

- **Caregiver Education and Support:** More than 140 community members participated in The Bill and Nancy Conger Art of Caregiving Series, a free five-part program designed to support and educate caregivers in their role of helping an aging loved one. This series, taught by the interdisciplinary geriatrics team in 2024, was offered three times virtually and once as an in-person full-day conference.
- **Hands-On Training to Support Aging in Place:** The Center for Healthy Aging also has a unique Caregiver Training Lab nicknamed “Gerry’s Apartment.” This lab includes a model bath, kitchen, bedroom, assistive equipment and common

home environment adaptations that can help improve independence and home safety for older adults. Family caregivers have the opportunity to learn hands-on care techniques and strategies to support their loved one as they age in place.

Together, these programs ensure that older adults and caregivers receive compassionate, personalized support needed to navigate aging with confidence and safety.



True North Program for Veterans and Their Families

Atlantic Health is committed to advancing behavioral health and substance use disorder care through a strategic, community-centered model that prioritizes prevention, equity, and long-term support. Our approach is designed to meet the evolving mental health needs of our diverse populations across all life stages. By working closely with local governments, schools, nonprofits, and faith-based organizations, we have built a robust behavioral health ecosystem. These partnerships enable us to extend our reach and tailor services to community needs.

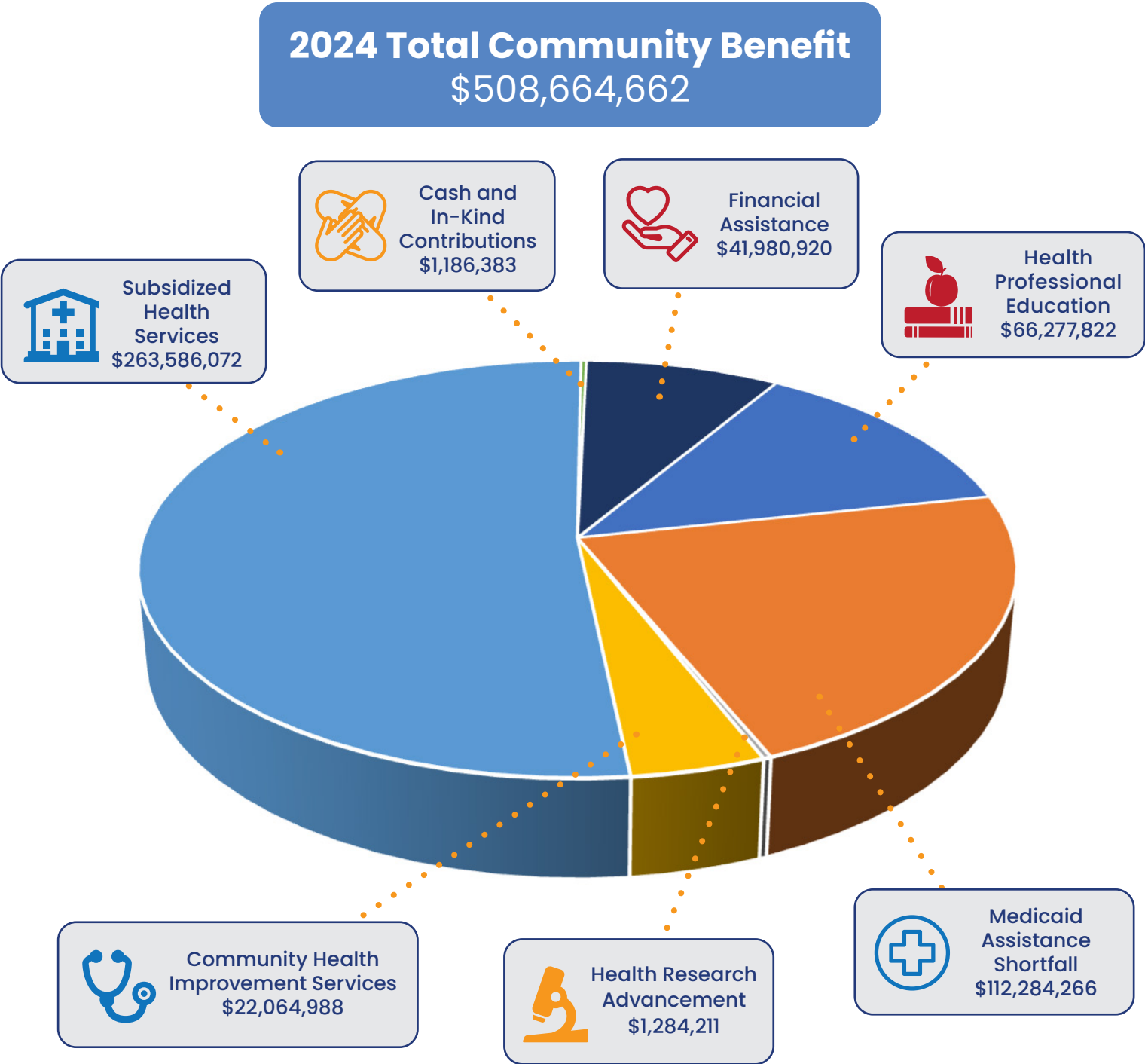
Atlantic Behavioral Health offers a program called True North, which helps service men and women members readjust to civilian life, whether it has been days, months or years since their discharge. Licensed clinicians help veterans and their family members overcome the challenges affecting their goals, daily life and relationships. Therapy is available on an individual, couples or family basis in safe and confidential settings. We also provide medication management, if needed, as well as patient advocacy, referrals, and linkages to other service providers within the community and Atlantic Health.

