

**Manhattanville in West Harlem Implementation Plan Report
October 15, 2021 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

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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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 2020 - September 2021**

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 is also available. *Please note the Wellness Center is not a clinical practice.*

**** Due to the COVID-19 pandemic, the Columbia Wellness Center closed its doors to the public on March 6, 2020. Screening services at the center remain temporarily suspended. Virtual programs on health promotion and education are being prioritized during the pandemic crisis.****

Blood Pressure and Cholesterol Screenings

Month	Blood Pressure Screenings	Cholesterol Screenings	Total
Oct-2020			0
Nov-2020			0
Dec-2020			0
Jan-2021			0
Feb-2021			0
Mar-2021			0
Apr-2021			0
May-2021	30		30
Jun-2021			0
Jul-2021			0
Aug-2021	150		150
Sep-2021			0
	180	0	180

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		
Cohort #	Program Dates	Number of people trained
11	Jan 2021 - March 2021	21
PRIMES Pilot Study	June 2021 - July 2021	20
	Total	41

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



2021 Annual Report

OCTOBER 2020 - SEPTEMBER 2021

OPERATING SCHEDULE

- On March 6, 2020, the Columbia Wellness Center closed its office and paused all in-person activities in response to the COVID-19 pandemic.
- Administrative and Research Staff officially returned to the office beginning September 2021
- Programs are operating on a virtual level

ANNUAL PARTNERS

- Abundantly Blessed Bible Assembly
- Columbia University School of Nursing
- COVID-19 Columbia Student Service Corp
- Dalio Center for Health Justice
- Double Discovery Center
- Fort Motte Baptist Church
- Fruit of Increase Ministries
- HOPE Center
- Irving Institute for Clinical and Translational Research (CTSA Board)
- Macedonia Seventh Day Adventist Church
- Memorial Baptist Church
- New Mount Zion Baptist Church
- NMIC Community Health Workers
- NYU School of Global Public Health
- Our Lady of Refuge Catholic Church
- PRIMES (Program for Individualized Mentorship Education Solutions)
- Silicon Harlem
- West Harlem Development Corporation

INTOUCH PROGRAM

- Cohort 11 began in January and ended in March 2021: 21 members
- PRIMES pilot InTOuCH program with Pre-Med students: 20 members
- 20 Community Health Workers of InTOuCH were hired as Variable Hours Officers for the TRIUMPH study, a depression screening study in Black churches of Harlem

ALUMNI CONTINUING ED. & TRAINING

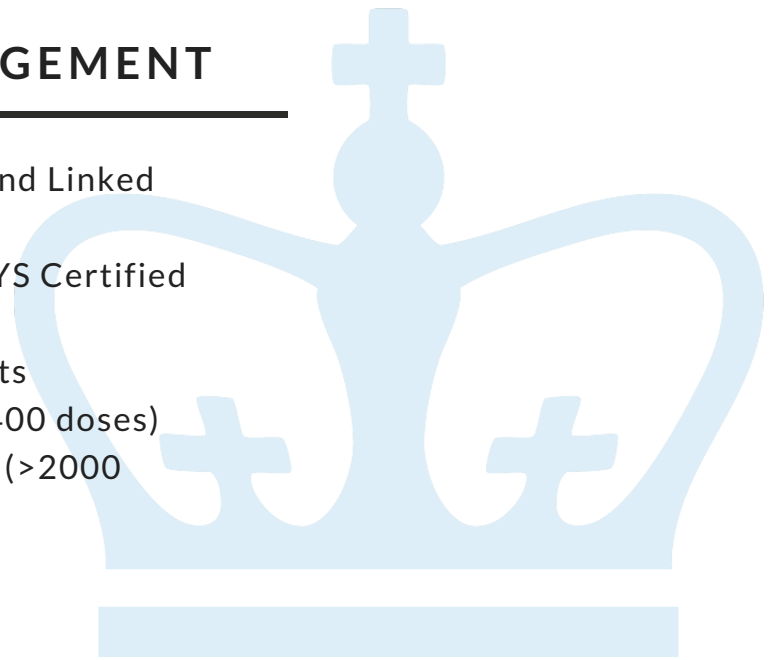
- COVID-19 Community Conversations: *Mental Health, Equity, & Resilience* (DOHMH)
- Patient Navigator Roles for Community Vaccination Pop-Up

