

Population and Community Health News

Advancing Health

MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital



**Helping Patients Find New Life
After Recovery from Addiction**

Letter from the President.



MedStar Health offers a wealth of programs and services both inside and outside the walls of our hospitals, urgent care centers, and physician practices. One reason we publish *Advancing Health* two times each year is to build awareness about these offerings, and ensure you and your family know how to take advantage of them.

Also important to know is that many of the programs and services you read about in this publication are created as a direct result of what we learn through our Community Health Needs Assessment (CHNA). This process is conducted every three years and provides invaluable insights and data, which we use to build and advance programs that people in our community truly need. It allows us to deliver fully on our promise of “It’s how we treat people”—with resources built to help local people get well, stay well, and live well.

As you read through this issue of *Advancing Health*, I encourage you to consider how the programs and services featured can benefit you, your family members, friends, and neighbors.

Summer is the perfect time to focus on improving your health. I encourage you to do exactly that!

Thomas J. Senker, FACHE

President, MedStar Good Samaritan Hospital and
MedStar Union Memorial Hospital
Senior Vice President, MedStar Health

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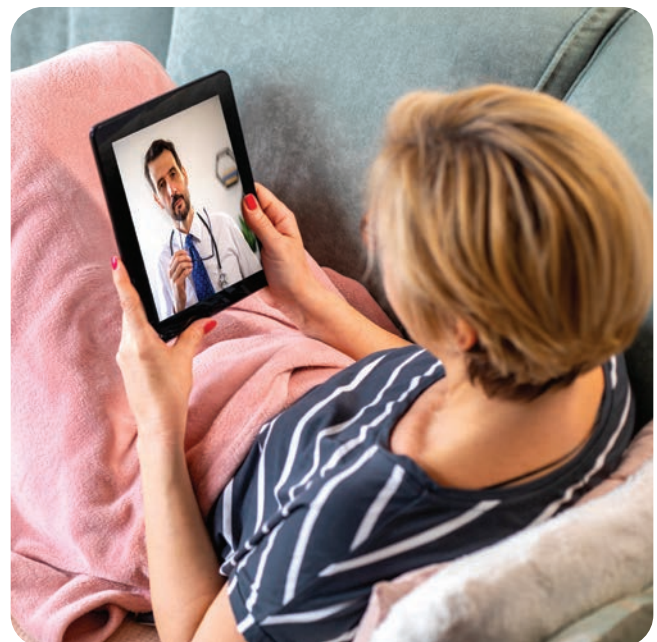
6 Health and Wellness Resources

At MedStar Health, we offer easy access to great health care in Maryland, Virginia, and Washington, D.C., via our 10 hospitals and more than 300 other care locations. We’re also committed to advancing your care by continuously learning and applying new knowledge. We help our patients and their families feel understood, appreciated, and confident in their care—

It’s how we treat people.

Population and Community Health’s mission: *Bridging gaps in health care by connecting the populations we serve with resources to enhance their health and wellbeing.*

On the cover: Meet our peer recovery coaches. Together, they are working to support local people with substance use disorders, with focus on the pathway to recovery.



Breaking down the barriers to cancer prevention.

Saving lives, one cancer screening at a time.

MedStar Health offers a number of cancer screenings, with a goal to make preventive care accessible, and to encourage more people to make screenings a priority—even if they don't have health insurance or the financial means to pay for care. In fact, MedStar Health is one of the largest providers of free cancer screenings in Maryland, with resources available in every county across the state.

“We are doing our part to break through barriers and assure the underserved have access to care,” said Michael Sickler, manager of the Colon and Lung Cancer Screening programs at MedStar Health. “In many cases, people who are high risk for cancer know they need to be screened, but they don't know where to turn or they are worried about the cost of care. Our programs are designed to provide solutions.”

Since 2015, MedStar Health's Colon Cancer Screening program has provided over 3,500 free colonoscopies for local patients; an average of 375 procedures per year. It has provided a pathway for more than 800 patients per year, on average, to see a physician for necessary care. The colon cancer and lung cancer screening programs are funded by the Maryland Department of Health, Cigarette Restitution Fund. In 2027, the grant will expand and allow for the addition of skin cancer screenings, as well.