Any person who has served in the United States Armed Forces, regardless of discharge status or insurance coverage, is eligible for True North’s services. For those who are already receiving Veterans Affairs (VA) services, our team will collaborate with their case workers. Family members—including parents, spouses or partners, siblings, children and surviving spouses—are also welcome to speak with True North clinicians. Through this program, True North helps remove barriers to care, improve access and inspire hope and healing while strengthening collaboration among veteran service providers throughout the community.

Atlantic Health is at the forefront of medicine, setting standards for quality health care in New Jersey, Pennsylvania and the New York metropolitan area. Powered by a workforce of more than 24,000 team members and 7,779 affiliated physicians dedicated to building healthier communities, Atlantic Health serves more than half of the state of New Jersey including 14 counties and 7.5 million people. The not-for-profit system offers more than 550 sites of care, including its eight hospital.

For more information on our Community Health Needs Assessment (CHNA) and Community Health Improvement plan (CHIP), please visit atlantichealth.org/chna.

Atlantic Health 2024 Community Benefit Report



Atlantic Health strongly believes in listening to our community and collaborating with organizations across the region to make a collective impact on the diverse health needs of those we serve. Every three years we conduct a Community Health Needs Assessment (CHNA) to better understand the most pressing health needs of the population we serve.

Recognizing that health is influenced by more than clinical care, Atlantic Health also incorporates strategies to address critical social drivers of health, such as barriers to care, access, food insecurity, homelessness and transportation needs.

The information gathered through our Community Health Needs Assessment helps us create Community Health Improvement Plans (CHIPs), action plans that guide our efforts to create meaningful, lasting impact.

ATLANTIC HEALTH SYSTEM COMMUNITY HEALTH NEEDS ASSESSMENT PRIORITIES & PUBLICATION YEAR					
Morristown Medical Center (Dec 2022)	Overlook Medical Center (Dec 2022)	Chilton Medical Center (Dec 2022)	Newton Medical Center (Dec 2024)	Hackettstown Medical Center (Dec 2024)	CentraState Healthcare System (Dec 2022)
Behavioral Health	Mental Health and Substance Use Disorder	Mental Health / Substance Abuse	Mental Health / Substance Misuse	Mental Health / Substance Misuse	Behavioral Health
Diabetes / Obesity / Unhealthy Weight	Diabetes	Diabetes	Diabetes	Diabetes / Obesity	Nutrition, Physical Activity, and Weight (Diabetes)
Cancer	Cancer	Cancer	Cancer	Cancer	Cancer
Heart Disease Stroke	Heart Disease (including as it relates to Stroke)	Heart Disease	Heart Disease	Heart Disease	Heart Disease
Geriatrics & Healthy Aging	Maternal / Infant Health	Respiratory Disease			

Our commitment to improving the health of the communities we serve is well illustrated through our investment in activities that benefit our communities. Community benefits are programs or activities that provide treatment or promote health and healing as a response to identified community needs and improve access to health care, enhance the health of the community, advance medical or health care knowledge and/or relieve or reduce the burden of government or other community efforts.

