

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

City of Dallas Municipal Courts

Harmony Community Development Corp.

The Salvation Army Pleasant Grove Corps

Urban SERCH Institute

Meet Hilary.



"Our community is inundated with crime, gang activity, gunfire, and drugs. Working families feel that they have been neglected for years and we know that for healing to take place, we must first address behavioral health. At Springs Fellowship we actively participate with all hospital systems to provide needed support and build trust within our community. The resources Texas Health has offered to our community through their Mobile Health Program and Faith Community Nursing Program have already helped many of our church and community members. The Well Together

Initiative is a beacon of hope focused on addressing the healing of the whole person and creating a safe pathway to address depression, anger and anxiety that challenge children, youth and adults. Count on our continued partnership on behalf of Pleasant Grove!"

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 grants awarded to the collaborative as seed money for use as further financial support is gathered in the communities to meet long-term goals.

Highlights

- Empower passionate Promotoras to deliver culturally relevant mental health education to families at risk.
- Establish a team of certified instructors to proliferate a Mental Health First Aid curriculum to lay community members.
- Provide care for trauma related issues, anxiety, depression and behavior related issues by making counseling and psychological resources financially and geographically available.
- Deliver 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:

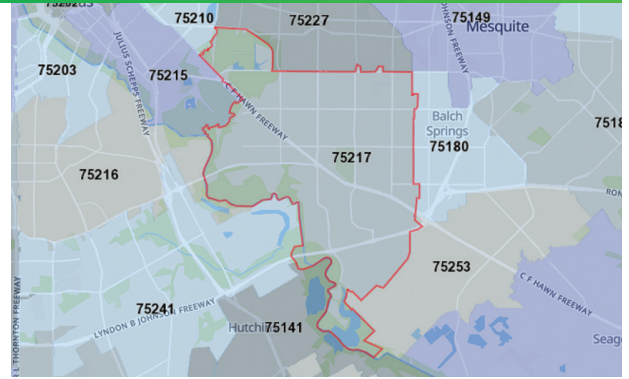
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Dallas 75217

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 75217.







Population Data for Dallas County: Dallas 75217*

 <p>65.7% live 200% below federal poverty level</p>	 <p>60.7% behavioral health encounters were related to depression, anxiety, or stress**</p>	 <p>36.2% adults age 18 and older have high blood pressure</p>	 <p>10 out of 10 most frequently admitted patients in Dallas County had a co-occurring behavioral health diagnosis**</p>	 <p>47.5% adults lack health insurance</p>
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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

 <p>54.6%</p>	 <p>44.6%</p>	 <p>9.5%</p>	 <p>19.9%</p>
<p>have limited access to healthy foods <i>(population lives more than ½ mile from the nearest supermarket, supercenter or large grocery store)</i></p>	<p>adults age 25 and older have no high school diploma</p>	<p>households without a motor vehicle</p>	<p>infant mortality rate in the African-American population, compared to 8.8% for all races²</p>

Community Readiness Assessment***

Local leaders said

- Faith communities are sharing resources; however, more unity is desired
- Coordination of available community resources is essential
- Innovative approaches are needed to reduce stigma about mental health

Windshield Survey Key Findings**

 <p>small, older homes</p>	 <p>many pawn shops</p>	
 <p>food is accessible through small food and convenience stores</p>	 <p>no hospitals</p>	 <p>fast food is readily accessible</p>

Focus Group Key Findings***

- Residents need education on disease signs and symptoms, as well as treatment options
- There is a high need to eliminate barriers to care, such as cost, insurance, transportation, education, and language

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.