Additionally, MedStar Health's Breast and Cervical Cancer program, funded by a grant from the State of Maryland and the Centers for Disease Control and Prevention, provides free mammograms, breast exams, and PAP testing for those who are eligible. During fiscal year 2025, more than 1,600 women were screened for breast cancer and nearly 500 were screened for cervical cancer.

“The impact of these programs is clear when we look at the number of screenings provided and how they are allowing us to identify and address cancers that otherwise may not have been detected,” said Nakia Steen, RN, clinical coordinator of MedStar Health's Breast and Cervical Cancer program. “We are connecting with people who otherwise may not have the means to get screened, and then pointing them to lifesaving care in the event that cancer is detected.”



Connecting you to care

Colon cancer screenings

Call **410-350-8216**

- Age 45+
- Under age 45 with symptoms or a family history of colon cancer
- Uninsured or underinsured
- Limited income
- Resident of Baltimore City, Anne Arundel County, Baltimore County, or Howard County

Lung cancer screenings

Call **410-350-8216**

- Age 50+
- Uninsured
- Limited income
- Currently smoke or have quit smoking in the past 15 years
- Resident of Baltimore City or Anne Arundel County

Mammograms, breast exams, and PAP testing

Call **410-350-2066**

- Women age 40+
- Uninsured or underinsured
- Limited income
- Resident of Baltimore City metro area
- Between the ages of 21 and 39 (PAP testing only)



Dedicated for a decade.

A pathway toward recovery for addicted patients, starting in your community hospital.

Every day, patients present in local emergency departments in need of care, while also demonstrating the signs and symptoms typically associated with substance abuse. At MedStar Health, these individuals are greeted by a peer recovery coach; someone who is kind, caring, empathetic, and understanding in ways that may initially be surprising.

“Our peer recovery coaches approach patients to offer support, knowing first-hand how challenging their lives might be and how difficult it can be to take the first steps toward recovery. This is because they were addicted to substances earlier in their lives and made a choice to guide and support others, as part of their own processes of healing and recovery,” said Samantha Sailsman, MS, CCHW, MedStar Health’s

regional program director, community health. “Their authentic, lived experiences offer patients a different perspective, and in many cases helps earn trust.”

Peer recovery coaches are part of the Screening, Brief Intervention, Referral, and Treatment (SBIRT) program, a nationally-recognized program that was implemented at MedStar Health 10 years ago when Baltimore City was identified as an epi-center for substance use and abuse. The healthcare system applied for and was awarded a significant grant by Behavioral Health Systems Baltimore, with a vision to develop training programs and tools to screen and support patients addicted to substances. Over the past decade, the organization has done exactly that, impacting the lives of thousands of

Baltimoreans along the way. From July 2024 through July 2025 alone, nearly 150,000 substance abuse screenings were facilitated in MedStar Health’s Baltimore-based emergency departments, leading to over 8,000 interventions with patients. Of those, nearly 1,300 patients were referred to behavioral health specialists and programs, for treatment and guidance on the pathway toward sober living.

“Ten years ago, we built this program from the ground up, knowing that the potential for impact was huge because our clinical providers were seeing the need every single day,” said Diana Quinn, a community health program advisor who played an instrumental role in the launch and growth of MedStar Health’s SBIRT program.

"Hiring people who have experienced addiction was an important key to our early success, and remains critically valuable today. The peer recovery coaches are able to educate care providers about the substances people are using out on the streets, their effects, and the kinds of resources that might be helpful for patients who come into the hospital in crisis or are at high risk for overdosing. Their perspective was, and still is, invaluable."

Cynthia Tucker, pictured left, has been a certified peer recovery specialist at MedStar Good Samaritan Hospital since 2015 when the program was first introduced, and was recently promoted to the position of Team Leader. She comes to work each day eager to help patients who are suffering,

is one of Tucker's greatest joys in life. As she introduces herself to patients demonstrating signs and symptoms of substance abuse, she brings compassion and connection to every encounter; exactly what she needed herself, years ago.

"I let patients know that I am there to support them, without judgement, and I share my own story as a way of proving it," said Tucker. "I explain that I got better, and that our program can help them get there, too. Being able to meet with and encourage patients who are struggling reminds me how far I have come and inspires me to be my best. I love what I do."