At the core of our strategy is a commitment to leveraging the strengths of the entire health care system to facilitate integrated solutions that promote healthier communities. The integration of medical, behavioral and social strategies ensures that care is both holistic and responsive to the evolving needs of the populations served, laying the groundwork for long-term community wellness.



Food Is Medicine Pilot Program

Promoting preventive care, nutrition education and chronic disease management programs and partnering with local organizations to expand access to nutritious food are core strategies to address diabetes, healthy weight, and obesity. In 2024, Atlantic Health Equity Institute launched the Food is Medicine Pilot Program in collaboration with its Community Health Department, Overlook Medical Center Diabetes Education & Nurtition Center and HealthStart Clinic, The Community FoodBank of New Jersey and the GRACE Food Pantry. This innovative pilot program was designed to bridge the gap between clinical care and community wellness by recognizing the critical role nutrition plays in overall health.

Through food RX prescription provided by a patient’s clinical care team, eligible residents were enrolled in the program and gained access to monthly distributions of nutrient-rich groceries tailored to support chronic disease management and general wellness. Participants also received one-on-one nutrition coaching with trained health educators and registered dietitians to build sustainable, personalized eating habits and referrals to local services to address broader social drivers of health. By integrating food access into the health care continuum, the Food is Medicine Pilot Program empowered participants to take control of their health and serves as a model for future programs aimed at reducing health disparities. This intervention supports those needs identified in the community health needs assessment and in the process of being implemented across all Atlantic Health hospitals.



HealthStart Clinic Spearheads Prenatal Classes and Maternity Tours in Spanish

Atlantic Health tailors our maternal health classes to meet the needs of the local community, with a focus on improving birth outcomes and maternal wellness. An example of this commitment is demonstrated through the HealthStart programming at Overlook Medical Center.

Atlantic Health’s HealthStart program partnered with the Community Health department to relaunch in-person Spanish prenatal classes. Providing language-concordant prenatal education can result in improved quality of care, fewer unanswered questions, higher patient satisfaction and increased patient participation in the health care decision-making process. This approach creates a welcoming space to ask questions, meet other expectant families, gather information on community resources and gain valuable knowledge about pregnancy and maternal health. Classes are led by diverse team of health care providers, including resident doctors, nurses, registered dietitians, social workers and dental hygienists. Over 37% of HealthStart families benefited from this free program in 2024.

Additionally, in 2024, the HealthStart team recognized a growing need among Spanish- and Portuguese-speaking patients who wished to attend maternity tours conducted in their native language. Understanding that clear communication and cultural connection are vital parts of the patient experience, the team created inclusive and accessible tours by collaborating with bilingual staff and community liaisons. Together, they organized and conducted 15 language-concordant maternity tours throughout the year, ensuring that expectant parents felt informed, supported and confident as they prepared for their delivery. This initiative not only bridged language gaps but also strengthened trust and engagement within the diverse communities HealthStart and Overlook Medical Center serve.



Geriatrics and Healthy Aging Services Support Older Adults and Care Partners

Across our service area, Atlantic Health offers a variety of programs tailored to older adults, including health education programs and outreach efforts, clinical care standards, and supportive services, all grounded in best practices in geriatric care and dedicated to improving patient experiences. This commitment is exemplified through the David and Joan Powell Center programming.

The David and Joan Powell Center for Healthy Aging at Morristown Medical Center delivers specialized programs to help older adults remain independent while equipping caregivers with practical tools, education and emotional support. Here are a few key highlights:

- Guidance and Referral Support for Older Adults and Caregivers:** The Healthy Aging Program hotline offers guidance and referrals for older adults and caregivers throughout Northern New Jersey. In 2024, the hotline managed more than 900 phone calls and emails with an average of over 30 minutes spent with each contact.