**Mindfulness Training**, Allison Bernice Lonstein Mindfulness Expert)
2. Zoom training: April 10th, 2020 (**Breathing & Meditation Training**, Nandini Jayaprasad, Yoga & Meditation Expert)
3. Zoom training: May 15th, 2020 (**Mindfulness & Meditation Training**, Allison Lonstein & Nandini Jayaprasad)
4. Zoom seminar June 5th, 2020 on **Health Equity/Health Disparity**: discussion on health disparity and impact of Covid 19 and its disproportionate affect on blacks (Dr. Olajide Williams, Neurology/NYP).
5. Zoom seminar July 10th, 2020 on **Structural Racism** (Dr. Robert Fullilove, Mailman SPH) July, 2020.

All 114 trained CHWs are invited, by Zoom, to attend a monthly seminar on important health issues or to received updated and booster training to enhance their competencies.

1. **2019-2020: 14 CHWs trained (December 3rd, 2019 – February 19th, 2020)**
2. Certified 4 new application health insurance enrollers (NYSOH Insurance Program)
3. Supervised 2 student interns

Pandemic Relief Services

- CHW volunteers made phone calls to church members for as part of a wellness check and included mental health counseling and emotional support
- CHWs were asked to check on each other during the pandemic period to identify needs and offer support.
- CHWs were able to offer virtual health Insurance enrollment through NYS.
- Six of the InTOuCH member churches hosted free Covid testing sites for the community.
- A number of volunteers sponsored food distribution pantries to address food insecurities. Also distributed PPE, including face masks, gloves and face shields.

- The InTOuCH staff are working with Academic and Research Services, CUIT, in creating a virtual classroom platform for our next cohort training. We have established a home site presence on the CourseWorks portal which will deliver the same training material and information which was previously offered in the wellness center facility. Presently, class content is being uploaded to the portal site and we anticipate the next cohort will begin early 2021.



November 1, 2019

Dear Exhibitor

Thank you so much for your participation in the Association of Black Cardiologists in collaboration with The Greater Harlem Chamber of Commerce Spirit of the Heart Health & Wellness Fair. We look forward to seeing you this Saturday, November 2. Here are the details for a successful exhibit experience:

Arrival time: 8am, Saturday November 2

Location: Harlem State Office Building, 163 West 125th Street, 2nd Floor

Please enter in the Employee's entrance on 125th Street

Please make sure you have a government issued identification

We will have a representative at the security desk for check in

Doors open at 10am and ends at 4pm

Spirit of the Heart Health & Wellness Fair ends at 4pm

Information: Please provide by Friday at noon the contact on site person

Please make sure your exhibition space is self contained

Please let us know if electricity is necessary for your exhibitor space. If so, you must provide your own extension cord and power strip no less than 25 feet.

If you have any additional questions, please call: Michael Preston or Emmett Causey at 212-862-7200

mpreston@harlemdiscover.com

ecausey@harlemdiscover.com

Exhibit Breakdown 4pm

Please be prepared to have your exhibition area open until 4pm.

Dear InTOuCH Alumni,

First, I hope that this message finds you and your family completely healthy and safe from the risk of the COVID 19 infection. I pray that God will continue to bless us all with a safe and healthy environment and that those who may have been impacted by this outbreak will have a speedy recovery to full health.

Thank you all for observing the social distance safety measures set out by the CDC and NYSDOH. Thank you for helping to make this public health system for addressing the spread of COVID, work effectively. Without everyone's participation we would certainly not be able to get this outbreak under control. We can see that our efforts are making a difference as we observe the number of hospitalizations and deaths continue to steadily decline.

The other purpose of this email is to give some guidance on your role as a community health worker, as discussions point towards lifting restriction on social distancing and businesses are planning to reopen. We are all committed to keeping our communities healthy. The skills and knowledge you possess make you an important health resource for your church and community. Your services fits right into what we are preparing to deal with as society resumes and there will be widespread need for health awareness and support in health care.

By CDC's own admission, and the medical community as well, nobody knows what to expect from this disease in the coming months. Doctors don't know if there will be a resurgence of the current strain of virus or if a new or adapted strain will emerge. This uncertain future means that we need to continue to be very cautious over how we interact with the public.

Therefore, on behalf of Dr. Williams and Columbia's InTOuCH, I am advising all of our alumni to refrain from all screening and educational activities which involves direct contact with the public, until we have advised you otherwise. As social distancing practices become more relaxed we'd like to wait to see how the risk of spread diminishes or increases before we ask you to resume your screening activities. This policy is to protect you and your community.

There is one exception to this new rule: and that would be for our members who are nurses. If any of our nurses choose to work in a hospital setting that would be up to the individual to make that decision as a nursing professional. We only ask that no one participate in any community or public events which puts you in contact with a random population. Once public interaction is deemed safe again, we will send out a notice to resume your screening activities.

Please be reminded....although you should not be involved in screening activities, you may be able offer support and provide referrals to services, via telephone, to others who may have specific needs.

Thank you all for your continued support of this program and its goals. Please stay safe and remain cautious. If anyone finds receiving this email, themselves have need for services of any kind please don't be shy. Please reach out to me or others on the team. We are here to support each other.

God bless you all. Stay safe...stay healthy,

Best regards...Harmon

COLUMBIA | Wellness Center

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



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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.

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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.

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

wellnesscenter@cumc.columbia.edu

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 COLUMBIA UNIVERSITY
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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.





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

610-W-130

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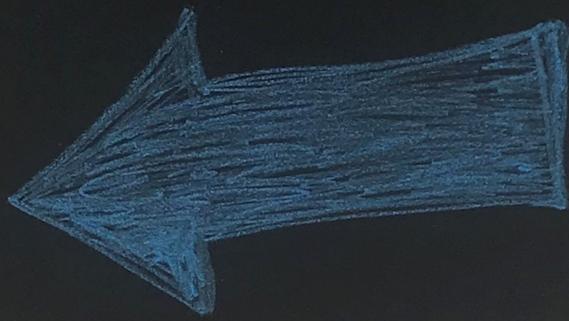
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FOR FREE