Today, we employ 27 peer recovery coaches who work in our four hospitals

"Their stories send a powerful message to patients who are willing to embrace change: addiction is not a failure, there are people surrounding you who can offer support, and transforming your life is in fact possible." - Samantha Sailsman, MS, CCHW

often sharing her own personal story of addiction and recovery to offer inspiration and hope. Years ago, Tucker was addicted to drugs; in fact, for more than two decades, her life centered around substance use. She experienced a lot of challenges that felt impossible to break away from.

"I started using, and then it became a habit," said Tucker. "My mom cried every time she saw me and that hurt. When I did take the right steps toward getting clean, at first, I did it for her. When I became sober, life became more bearable and I realized I was also making the changes for me."

Being able to support patients who are struggling the same way she once was

serving the Baltimore Region—including MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital. Each coach has a different background and story, but the team is unified and bonded in a way that is deeply connected and personal.

"Every peer recovery coach has gone through a lot and has shown a tremendous amount of resiliency to get to where they are today," said Sailsman. "Their stories send a powerful message to patients who are willing to embrace change: addiction is not a failure, there are people surrounding you who can offer support, and transforming your life is in fact possible."

A lifechanging encounter

Perspective from a patient now on a pathway toward recovery

Substance use has been part of Kim T.'s story for as long as she can remember. During a recent life-threatening situation that resulted in a trip to the emergency department, she met someone who made her believe that a different kind of life might be possible—a peer recovery coach named Betty.

"I never had someone who wanted to help me until that moment," said Kim. "Betty told me her story, and she knew exactly how I felt because she had been there herself. I have overdosed a few times and I don't want to die. It's time."

With Betty's support, Kim is now in treatment, working to change her life for the better, one day at a time. She's focusing on what's to come.

"I just found out I am going to be a grandmother," said Kim. "I want to change my life for this little girl."

If you or a loved one needs support, confidential help is available 24/7 through the Maryland Crisis Hotline at **988**. Recovery resources are also available at **[SocialNeeds.MedStarHealth.org](https://www.SocialNeeds.MedStarHealth.org)** or by calling **211**.

Health and wellness resources.

At MedStar Health, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering a variety of resources to support you as you prioritize your health.



Cancer prevention

MedStar Health offers free breast, cervical, colon, and lung cancer screenings for individuals who meet specific program requirements. See page 3 for more information.

Diabetes education

If you have diabetes, our educational classes can teach you about self-management of your disease, medical nutrition therapy, continuous glucose monitoring, and more. Virtual appointments are available.



Call **443-777-6528** for MedStar Franklin Square Medical Center; **443-444-4193** for MedStar Good Samaritan Hospital; and **410-554-4511** for MedStar Union Memorial Hospital appointments.

Gestational diabetes education

In-person and virtual classes assist gestational diabetic women with blood sugar control, diet, exercise, and medication instruction for a safe pregnancy. Call **443-777-6528** for details.

FoodRx program

If you are a diabetic patient facing food insecurity, you may be eligible to participate in our food resource program. Learn more at [MedStarHealth.org/FoodRX](https://www.MedStarHealth.org/FoodRX).

Heart and lung health

Cardiac rehabilitation | Pulmonary rehabilitation

Call **443-444-3397** for more information.

Phase III general exercise program

Call **443-444-3881** for more information.

Congestive heart failure clinic

Call **443-444-5993** for details.

Support groups

Amputee support group

Email jennifer.mcdivitt@medstar.net for details.

Aphasia support group

Aphasia is a language disorder due to illness.

Email kate.c.gerber@medstar.net for details.

Concussion support group

Email kate.c.gerber@medstar.net for details.

Diabetes support group

Email lorraine.p.giangrandi@medstar.net at MedStar Franklin Square Medical Center or alexandra.orlan@medstar.net at MedStar Good Samaritan Hospital for details.

Stroke support group

Email kate.c.gerber@medstar.net for details.

Wellness and prevention

Tobacco cessation

Quit smoking with support from our certified tobacco cessation experts. Free virtual or in-person classes.

Call **855-218-2435** or visit [MedStarHealth.org/StopSmoking](https://www.MedStarHealth.org/StopSmoking).

Staying active with Parkinson's disease

Aquatics for Parkinson's Disease

Parkinson's exercise class

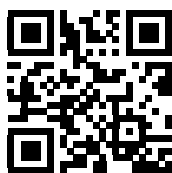
Rock steady boxing

Call **443-444-4600** for details.

Birth and family services

Birth and family services are offered in the Baltimore region at MedStar Franklin Square Medical Center and MedStar Harbor Hospital.