PANDEMIC RELATED SERVICES

- Community Immunity Vaccine Hesitancy Education Series with Harlem Advocates for Seniors
- Community Vaccination Hub with InTOuCH Community Health Workers on the frontlines
- Community Health Worker Town Hall Series with New York-Presbyterian and CUIMC on COVID-19
- The Governor's office, through the Greater Baptist Ministers Conference, selected active churches in Harlem for COVID-19 testing. The testing is free and conducted by Northwell Hospitals
- 7 of the 24 sites are InTOuCH participating churches (Convent Avenue, Abyssinian, St Paul, Christian Cultural, Grace Baptist, Fort Mott and Abundant Christian Life)
- Farm Share Distribution Program to Combat Food Insecurity Amongst Seniors

OUR COMMUNITY ENGAGEMENT

- > 5000 counseled (MI Certified) and Linked to Care
- > 350 Signed Up for Insurance (NYS Certified Application Counselors)
- > 500 Community Screening Events
- Community Vaccination Clinic (1400 doses)
- Vaccine Clinics at Local Churches (>2000 doses)
- 35 Insurance Navigators
- 34 CPR certified



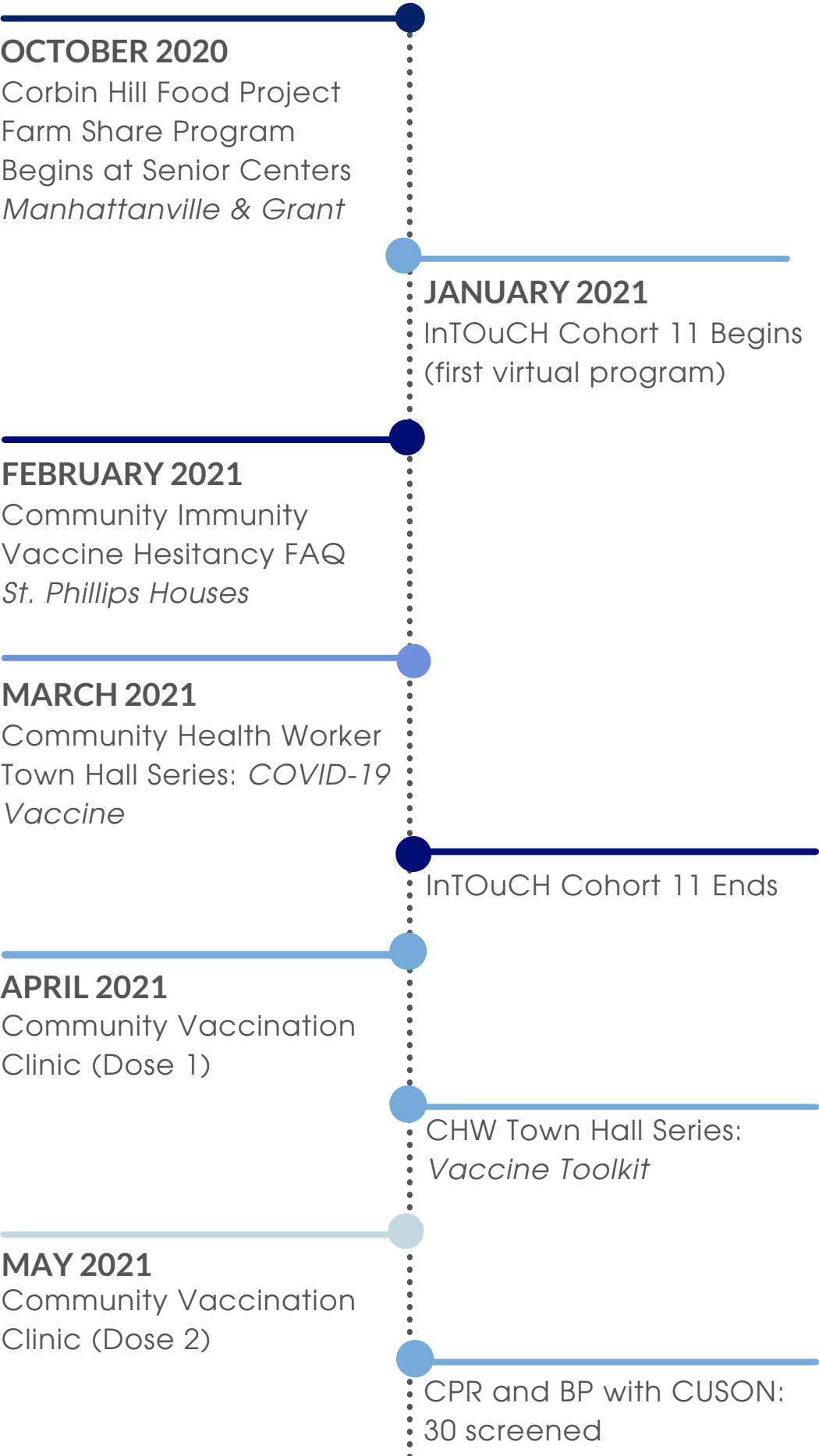
> 25K

EDUCATED AND
SCREENED FOR CVD RISK

52 CHURCH AFFILIATIONS

“FOSTERING CULTURALLY-
TAILORED COMMUNITY HEALTH
SERVICES AND WELL-BEING.”

OUTREACH ACTIVITY TIMELINE





JUNE 2021

InTOuCH PRIMES Begins

JULY 2021

InTOuCH PRIMES Ends

AUGUST 2021

One Hundred Black Men
Golf Classic: 63 screened

Harlem Week: 87 screened

SEPTEMBER 2021

Recruitment for Cohort 12
Begins

OUR TEAM

