



Community Health Implementation Plan



2026-2028

Christian Health

For more than 100 years, Christian Health has been proud to foster health, healing, and wellness in northern New Jersey. We offer a full continuum of senior-life, mental health, and short-term rehabilitation services. Our commitment to caring begins with recognizing the intrinsic value of all people by helping each person achieve their best quality of life.

More than a century ago, 14 deacons from the Reformed tradition vowed to change the delivery of care for people with mental illnesses. The goal was to offer compassionate, loving care guided by the principles of the Christian faith. Their unwavering commitment led to the renovation of a farmhouse on Goffle Hill, creating New Jersey’s first private behavioral health hospital. Christian Health is a non-profit organization serving all people regardless of race, sex, or religion. Christian Health has expanded to meet the changing needs of the community. It continues to offer care in a compassionate and loving environment consistent with the Christian values upon which it was founded.

Christian Health has grown to offer the area’s most complete continuum of senior-life, mental health, and short-term rehabilitation services available on one campus, listed here.

- Independent living
- Short-term rehabilitation
- Behavior-management unit
- Memory support
- Supportive senior living
- Inpatient behavioral health hospital for adults and seniors
- Partial-hospitalization and Intensive Outpatient program for adults
- Skilled nursing
- Assisted living
- Adult day services
- Outpatient counseling for children, adolescents, adults, seniors, and families



Christian Health, The Vista
301 Sicomac Ave, Wyckoff, NJ 07481



Rampo Ridge Behavioral Health, a Christian Health Hospital
301 Sicomac Ave, Wyckoff, NJ 07481



Windmere, a Christian Health Community
151 Graham Ave, North Haledon, NJ 07508



Siena Village of Wayne, a Christian Health Community
1000 Siena Vlg, Wayne, NJ 07470



Summer Hill of Wayne, a Christian Health Community
2100 Summer Hill Road, Wayne, NJ 07470

2025 Community Health Needs Assessment (CHNA) Background

In alignment with established requirements for not-for-profit hospitals outlined in the Affordable Care Act (ACA) and by the Internal Revenue Service (IRS), Christian Health completed a comprehensive Community Health Needs Assessment (CHNA) which was approved by its Board of Directors in December 2025. While a specific CHNA was created for Christian Health, the CHNA was conducted in collaboration with the Community Health Improvement Partnership (CHIP) of Bergen County, with the support of PRC and 35th Street Consulting. The 2025 CHNA incorporated data from multiple sources, including primary research (conducted through the PRC Community Health Survey, the PRC Online Key Informant Survey, focus groups, and community leader interviews), as well as secondary research (utilizing vital statistics and other existing health-related data). Included in the assessment of health indicators was an examination of the social determinants of health (SDoH) such as food insecurity, housing, transportation, education, and other factors. The complete 2025 CHNA report is available for download at

<https://www.christianhealthnj.org/programs/community-health-needs-assessment/>



Community Health Improvement Partnership of Bergen County

The Bergen County Community Health Improvement Partnership includes representatives from Bergen County Department of Health Services, Bergen New Bridge Medical Center, Englewood Health, Hackensack University Medical Center, Hackensack Meridian Pascack Valley Medical Center, Holy Name Medical Center, Ramapo Ridge Behavioral Health at Christian Health, and Valley Hospital. Assembled in 2013, this collaboration is committed to working together to improve the health and well-being of all people living in Bergen County.