Take our birthplace virtual tours by scanning this QR code with your smartphone camera and scrolling to the bottom of the page.



In-person classes at MedStar Franklin Square Medical Center

Prepared childbirth classes

Preparing mother and her birth partner for labor and childbirth. Offered one full day or as a 4-week series (one night/week).

Breastfeeding: facts, myths, and techniques

Taught by a board-certified lactation consultant, this course is designed to prepare pregnant couples to get breastfeeding off to a great start.

Infant care and safety class

This class is designed for expectant and new parents, grandparents, and babysitters. Learn bathing, diapering, and other skills to care for your baby.

Infant and child CPR

Ideal for expectant parents, daycare providers, and loved ones caring for your baby.

Infant and child first aid

Classes cover allergic reactions, sudden illness, head, bone and joint injury, wound care, shock, burns, and more. Classes can be taken separately or together with CPR (discount applies if taken at the same time). Classes meet the State requirement for daycare providers.



eClasses hosted by MedStar Health

We partner with InJoy Health Education to provide a variety of online classes to help our communities and our patients prepare for pregnancy, labor, birth, and caring for their newborn. Classes include:

- Multiples
- Cesarean Section
- Childbirth
- Natural Childbirth
- Your Newborn
- Grandparenting
- Breastfeeding
- Fatherhood

For details on classes, tours, support groups, and eClasses, scan the QR code with your smartphone, visit [MedStarHealth.org/BirthAndFamilyClasses](https://www.MedStarHealth.org/BirthAndFamilyClasses), or call 888-746-2852.

For questions on any of these classes, contact beth.kegley@medstar.net.



Social Needs program

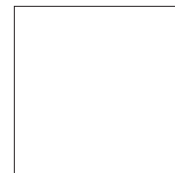
[SocialNeeds.MedStarHealth.org](https://www.SocialNeeds.MedStarHealth.org) is an online tool designed to connect those in need with free or low-cost resources and services. Meal delivery, medical care, rent, ride-share programs, and utility assistance are just a few of the options available.



MedStar Health

5601 Loch Raven Blvd.
Baltimore, MD 21239

MedStarHealth.org/CommunityHealth
855-218-2435



Our mobile health services.

Two healthcare centers on wheels,
serving neighborhoods across Baltimore.

Being able to see a provider when you need one is important. MedStar Health's two mobile health centers offer a solution! We visit communities across Baltimore every week, making it easier for you and your loved ones to get the medical services you need—regardless of your insurance coverage.



Your health is our priority. You can turn to our mobile health centers for:

- Primary care
- Urgent care
- Chronic disease management
- Cancer screenings
- Vaccines
- Harm reduction supplies
- Mental health
- Wound care
- HIV and Hepatitis C testing
- Sexually transmitted infection (STI) screenings
- Women's health

Walk-ins are accepted but appointments are encouraged and can be scheduled by calling **410-350-7511**. Learn more at **MedStarHealth.org/MobileHealthCenter** or by scanning the QR code using your smartphone camera.



Mobile Health Center— North Baltimore

Franciscan Center

101 W. 23rd St.
Baltimore, MD 21218
Mondays, 10 a.m. to 4 p.m.

St. Stephens AME Church

1601 Old Eastern Ave.
Essex, MD 21221
Tuesdays, 10 a.m. to 4 p.m.

Govans Farmers' Market

5104 York Rd.
Baltimore, MD 21212
Wednesdays, 10 a.m. to 4 p.m.

Community Assistance Network

7900 E. Baltimore St.
Baltimore, MD 21224
Thursdays, 10 a.m. to 4 p.m.

Mobile Health Center— South Baltimore

City of Refuge Baltimore (CORB)

3501 7th St.
Baltimore, MD 21225
Mondays, 9 a.m. to 3 p.m.

The Transformation Center

3701 4th St.
Baltimore, MD 21225
Tuesdays, 10 a.m. to 4 p.m.

Drink at the Well

4710 Pennington Ave.
Baltimore, MD 21226
Wednesdays, 10 a.m. to 4 p.m.

Middle Branch Fitness & Wellness Center

201 Reedbird Ave.
Baltimore, MD 21225
Thursdays, 10 a.m. to 4 p.m.

We are deeply grateful to our philanthropic partner, the Baltimore Ravens.

