

Appendix E: Supplemental Resources

2023-2025 Sentara Northern Virginia Medical Center implementation strategy progress summary

The previous CHNA identified several health issues in the service area. The Sentara Northern Virginia Medical Center (SNVMC) and Lake Ridge Ambulatory Surgery Center (LRASC) implementation strategy progress report was developed to document activities addressing health needs identified in the 2022 CHNA report through both primary and secondary data sources. By identifying the most pressing health concerns within a community, the 2022 assessment assisted in setting priorities for health interventions and resource allocation to advance health equity based on patient demographic data and community insight.

This section of the CHNA report describes these activities and collaborative efforts. SNVMC and LRASC are monitoring and evaluating progress to date in the 2023 implementation strategies to track implementation and document the impact of those strategies in addressing selected CHNA health needs. For reference, the list below includes the 2022 CHNA health needs that were prioritized to be addressed by SNVMC and LRASC in the 2023 Implementation Strategy.

- Behavioral health
- Chronic Diseases
- Social Determinants of Health

Behavioral Health

Improving the mental and emotional well-being of all living in the SNVMC and LRASC service area by increasing access to behavioral health services is an important priority. Sentara continues to improve access to behavioral health resources knowing that one in five adults will have a mental illness severe enough to require treatment, and many more will have emotional and mental health problems that prevent them from fully enjoying their lives. At Sentara, we offer inpatient treatment services through telepsychiatry. Our adult and senior behavioral health inpatient programs provide diagnostic services and treatment for people 18

and older who are in crisis due to mental illness, emotional distress, or destructive behavior patterns. Because our treatment facilities are located within several of our hospitals, patients have access to the full range of both psychiatric and medical care. Sentara will continue to partner with community mental health programs to identify alternate placement options for Behavioral Health Emergency Department patients.

Bringing partners together, SNVMC and LRASC attended the Stress Less Table at Mental Health and Wellness Expo. The stress less table was set up and team members gave information on behavioral health concerns, anxiety and depression, and demonstrated stress relieving techniques for event organizers and community members who attended the Mental Health and Wellness Expo organized by the Prince William Chapter for the National Coalition of 100 Black Women.

To increase community awareness and reduce stigma, Sentara partnered with Virginia Stage Company to support an inspirational play about mental health. “Every Brilliant Thing” is an intimate, interactive performance which continues to be brought to communities throughout Virginia and North Carolina.

Chronic Disease

SNVMC and LRASC are working to reduce the impact of chronic diseases on morbidity and mortality for the community living in the service area by increasing disease management support resources and education. SNVMC and LRASC extend their reach into the community, where life happens. Sentara brings prevention, hope, inspiration, and support to our local community where SNVMC and LRASC are working to reduce chronic disease impact. LRASC works with patients and their families to provide multiple resources and tools regarding mental health and chronic diseases.

The cancer educators implement programs focused on cancer prevention and detection and provide community outreach by hosting and participating in screening and education events. Local cancer screening events for oral, head and neck cancers, FIT testing for colorectal cancer, breast cancer mammography screening and skin cancer screening events are offered. SNVMC and LRASC continue to remove barriers to wellness for uninsured or underinsured women for mammography, including supplementing traditional measures, such as its mobile mammography van, with more targeted efforts to reach underserved communities, including connecting with faith leaders, providing transportation for those who need it and building trust with patients.

Social Determinants of Health

SNVMC and LRASC are assisting with the Center for Disease Control Social Determinants of Health Project. This project is a combined effort from community partners to brainstorm programs, resources, solutions, and interventions addressing food security and social connection for older adults, people with low income, racial/ethnic minorities, people with mental health concerns, and people with disabilities in Prince William and Rappahannock Counties. This is a planning grant with the hopes of an implementation grant to come.

SNVMC and LRASC participate in the Community Healthcare Coalition of Greater Prince William. The purpose of the Community Healthcare Coalition of Greater Prince William is to bring together a multiagency and multidisciplinary group of entities and individuals to develop a sustainable dashboard of community health indicators, identify and prioritize community health issues, and evaluate a community health improvement process.