Dr. Olajide Williams, MD
Co-Director, Chief of Staff
Professor of Neurology
Associate Dean of Community
Research and Engagement

Dr. Janhavi Mallaiah, MBBS, MPH, EdD
Program Director, InTOuCH

Nohemy Aguirre
Outreach and Wellness Officer

Noelia Jimenez, RN
Outreach and Wellness Nurse

Danielle Shank
Outreach and Wellness Coordinator

STAYING SAFE DURING THE "TWINDEMIC" COLD/FLU

Join us for a webinar on
Thursday, November 5, 2020
3:00 – 4:30PM EST (US and Canada)

DEBUNKING MYTHS

Don't let false facts and conspiracy theories leave you and your family unprotected. We take on long-standing and newly circulating misconceptions about the flu shot and offer must-know advice on how to stay safe during a uniquely dangerous flu season.



REGISTER IN ADVANCE BY CLICKING [HERE](#)

Presenter:

Noelia Jimenez, RN

Outreach and Wellness Nurse,
Columbia University Community
Wellness Center

DIAL-IN: +1 646 876 9923 (NEW YORK)

Meeting ID: 945 0794 6224

Passcode: 610130

COLUMBIA | WELLNESS CENTER

NUTRITION TIPS FOR CHOLESTEROL MANAGEMENT

HOPE TO SEE YOU ALL
THERE! PLEASE SHARE
WITH YOUR NETWORKS

NOVEMBER 12, 2020

3 PM – 4:30 PM

CLICK [HERE](#) TO REGISTER ON ZOOM

For more information about the event, visit

bit.ly/columbiawellnesscenter

You may also email us at na2755@columbia.edu

if you have any questions

COMMUNITY HEALTH WORKERS TOWN HALL SERIES

COVID-19 VACCINE

Thursday, March 4th, 2021

5:00 - 7:00 pm

Join us for the first Town Hall for
Community Health Workers!