Collaborative Partners

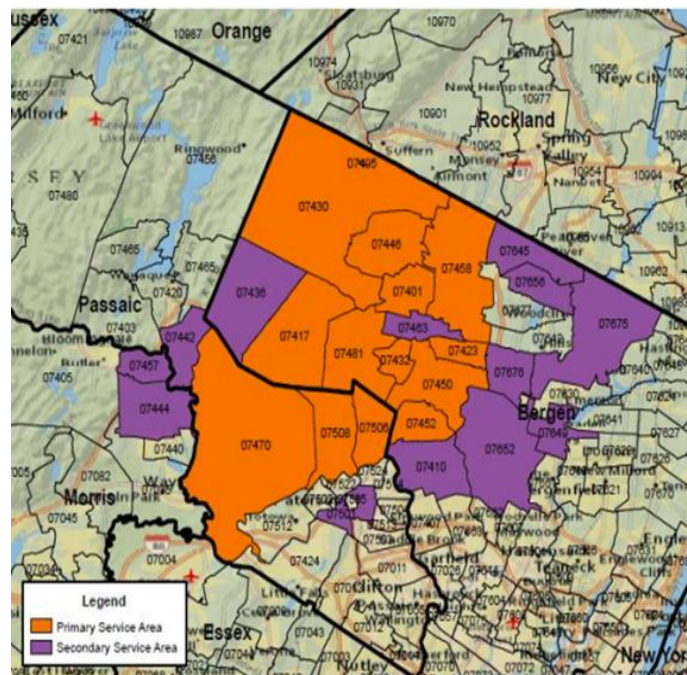


Every three years, these partners conduct a collaborative Community Health Needs Assessment (CHNA) to document the health status of communities throughout Bergen County. This rigorous and cooperative process produces a CHNA report that highlights health trends and disparities, serving as a valuable data resource for the entire county. The information gathered is used to evaluate the partnership's collective health improvement efforts and to develop strategies designed to enhance the well-being and quality of life for all residents of Bergen County.

Christian Health Service Area

Christian Health Ramapo Ridge Behavioral Health is headquartered in Wyckoff, Bergen County, New Jersey. The priorities, goals, objectives, and strategies in the 2026-2028 CHIP are based upon data from the 2025 CHNA. The 2025 CHNA report identified the primary service area for Christian Health as the communities surrounding Ramapo Ridge Behavioral Health Center, reflected by the highlighted ZIP Codes on this map.

Christian Health's commitment to caring begins with recognizing the intrinsic value of every individual. Our goal is to help each person achieve the best quality of life, serving all individuals regardless of ZIP code, race, sex, or religion.



Determining Community Health Priorities

The data from the 2025 CHNA reaffirms that the priorities identified in the 2022 assessment remain pressing needs. The complexities and opportunities arising from the COVID-19 pandemic have persisted but evolved as we move further from its acute phase. The pandemic's urgency necessitated collaboration, strengthening partnerships and creating opportunities to leverage teamwork to improve access and outcomes. Similarly, many of the acute physical and mental health needs brought on during the pandemic have transitioned to more chronic and maintenance-oriented conditions.



On October 14, 2025, thirteen representatives from the Bergen County Health Improvement Partnership —Bergen County Department of Health Services, Bergen New Bridge Medical Center, Englewood Health, Hackensack University Medical Center, Hackensack Meridian Pascack Valley Medical Center, Holy Name Medical Center, Ramapo Ridge Behavioral Health at Christian Health, and Valley Hospital —conducted an in-person meeting with consultants from 35th Street Consulting. The purpose of this meeting was to analyze data collected for the 2025 CHNA and to identify priority areas for collective action in the coming years.

During the meeting, 35th Street Consulting facilitated a consensus-building process in alignment with guidelines provided through the Affordable Care Act for not-for-profit hospitals and in accordance with standards set by the Public Health Accreditation Board (PHAB) for public health accreditation.

These priorities – **Healthy Bodies, Healthy Minds, Harnessing Partnership** - were presented, discussed, and confirmed with more than 125 community partners attending a community forum hosted by the Bergen County CHIP on December 2, 2025. There was overwhelming support for the strategy and the priority areas for the 2026-2028 planning cycle.

Community Health Implementation Plan (CHIP)

This implementation plan specifies community health needs, listed below, that Christian Health, in collaboration with community partners, will address. The intent of the CHIP is to respond to our community's needs and expectations with a plan that can be effectively executed, leveraging hospital and network resources, as well as community partners. The CHIP is designed to be flexible and should be updated as internal and external factors evolve. These factors may include new needs, resource availability, partnerships, and policy changes. An effective CHIP should build on past successes while also adapting strategies and actions in response to any challenges that arise.

Christian Health acknowledges the wide range of issues that emerged from the CHNA process and determined it could effectively focus on those health needs that are the most pressing, under-addressed, and within its ability to influence.