Each hospital has implemented the use of Unite Us, a cross-sector collaboration software establishing a new standard of care that identifies social needs in communities, manages enrollment of individuals in services, and leverages meaningful outcomes data and analytics to further drive community investment. To increase economic growth, job security, and educational opportunities, SNVMC and LRASC continues to collaborate with multiple colleges and universities to provide fellowships, internships and preceptorships for healthcare professionals and students.

Grantmaking and community benefit

In the 2023 implementation strategy process, Sentara and their hospital facilities planned for and drew on a broad array of resources and strategies to support vulnerable populations, such as grant making, in-kind resources, collaborations, and partnerships.

Sentara is aware of the significant impact that our organization has on the economic vitality of our communities. As a system, Sentara will continue to invest in and support organizations and projects that address prominent social determinants of health. We will continue to promote health equity by working to eliminate traditional barriers to health and human services.

In 2023, Sentara invested more than \$294 million in the communities we serve—\$47 million in community giving, \$13 million in health and prevention programs, \$70 million in teaching and training of healthcare professionals and \$164 million in uncompensated patient care. In 2024, Sentara invested more than \$329 million in the communities we serve; \$40 million in community giving, \$19 million in health and prevention programs, \$96 million in teaching and training of healthcare professionals and \$174 million in uncompensated patient care.

Community health is defined by much more than medical care. As more is known about the role of social determinants of health, more opportunities will arise to influence population health by engaging in community approaches to care. Beyond the scope of SOH, BASC, and SOAS alone, these opportunities will require active partnerships among local organizations and individuals to create lasting impact.

Sentara Cares community benefit and building efforts enhance SNVMC and LRASC health priorities. For 2026-2028, priorities for SNVMC, LRASC, and NVHVC will focus on behavioral health, chronic conditions and social drivers of health. Your input is important to us so that we can incorporate your feedback into our future assessments. You may use our online feedback form available on [sentara.com](https://www.sentara.com).

Community Healthcare Coalition of Greater Prince William Accomplishments



Founded in 2017, the Community Healthcare Coalition of Greater Prince William is a diverse collaboration of government agencies, public health professionals, nonprofits, residents, and community leaders. Together, we work to improve the health of residents in Prince William County, Manassas City, and Manassas Park. Supported by the Potomac Health Foundation since 2021, the Coalition focuses on identifying public health issues through the Community Health Assessment (CHA) and implementing solutions to address them through the Community Health Improvement Plan (CHIP). The Coalition listserv has grown since its inception in 2022 to include community organizations and interested residents. Coalition leadership seeks to continue to increase its membership to reflect the rich diversity of the three jurisdictions.

Key Focus Areas of the 2022-2024 CHIP:

1. **Neighborhood and Built Environment** (2022-2023): Enhancing transportation safety, pedestrian infrastructure, and access to healthy housing.
2. **Educational Opportunities** (2024-2025): Promoting health literacy and wellness education.
3. **Marketing, Outreach, and Advocacy** (2022-2025): Raising awareness of health challenges and resources in the community.

Recent Accomplishments:

- **Public Input:** Collected feedback from over 380 residents to shape the “Prince William County 2040 Comprehensive Plan” and improve pedestrian safety and met with Board of County Supervisors.
- **Community Safety:** Distributed firearm safety materials to healthcare providers and partnered with local programs to reduce violence in high-risk areas.
- **Housing Resources:** Created a “Housing Resource Guide” to assist residents with housing concerns and connect them to needed services.
- **Data to Inform Decision-Making:** A contracted data analyst created a dashboard analyzing Virginia Department of Transportation data to highlight the locations of pedestrian accidents to inform public education and opportunities for action.
- **Coalition awareness:** The Coalition strengthened community engagement by establishing a consistent brand identity, professional communication materials, structured meetings, and integrating health data into the [BeHealthyBeHappy website](#), thus enhancing visibility, trust, and community empowerment.

Language Equity and Interpreter Training:

The Educational Opportunities Workgroup partnered with the Virginia Department of Behavioral Health and Developmental Services who led an Interpreter Training for Lay Persons (CLP – 12 hours) in February 2025. This training was part of a Community Health Liaison pilot initiative to increase health literacy and equitable service access by training 20 lay Interpreters to build a roster of community interpreters to assist with future engagements