



The Cook County Health & Hospitals System



COOK COUNTY HEALTH  
& HOSPITALS SYSTEM  
**CCHHS**

# SYSTEM NEWS

## Community Edition

### Letter from the CEO

This month the Cook County Health & Hospitals System (CCHHS) Board of Directors approved our preliminary budget for Fiscal Year 2017, which runs from December 1, 2016 through November 30, 2017. The \$1.8 billion budget is 3 percent less than it was last year.



This budget will allow the health system to care for more than 300,000 patients next year; provide health coverage for 145,000 Cook County residents through CountyCare, our Medicaid managed care health plan; care for patients at Cook County Jail and Juvenile Temporary Detention Center; and run the Cook County Department of Public Health. The budget will also allow us to invest in community-based outpatient care, including expanding services like behavioral health care and new or upgraded outpatient facilities, and meet the goals set in our three-year strategic plan.

The health system has reduced its reliance on county taxpayers by more than \$300 million in recent years. In 2009, the health system received \$481 million to support health care operations. In 2017 we expect to receive \$110 million to fund services for which we do not get reimbursement, like providing health care to detainees at the Cook County Jail and Juvenile Detention Center. Overall, the local tax allocation represents approximately 6 percent of CCHHS' revenues.

New reporting requirements from the Governmental Accounting Standards Board (GASB) took effect in mid-2016 requiring governmental entities to reflect all pension accruals in addition to current pension obligations in their annual financials. The proposed FY17 CCHHS budget reflects a \$45 million contribution to the Cook County Pension Fund and \$175 million in legacy pension costs.

In 2017, we are looking forward to beginning work on three new or renovated outpatient facilities, including the new Central Campus Health Center that will replace the aging Fantus Health Center, and a new regional outpatient center to serve the Provident community. These new facilities will replace some of the outdated, inefficient space we still use today. Once completed, the space will be reflective of the high quality, modern health care we provide.

CCHHS will be hiring new clinical staff, including nurses, to serve key areas like surgery, labor and delivery, neonatal intensive care, critical care and case management.

Overall, this budget will support our transformation into a modern, efficient, patient-centered health system, allow us to further enhance care quality and safety, improve our patients' experience, and position the system for meaningful contribution to the health of the communities we serve.

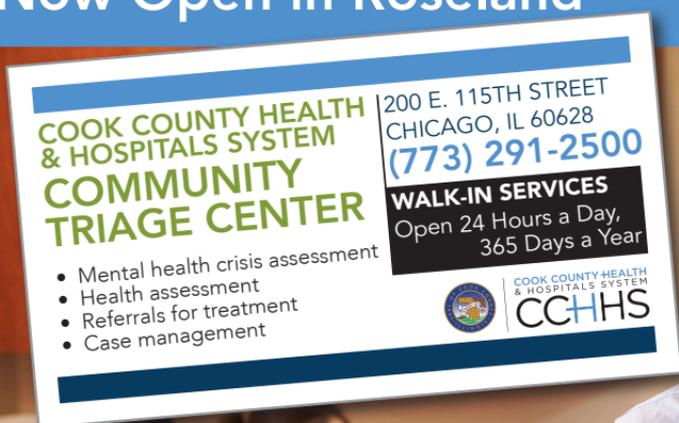
Thanks to those who came out to the public hearings on August 24 in support of our budget. We greatly appreciate your input!

Now, CCHHS' budget will be submitted to the Cook County Board of Commissioners for their consideration and inclusion into the County's overall budget.



**Dr. Jay Shannon, CEO, CCHHS**

## CCHHS' Community Triage Center Now Open in Roseland



A new resource for people living with mental health or substance abuse issues is now available in the Roseland community. CCHHS recently opened its new Community Triage Center to provide crisis intervention and stabilization, health assessments, and treatment referrals for individuals suffering from a mental health condition or intoxication.

