

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

Tarleton State University

Cowboy Capital Mental Health Connection

Meals on Wheels of Erath County

Texas A&M AgriLife Extension

Basic Needs/Graham Street Church of Christ

Bunker Hill Apartments

Grace Place Ministries/
First Baptist Church

H.O.P.E, Inc.

Stephenville Crossing Apartments

Stephenville Senior Center

Meet Brooke.



An active part of the community for more than 15 years, Brooke went from Tarleton student to teacher and school counselor in Stephenville, to a private practice therapist and also now the grant administrator for the Texans Reducing Food Insecurity and Depression (TFID) project.

Brooke is passionate about identifying holes and gaps in community resources and making plans to eliminate them — hence her desire to play an active role in the TFID collaborative.

She gets giddy seeing how a community can be impacted by a group coming together to achieve a goal, so the fact that the TFID project has more than 10 collaborators gives her goosebumps! Brooke has no doubt that the network of passionate people in Stephenville will create a long-lasting, positive ripple effect in the community.

About the Texas Health Community Impact initiative

To address the local priorities identified by Texas Health, TFID proposes to build a multi-sector, multi-system, multi-agency collaborative to address depression and social isolation and increase access to healthy food for low-income adults age 55+ in Stephenville 76401/76402. Texas Health considers the \$300,000 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

- Never-before multi-sector community collaboration with a focus on mental health and food insecurity.
- Establishment of a new referral hub/call center run by Tarleton State University (TSU) departments: public health, nursing, social work, and counseling; and ROTC (which will focus on veterans). This hub will serve as connector of resources for mental health services and healthy food access and education.
- Establishment of an evidence-based program to address depression called Mindful Cognitive Based Therapy. In addition to oversight and implementation of the program, the TSU College of Health Sciences and Human Sciences (HSHS) will provide a free continuing education unit (CEU) workshop to train alumni and mental health providers.
- Implementing a Food Insecurity Assessment Tool and Resource List; partnering with AgriLife for nutrition education and socialization opportunities; leveraging Meals on Wheels' network and bringing services to its clients; enhancing offerings at current mobile food pantry to include cooking demos and educational resources.
- Sustainability through TSU HSHS curriculum — TFID initiatives are part of various department syllabi.

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

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Community Health Improvement
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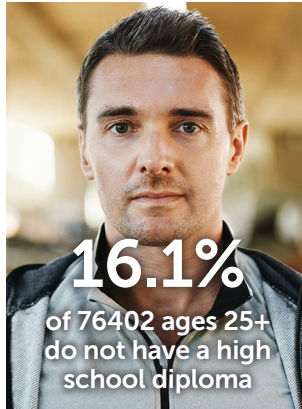
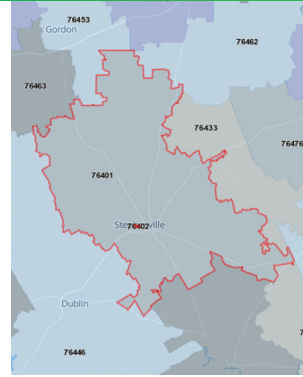
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Stephenville 76401/76402

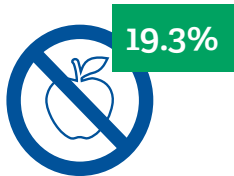
As an example of the data used to analyze the ZIP codes and determine the areas of focus in each Texas Health Community Impact region, the following is information for Stephenville 76401/76402.

Population Data for Erath County: Stephenville 76401/76402*



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



food insecurity rate, vs. 17.0% in Texas



use public transportation for commute



mental health care provider rate in Erath County per 100,000 population, vs. Texas at 102.3

Community Readiness Assessment**

Local leaders said

- There is a strong need for collaboration among agencies
- Chronic conditions, such as heart disease and mental health, were identified as issues
- There are limitations to virtual resources

Windshield Survey Key Findings**



well-maintained parks



strong faith community presence



two grocery stores

Focus Group Key Findings**

In 76401/76402, there are high needs for

- A central location to go to for help finding resources and completing the required paperwork for services, including assistance for those who cannot afford prescribed medications
- Access to affordable, nutritious food
- Reliable, affordable transportation

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)
¹ <https://www.citylab.com/transportation/2015/12/study-transit-density-mental-health-depression-turin/417969/>
 **Texas Health Community Health Improvement 2018

Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.

