

Texas Health Community Impact Grant

It is said that a person's ZIP code has a greater impact on their health than their genetic code. So, let's reach out into our communities to make a real difference in the health and well-being of our neighbors through Texas Health Community Impact. This data-driven, outcome-focused approach pinpoints specific ZIP codes to collaboratively address social determinants of health before the resulting problems surface in the form of chronic disease and premature death.

Collaborating Organizations

AVANCE North Texas

The Center for Integrative Counseling and Psychology

Dallas Leadership Foundation

University of North Texas at Dallas

Brother Bill's Helping Hand (BBHH)

City of Dallas Municipal Courts

Harmony Community Development Corporation (Harmony CDC)

Los Barrios Unidos

Urban SERCH Institute

Meet Ivan.



"As the clinic manager for Brother Bill's Helping Hand, I am thankful for the support of Texas Health, as it complements the wraparound services that Brother Bill's provides to our neighbors in West Dallas. Having a bilingual counselor available to meet the needs of our neighbors five days a week has been a blessing. Our community is made up of the working poor and behavioral health needs often go uncared for as paychecks can only stretch so far. Prior to the Well Together Initiative, we had a waiting list of adults and youth in need of counseling services."

About the Texas Health Community Impact initiative

Well Together: A Dallas/Rockwall Behavioral Health Initiative, is designed to mitigate depression in West and Southeast Dallas and South Rockwall through a continuum of care approach targeting underserved communities. The initiative seeks to maximize the impact of behavioral health programs by using education to reduce stigma, developing a referral pathway to supportive services and removing barriers in access to counseling and therapy for those who need it most. Five agencies in Dallas and Rockwall Counties have been awarded \$1.12 million in grants from the Texas Health Community Impact initiative. They are as follows: AVANCE North Texas, The Center for Integrative Counseling and Psychology, Dallas Leadership Foundation, University of North Texas at Dallas, and Lake Pointe Church. Texas Health considers the grant awarded to the collaborative as seed money for use as further financial support is gathered in the communities to meet long-term goals.

Highlights

- Empowers passionate Promotoras to deliver culturally relevant mental health education to families at risk.
- Establishes a team of certified instructors to train lay community members using a mental health first aid curriculum.
- Provides care for trauma related issues, anxiety, depression and behavior related issues by making counseling and psychological resources financially and geographically available.
- Delivers a community-based approach to ensure community members are informed and equipped to effect change in their respective communities.

To join the cause or for more information, please contact:

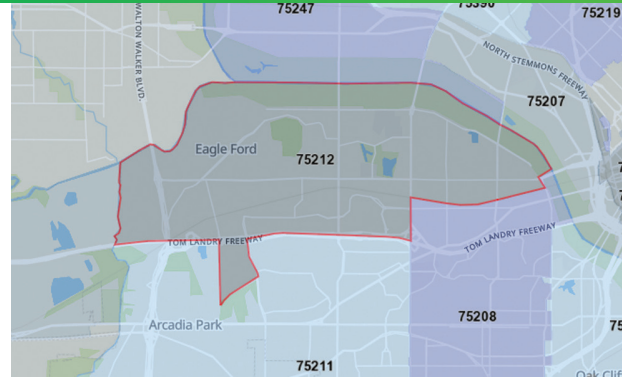
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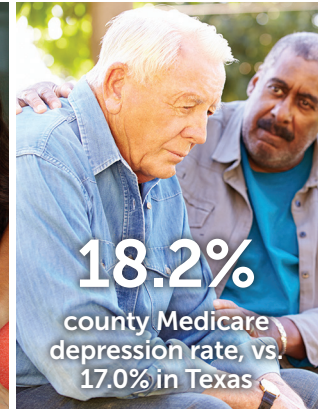
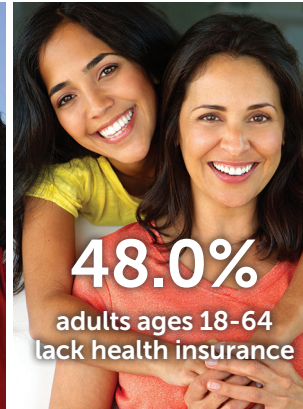


Dallas 75212

As an example of the data used to analyze the ZIP codes and determine the areas of focus in each Texas Health Community Impact region, the following is information for Dallas 75212.



Population Data for Dallas County: Dallas 75212*



Social Determinants of Health*

Studies have found that access to public transportation and living in a highly populated city have a profoundly beneficial impact on mental health, reducing the risk of depression, especially for women and elderly, by increasing opportunities to move around and have an active social life.¹



83.9%

have limited access to healthy foods

(population lives more than ½ mile from the nearest supermarket, supercenter or large grocery store)



47.4%

adults age 25 and older have no high school diploma



15.9%

households without a motor vehicle

Community Readiness Assessment***

Local leaders said

- Interconnectivity among community resources is needed
- Innovative approaches are needed to reduce stigma about mental health
- Residents are generally receptive and want to be included in activities to improve their community

Windshield Survey Key Findings***



neighborhoods have limited access to sidewalks



no hospitals



access to food is limited to a few small grocery markets

Focus Group Key Findings***

- Transportation services are unreliable or inaccessible to
- Access to a specialist is either nonexistent or limited
- Medications are not affordable and/or insurance will not cover prescriptions

SOURCES:
 *Statistics: CommunityCommons.org; Federal Poverty Guidelines 200% below (Maximum income of \$24,120 for 1-person household to \$49,200 for 4-person household)
 **Texas Health Behavioral Health encounter report
 ***Texas Health Community Health Improvement 2018
 1 <https://www.citylab.com/transportation/2015/12/study-transit-density-mental-health-depression-turin/417969/>
 2 University of Texas System Population Health – Infant Mortality Stats (19.88 deaths per 1,000 live births. Highest rate in Dallas County)
 Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.