"The CTC is a crucial resource for people who are suffering from mental illness or addiction, providing them an option for immediate stabilization and referral services when they need it most so they don't have to go to an emergency department or risk arrest," said Dr. Andrew Segovia-Kulik, Chair of Psychiatry, Cook County Health and Hospitals System.

People can walk-in to the CTC, or they may be brought in by family, friends or law enforcement. A typical patient at the CTC will stay no longer than 24 hours. In that time, he or she will be stabilized, given a medical and behavioral assessment, assigned a case manager and connected to an outpatient behavioral health clinician like a psychologist, social worker or addiction medicine specialist who can provide them with ongoing care to help manage their condition.

**The CTC is open 24 hours a day, 365 days a year. It is located at 200 East 115th Street, Chicago.** For questions call the CTC at 773-291-2500.

## CCHHS Helps Patients Quit Smoking



Incorporating smoking cessation services into routine health care visits can have a positive impact on helping people quit smoking according to a new study by clinicians at the Cook County Health & Hospitals System (CCHHS).

The study, published online in the Journal of Community Health, looked at smokers who

received health education at CCHHS during visits to primary care, specialty clinics, and urgent care or during hospitalization. The sustained smoking cessation rate was 9.3 percent compared to the national quit rate of 6.2 percent reported by the National Health Interview Survey (NHIS) and to the quit rate of 3 percent for persons with Medicaid.

Dr. Anne Krantz, medical director of the Healthy Lungs Initiative at John H. Stroger Jr. Hospital of Cook County attributes the success of the program to reaching people during routine clinic and hospital visits, rather than expecting them to come back for classes or education.

“This is more than a physician telling you to quit. Our lung health counselors follow a guideline-based health education program that provides personalized counselling and education to maximize the patient’s chance of a successful quit attempt,” said Dr. Krantz.

Healthy Lungs Initiative is a multi-year program of CCHHS, in collaboration with the Respiratory Health Association. Through Healthy Lungs Initiative, trained health educators offer smoking cessation counseling in multiple health care and social service settings throughout Cook County.

Want to quit smoking? Call the Illinois Tobacco Quitline at 866-QUIT-YES (866-784-8937).

## Financial Assistance Application Call Center Celebrates 1 Year Anniversary

This month the Cook County Health & Hospitals System (CCHHS) celebrated the one-year anniversary of the Financial Assistance Application Call Center!

In August 2015, CCHHS opened the call center to help both patients and non-patients determine what kind of health insurance and financial assistance they may be eligible for, support them through application processes and answer general questions about insurance. In its first year the call center had more than 206,000 inbound and outbound phone calls.



CCHHS staff are standing by ready to help callers:

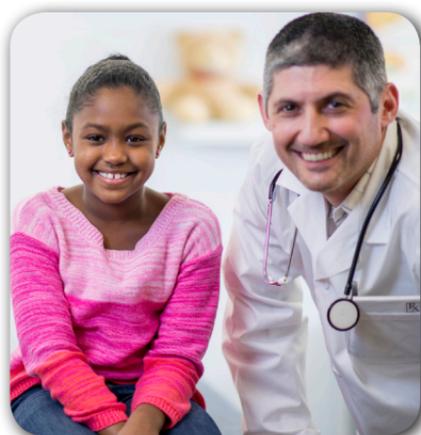
- Apply for Medicaid
- Check the status of a pending Medicaid application
- Answer questions and assist in completing Medicaid redetermination forms
- Ordering lost or destroyed redetermination forms from the State of Illinois
- Apply for CCHHS’ financial assistance program
- Report personal changes such as address or name to the State
- Understand their health plan choices (i.e. difference between an HMO or PPO, deductible, co-insurance etc.)

**Call 312-864-8200 to reach the CCHHS Financial Assistance Application Call Center.** The call center is open 8:00 a.m.-8:00 p.m. Monday through Friday and 9:00 a.m.-5:00 p.m. on Saturday.

