

ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



COMMUNITY HEALTH ASSESSMENT, 2023

The Essex County Office of Public Health Management (ECOPHM) and the Healthy Essex Coalition partner to improve the health of all Essex County residents through extensive collaboration. Conducting the Community Health Assessment (CHA) was the first step in identifying community strengths and challenges used to prioritize strategies aimed at improving health. **To view the 2023 Community Health Assessment, visit our website under the Projects Tab.**

MOBILE HEALTH CLINIC

Essex County and RWJBarnabas Health have partnered together to provide Mobile Health Clinics throughout the County. These clinics will bring health screenings, educational information and referrals to underserved residents. It is part of our ongoing initiative to promote wellness and healthy lifestyles. For a schedule of upcoming clinics, scan the QR Code or visit Essexcountynjhealth.org.



Scan the QR Code
below for our
Mobile Health
Clinic Schedule





Access to Care-Feasibility Study



Essex County is invested in furthering our efforts to understand the health needs across our county and the opportunities or pathways to implement sustainable solutions to address them. After completing a comprehensive Community Health Assessment (CHA) in 2023, we were able to obtain valuable insight into the county's health needs. The CHA needs assessment was the first step in enhancing our overall capacity to improve the health of all county residents.

Now, we are excited to announce we have begun the next phase. The Essex County Office of Public Health Management (ECOPHM) is conducting a county-wide Access to Care Feasibility Study. The purpose of this study is to investigate and improve access to preventative and primary healthcare services in Essex County.

We continue to enhance and address the healthcare needs of all of Essex County. Working together we will continue Putting Essex County's Health First.





JULY IS: MINORITY MENTAL HEALTH MONTH

TAKING CARE OF YOUR MENTAL HEALTH

BREAK THE STIGMA

MINORITY GROUPS TEND TO HAVE STIGMA OR NEGATIVE IDEAS ABOUT MENTAL HEALTH AND TREATMENTS. THIS LIMITS PEOPLE FROM THE CARE THEY NEED. MENTAL HEALTH EDUCATION CAN HELP DISMANTLE THOSE STIGMAS AND ENCOURAGE PEOPLE TO GET THE HELP THEY NEED.



MINORITY RACIAL AND ETHNIC GROUPS FACE MANY OBSTACLES WHEN IT COMES TO MENTAL HEALTH. HERE ARE SOME WAYS TO OVERCOME THOSE BARRIERS!

ACCESS TO CARE

HEALTHCARE SERVICES ARE HARDER TO ACCESS FOR MINORITY GROUPS DUE TO TRANSPORTATION, LACK OF INSURANCE, AND LANGUAGE BARRIERS. CHECK OUT YOUR LOCAL HEALTHCARE PROVIDERS TO SEE IF THEY PROVIDE ASSISTANCE TO THOSE ISSUES.



MENTAL HEALTH EQUITY

EVERYONE CAN WORK TOGETHER TO HELP RACIAL AND ETHNIC GROUPS THRIVE BY:

- LEARNING ABOUT MENTAL HEALTH
- LEARNING ABOUT MICROAGGRESSIONS
- AVOIDING IMPLICIT BIASES
- AVOIDING DISCRIMINATION AND RACISM