Topics covered will include COVID-19 vaccine
access, distribution, and hesitancy

Guest Speakers:

Dr. Torian Easterling

New York City Department of Health and Mental Hygiene

Dr. Julia Iyasere

New York-Presbyterian

Rossana Rosado

New York State Secretary of State

Dr. Magdalena Sobieszczyk

Columbia University Irving Medical Center

Dr. Melissa Stockwell

Columbia University Irving Medical Center

Special Guests:

U.S. Representative

Adriano Espaillat (NY-13)



DMC

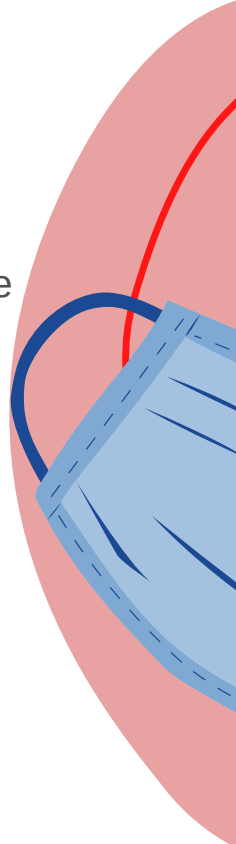
Grammy Award-Winning Artist from Run-DMC

To RSVP, please [click here](#)



COLUMBIA

NewYork-
Presbyterian



COMMUNITY HEALTH WORKERS TOWN HALL SERIES

COVID-19 VACCINE

Thursday, April 8th, 2021

5:00 - 7:00 pm

You are invited to our second Town Hall for Community Health Workers!

Join us to refine and activate together a COVID-19 toolkit for community health workers covering topics of vaccine access, distribution, and hesitancy.

Special Guest:

Judith Absalon, MD, MPH, FIDSA

Senior Medical Director

Vaccine Clinical Research & Development

Pfizer, Inc.



To RSVP, please [click here](#)



COMMUNITY HEALTH WORKERS TOWN HALL SERIES

COVID-19 VACCINE

Thursday, May 6th, 2021

5:00 - 7:00 pm

You are invited to join our third Town Hall for Community Health Workers!

Join us for an interactive discussion about **post-COVID syndrome** led by medical professionals from Columbia University Irving Medical Center and NewYork-Presbyterian.

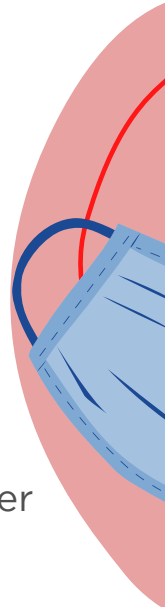
A Q&A session will follow.

To RSVP, please [click here](#)



COLUMBIA

NewYork-
Presbyterian



Hello CHWs,

New Mount Zion Baptist Church will be hosting its back to school **“Block Party”** Saturday August 21st from 9am-5pm. They will block off 140th Street between Adam Clayton Powell Blvd and Malcolm X Blvd.

There will be music, other performances, food along with barbecuing, clothing for those who may need, school supplies for kids as well as ice cream and cupcakes, games for kids, basketball hoop, etc., there will be a time of addressing gun violence, fire safety tips from the fire dept, they are pushing for the police dept to share as they attempt to assist in restoring good relationship and trust between police and community. Additionally, politicians will be sharing, artist performance, worship dancers, thanking organizations for coming out and sharing resources, etc. Bathrooms are available in the church for the CHW staff.

InTouch will have a table setup at this event sharing depression information. Please come out and assist if so incline or come out and enjoy the festivities. If you like to assist, please contact [REDACTED]. She is a member of New Mount Zion Baptist Church and Cohort 10.