*Community partners are free to repurpose CCHHS community articles in their own newsletters to share news with their constituencies.*

# Scheduling Back-to-School Check-Ups

Pediatricians at the Cook County Health & Hospitals System are reminding Illinois parents that students may be required to undergo a health physical and receive required immunizations before returning to school.



A thorough annual check-up is important for a child's health. A pediatrician will record height and weight, blood pressure and heart rate, screen for lead and anemia, and check the eyes, ears, nose, mouth, teeth, throat, lungs and abdomen. It's also an opportunity to discuss nutrition, exercise, safety and injury prevention.

Dr. Titilayo Abiona, lead physician at the Robbins Health Center, encourages parents to be prepared with a full health history for the child and family.

"It's important to review the child's medical history to monitor his or her growth and development, but it's also vital to understand the family health history to help us understand chronic illness that may run in the family," said Dr. Abiona. "The goal is to prevent serious illness through early detection and treatment."

The medical history review will also include ensuring the child is up-to-date on vaccinations. Dr. Tais Crawford, a family medicine physician at the Cottage Grove Health Center in Ford Heights discourages parents from raising the fear factor of vaccinations by making a big deal out of shots or threatening kids with a shot when they misbehave.

"Fear of pain is often actually a bigger problem than the actual pain of a shot," said Dr. Crawford. "If the parent and doctor are supportive and calm, the child won't be as frightened."

A couple of tips to take the sting out of shots:

- Distract your child with a toy, telling a joke or pointing out a picture on the wall.
- Ask for the least painful shot first.
- Sweeten the shot with a sugar-free lollipop.
- Offer a reward.

Does your child need a check-up? **Call 1-312-864-KIDS (5437)** to schedule an appointment at a health center near you.

## How You Sleep Could Be a Warning Sign That You're At a Higher Risk for Stroke

Sleep disorders, like having insomnia or having trouble breathing while you're lying down, aren't just annoying when trying to get a good night's sleep. They can also be a warning sign of a higher risk for having a stroke.



A stroke occurs when a blood vessel in the brain has a clot or ruptures, causing part of the brain to die from lack of oxygen. "A number of health conditions can lead to stroke, from high-blood pressure to

diabetes to heart disease and likely sleep disorders," said John H. Stroger, Jr. Hospital neurologist Dr. Lakshmi Warrior.

An August study in the journal *Neurology* found that certain sleep disorders, like sleep apnea and insomnia, were more common in stroke patients than the general population. The study, which is based on an analysis of more than two dozen other published studies, also found that sleep disorders impeded stroke patients from making a full recovery.

Sleep apnea is characterized by loud snoring and trouble breathing during sleep, as well as excessive sleepiness during the day. People who are insomniacs, meanwhile, have trouble falling asleep or staying asleep.

Dr. Warrior stressed that it's important to work with a primary care doctor to get any chronic health issues under control. "Taking care of your health and making healthy lifestyle choices are the best ways to prevent a stroke," she says.

## CCHHS in the News

- [Violence-Prevention Program Starts in Hospitals Instead of Streets](#)
- [Health center gives garden crops to patients](#)
- [Vaccination Misconceptions are Dangerous and Deadly](#)
- [Robbins' students ready for school, thanks to community tradition](#)
- [Up close and personal with the West Nile virus](#)

## Upcoming Events

**September 24:** Evento del Cáncer de la Sangre

**September 30:** CCHHS Board of Directors Meeting

## Visit our website at [cookcountyhhs.org](http://cookcountyhhs.org)

If you would like to invite a representative from CCHHS to attend a community event, please send an email to [events@cookcountyhhs.org](mailto:events@cookcountyhhs.org).

To provide feedback on CCHHS Community News, update your contact information, or unsubscribe, please email Marcelino Garcia, Director of Community Affairs, at [mgarcia6@cookcountyhhs.org](mailto:mgarcia6@cookcountyhhs.org).

## Employment

CCHHS is hiring! Check out our website, [cookcountyhhs.org/careers](http://cookcountyhhs.org/careers) to find open positions.

