

# 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

Lake Pointe Church

Grace Clinic  
Rockwall County

The Center for  
Integrative Counseling  
and Psychology

Dallas Leadership  
Foundation

UT Southwestern  
VitalSign<sup>6</sup>

Rockwall ISD

North Texas Behavioral  
Health Authority

## Meet Tracy.



"Our target community at Lake Rockwall Estates represents the most underserved area of Rockwall with the highest level of those living below poverty level (24%). It is also the least educated area of the city — only 10% have a post high school education. One of the residents who came to our Well Together kickoff event, shared with us on her follow-up appointment that she is overwhelmed with joy that this initiative has 'saved her life' as she had lost hope for access to health care. We know her story will not be unique and are excited to provide hope for many more in the community."

## About the Texas Health Community Impact initiative

Well Together: A Dallas/Rockwall Behavioral Health Initiative, has been designed to mitigate depression in individuals 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 programs addressing behavioral health 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

- Tackle barriers of a transient, underserved community by building awareness of mental health issues and providing tangible solutions, including education, medical care and lifestyle coaching.
- Establish a team of certified instructors to proliferate a Mental Health First Aid curriculum to lay community members, building upon the work of the DFW Hospital Council Foundation.
- 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:

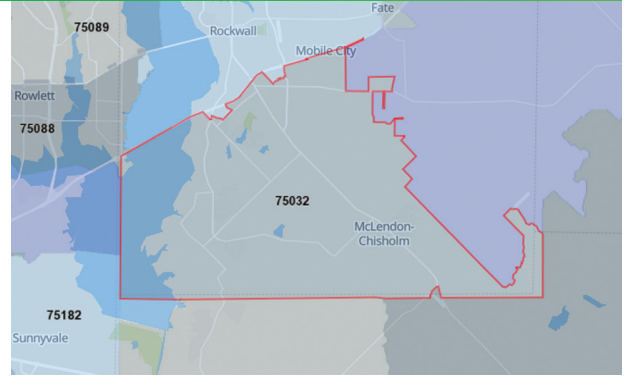
Whitney Houston, Program Manager for Dallas and Rockwall Counties  
Community Health Improvement  
Texas Health Resources

WhitneyHouston@TexasHealth.org  
682-236-7476

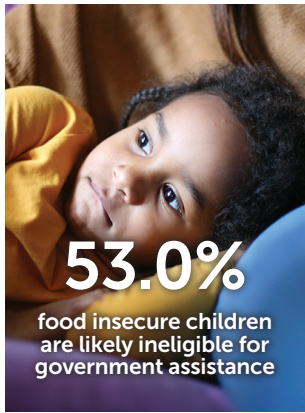
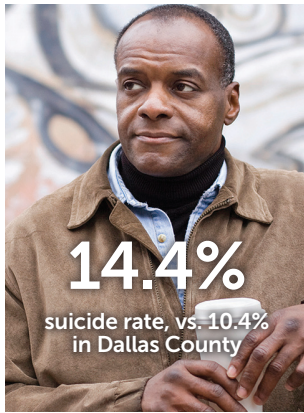


# Rockwall 75032

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 Rockwall 75032.



## Population Data for Rockwall County: Rockwall 75032\*



### 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.<sup>1</sup>



**71.3%**

have limited access to healthy foods  
*(population lives more than 1/2 mile from the nearest supermarket, supercenter or large grocery store)*



**9.7%**

adults age 25 and older have no high school diploma



**13.9%**

households without a motor vehicle

### Community Readiness Assessment\*\*\*

#### Local leaders said

- Stigma affects timely care-seeking behavior, especially for mental health issues
- Priorities include building awareness and increasing education
- Resources are available, however people are not seeking care

### Windshield Survey Key Findings\*\*

several neighborhoods have large, newer homes

most places are only accessible by car



various retail stores and access to fast food at the northern border of the zip code

most of this ZIP code is rural, with many manufactured homes on acreage

### Focus Group Key Findings\*\*\*

- Legal status or lack of a Social Security number delays adults from receiving necessary medical treatment
- There are long waits for primary health care, and access to low-cost specialists is unavailable
- High copays, deductibles, and drug costs hinder residents from receiving necessary medications or treatment

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.