610-W-130

WELLNESS
CENTER

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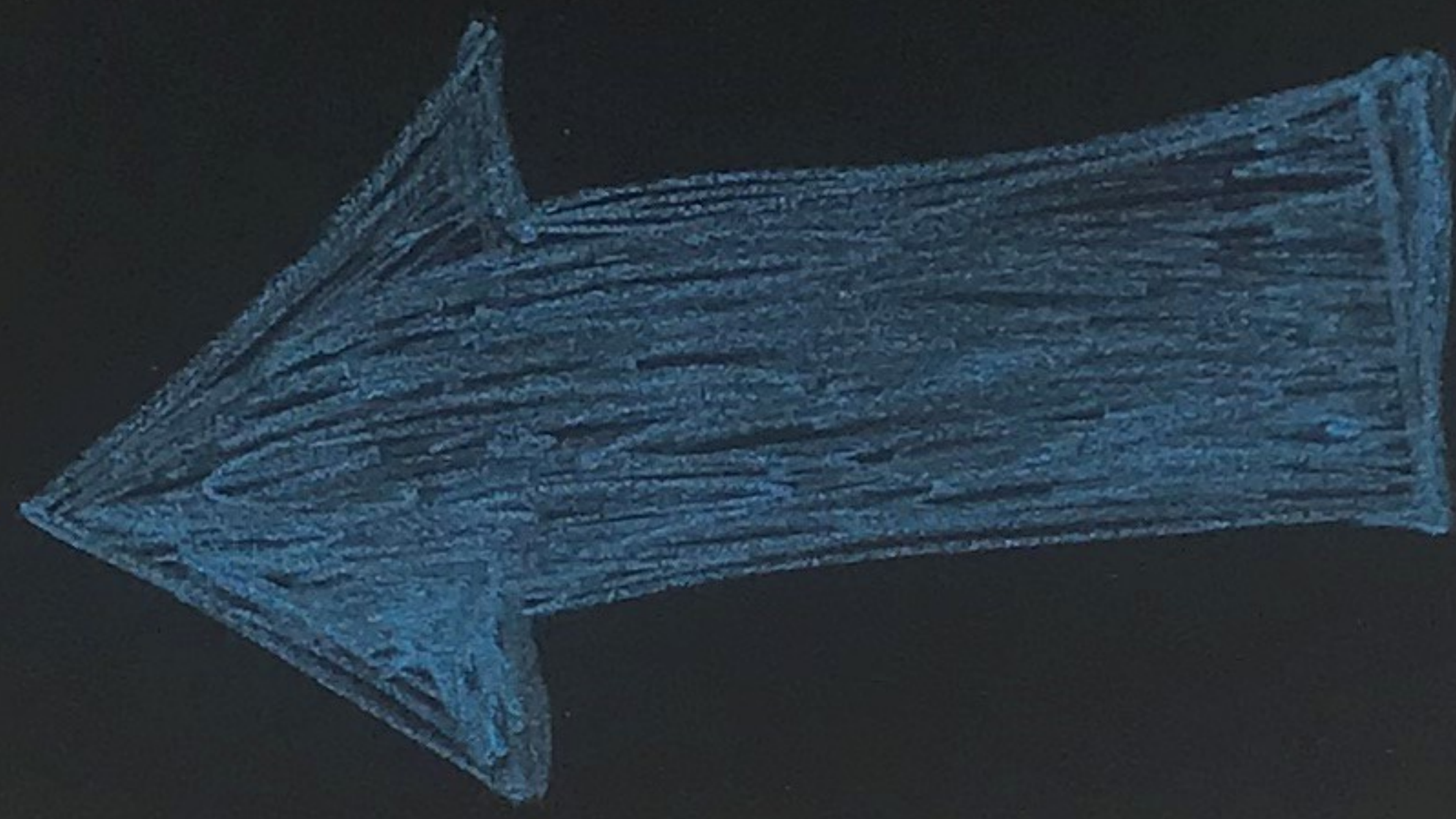
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COLUMBIA UNIVERSITY

JLG Lobby

Free
Health
Screenings



Get Your

Blood

Pressure

&

Cholesterol

taken

FOR FREE