Christian Health will continue to lead efforts in support of the prioritized needs related to Healthy Bodies, Healthy Minds, and Harnessing Partnership. As a specialty hospital offering a full continuum of senior-life, mental health, and short-term rehabilitation services, Christian Health is committed to collaborating with our community partners to address key contributing factors both within and outside of the expertise and scope of this organization. Christian Health remains open and willing to explore opportunities and partnerships across our service area to address issues impacting health and well-being.



2026-2028 CHIP Priority Area: Healthy Bodies

The 2025 CHNA for Christian Health identified the following key areas of need within the Healthy Bodies Priority Area. Key areas were derived from analysis of the data from the 2025 CHNA, summarized on pages 12 and 13 of the Christian Health CHNA. The key areas were identified because they met one or more of the following criteria: they did not meet national benchmarks, the magnitude of people impacted is significant, and/or key informants indicated the issue as very important.

Key Factors:

- ▶ Healthy Living for all Ages
- ▶ Access to Health Care
- ▶ Chronic Conditions
- ▶ Caregivers Need Support
- ▶ Healthy Weight*
- ▶ Reaching People Left Behind

Goal: Holistic care for healthy living is available for all people who seek care

Objectives

1. Increase education about mental health and improve access to care for individuals with chronic and complex conditions.
2. Expand educational, social, and emotional support opportunities for patients with chronic conditions, aging adults, and their caregivers

Strategies

- Increase access to cardiac care resources
- Promote education and awareness of chronic and complex conditions and mental well-being
- Improve response time in connecting to care when medical concerns are identified
- Increase implementation of Hospital-Based Inpatient Psychiatric Services (HBIPS), metabolic screening, and medical exams for patients
- Leverage “Brain Health,” “Mindful Moment,” and other programs to address chronic disease and mental health together
- Expand emotional wellness awareness, education, and programs for patients and their caregivers
- Provide behavioral health and dementia care management and support groups promoting mental wellness for patients and their families
- Collaborate with local and regional collaboratives that address complex issues related to wellness, prevention, and risk factors
- Ensure social determinants of health (SDoH) screening and referrals to care/services



2026-2028 CHIP Priority Area: Healthy Minds

The 2025 CHNA for Christian Health identified the following key areas of need within the Healthy Minds Priority Area. Key areas were derived from analysis of the data from the 2025 CHNA, summarized on pages 12 and 13 of the Christian Health CHNA. The key areas were identified because they met one or more of the following criteria: they did not meet national benchmarks, the magnitude of people impacted is significant, and/or key informants indicated the issue as very important.

Key Factors:

- ▶ Appropriate Mental Health for All
- ▶ Stress, Worry, Fear
- ▶ Fair/Poor Mental Health
- ▶ Caregivers and Caregiving
- ▶ Substance Use
- ▶ Diagnoses and Symptoms of Depression

Goal	Access to coordinated mental wellness and substance use support is provided for all people at the appropriate level of care
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Objectives

1. Expand access to appropriate levels of care for substance use and mental health
2. Expand available care options for people with complex and treatment-resistant behavioral health conditions
3. Provide regular mental wellness education and support for professional and volunteer caregivers

Strategies

- Increase the availability of screening and treatment locations and times
- Leverage partnership to increase community access to high-quality behavioral health care
- Collaborate with community partners to expand access to information about substance use disorder and mental wellness to a broader audience
- Increase availability, access, and education to cutting-edge treatments for depression and other chronic mental health conditions
- Explore innovative care options for vulnerable populations, including those at risk for perinatal mood disorders, substance use disorders, pediatric teens, and older adults.
- Provide education, strategies, and templates for partner agencies in the caregiving fields to better support caregiver staff and prevent burnout
- Provide education, support, and respite for family and volunteer caregivers of patients
- Expand trauma-informed care training and certification, cultural competency training



2026-2028 CHIP Priority Area: Harnessing Partnership

The 2025 CHNA for Christian Health identified the following key areas of need within the Harnessing Partnership Priority Area. Key areas were derived from analysis of the data from the 2025 CHNA, summarized on pages 12 and 13 of the Christian Health CHNA. The key areas were identified because they met one or more of the following criteria: they did not meet national benchmarks, the magnitude of people impacted is significant, and/or key informants indicated the issue as very important.

Key Factors:

- ▶ Build Local Capacity
- ▶ Collaborative Impact
- ▶ Link to Existing Services
- ▶ Creativity and Safe Spaces
- ▶ Financial Strain and Access*
- ▶ Strengthen Partnership

Goal: Cross-sector collaboration, advocacy, and innovation will address complex community health needs and reduce gaps in services.

Objectives

1. Strengthen collaboration among health care, public health, education, and social service partners
2. Improve care coordination by maintaining and expanding referral agreements each year

Strategies

- Participate in Bergen County CHIP initiatives and coalitions
- Support policy and advocacy initiatives aligned with CHNA findings
- Continue to expand opportunities for joint activities and messaging with community partners
- Embrace opportunities for collaboration with community partners
- Increase availability of behavioral health services through partnership
- Leverage partnerships with other health care partners to increase access to care for physical and behavioral health
- Seek input and feedback from patients and caregivers to identify areas of need and opportunities to enhance referral partnership and navigation
- Streamline communication to strengthen referral relationships and networks to improve patient outcomes and experience



*Key Factors Christian Health Defers to Community Leadership

Christian Health acknowledges the wide range of issues that emerged from the CHNA process and determined it could effectively focus on those health needs that are the most pressing, under-addressed, and within its ability to influence through providing a full continuum of senior-life, mental-health, and short-term rehabilitation services. Christian Health defers leadership to our community partners to address key factors beyond our clinical expertise and organizational scope. Specific examples are marked with an * asterisk and include healthy weight and financial needs. Christian Health is committed to being a lasting presence in the communities it serves. It values its role as a consistent and reliable partner to numerous organizations in social services, education, health, housing, economic development, and business sectors, and is committed to enhancing health and well-being for everyone through collaboration.

Alignment with Healthy New Jersey Statewide Priority Topics

The health needs identified in the 2025 CHNA were confirmed by community stakeholders and refined through collaborative discussions to generate community-generated solutions aligned with statewide initiatives. The table below displays the Healthy New Jersey 2030 Statewide Plan priority topics and shows how these issues align with the priorities described in the 2026-2028 Christian Health CHIP.

Healthy New Jersey 2030 Priority Topics	Christian Health Priorities
Access to Quality Care	Harnessing Partnership
Healthy Communities	Healthy Bodies, Healthy Minds, Harnessing Partnership
Healthy Families	Healthy Bodies, Healthy Minds, Harnessing Partnership
Healthy Living	Healthy Bodies, Healthy Minds, Harnessing Partnership

Adoption of Community Health Implementation Plan

After reviewing the 2026-2028 CHIP for addressing the priority needs identified in the 2025 CHNA, the Christian Health Board of Directors voted to approve this CHIP on April 1, 2026.

CHIP Planning and Stakeholder Engagement

The design and details of the 2026-2028 CHIP were the result of a collaborative process led by 35th Street Consulting. Alexis Totaro, MSN, RN, WHNP-C, CARN-AP, Vice President/Administrator of Mental Health Services, Chief Nurse Executive, and Jeremy Levy, MBA, Director of Organizational Integration and Advancement, from Christian Health, were part of the working group responsible for developing this Implementation Plan.

Next Steps

Community health improvement requires collaboration among community-based organizations, policy makers, funders, and many other partners. The Christian Health CHIP is an active document, designed to serve as a guide to coordinate community resources and to measure progress. Christian Health invites opportunities for partnership and collaboration as we seek to serve everyone, everywhere. For more information about the Christian Health CHIP and community benefit activities, or to get involved, please visit our website at <https://www.christianhealthnj.org/programs/community-health-needs-assessment/>.

Our Research Partner:



At the intersection of health and community development
www.35thStreetConsulting.com

35th Street Consulting is a certified Small Business Enterprise (SBE) and Women-Owned Business Enterprise (WBE) based in New Jersey. We specialize in transforming data into actionable insights that enhance the health and well-being of individuals, communities, and institutions through practical, localized strategies. Our expertise lies in turning research findings into action through strategic planning, policy change, and collective impact initiatives.

