

# Community Impact Grant 2019/20



## Meet Carlos\*



Carlos, a student with behavioral and disciplinary issues, was facing legal proceedings related to an incident at school when the PlanoUp! program helped him turn his life

around. Feeling depressed and failing many classes, Carlos found encouragement and support through PlanoUp!, a collaboration of organizations bringing mental health social services to children who are at risk for depression, working through the Plano Independent School District. His LifePath therapist challenged him to say "I am smart" throughout the day as a reminder that he could get his work done. She helped him set goals to stay mindful of his behavior and provided support for the anxiety he was feeling over upcoming court proceedings. In a couple of months, Carlos was able to follow through on court proceedings, improve his grades, and address behavior issues at school. "I am smart" became his mantra. During his six-month depression screening follow-up, the student shared that he no longer feels bad about himself. Today he is doing well in school and can identify long-term goals beyond high school.

*\*Name changed to protect confidentiality.*

## PlanoUp!

**East Plano 75074, within Collin County**

The focus of PlanoUp! is to create a streamlined path to services for youth and their families, and was launched at three pilot schools. The grant funds provide behavioral health and navigation services to students in the communities where they go to school, as well as increase access to food.

- Access to a dedicated counselor to allow students resources on campus during school hours.
- Embedded on-campus social services to address identified student needs.
- 80% of students in PlanoUp! continued with counseling during closures.

### PROGRAM OBJECTIVES

- Decrease depression by one stage of severity among low-income youth ages 11-19.
- Address social determinants of health among low-income youth ages 11-19 and their caregivers by utilizing a Community Health Worker in identified schools to facilitate student/caregiver navigation to community resources.

Texas Health considers the \$450,000 grant awarded to the collaborative as seed money for use as further financial support is gathered in the communities to meet long-term goals.

**The grant was designed and launched in a pre-pandemic world. COVID-19 has had a significant impact on grant objectives and execution. Although the collaboration made adjustments to planned activities because of the pandemic, the grant's success related to original goals was impacted.**

## COLLABORATING ORGANIZATIONS

### Plano ISD Education Foundation

Assistance Center of Collin County

City House

LifePath Health Systems

North Texas Food Bank

UT Southwestern Medical Center

## IMPACT OF COVID-19



Reallocated more than \$14,000 to assist families with food, rent, and utilities



In May 2020, the highest number of COVID-19 cases in Collin County were identified within ZIP code 75074



On Feb. 19, 2021, there were 66,985 confirmed cases out of the 1,034,730 total population in Collin County

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

Danelle Parker, Director for Collin and Denton/Wise Counties  
Texas Health Resources | Community Health Improvement



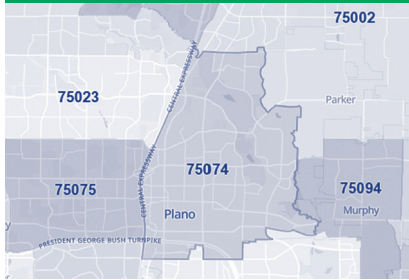
[DanelleParker@TexasHealth.org](mailto:DanelleParker@TexasHealth.org)



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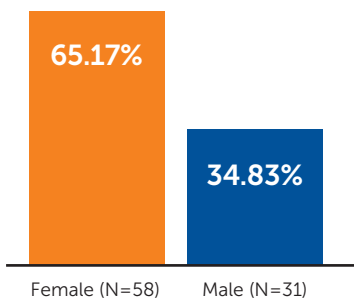
# Collin County: 75074 - PlanoUp!



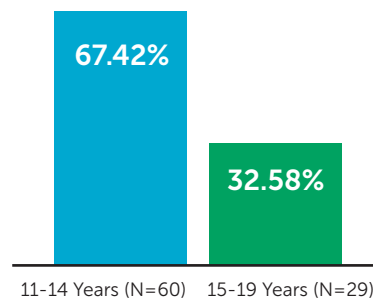
Data used to analyze ZIP codes and determine the areas of focus in each Texas Health Community Impact region are included within the Community Health Needs Assessment (CHNA), available at [TexasHealth.org/CommunityHealth/Community-Health-Needs-Assessment](https://www.texashealth.org/CommunityHealth/Community-Health-Needs-Assessment). Insight into the 2019-2020 grant is below.

## Demographic Information for 89 Grant Participants

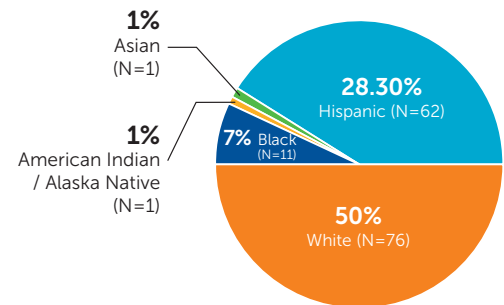
### Gender



### Age Group



### Race/Ethnicity

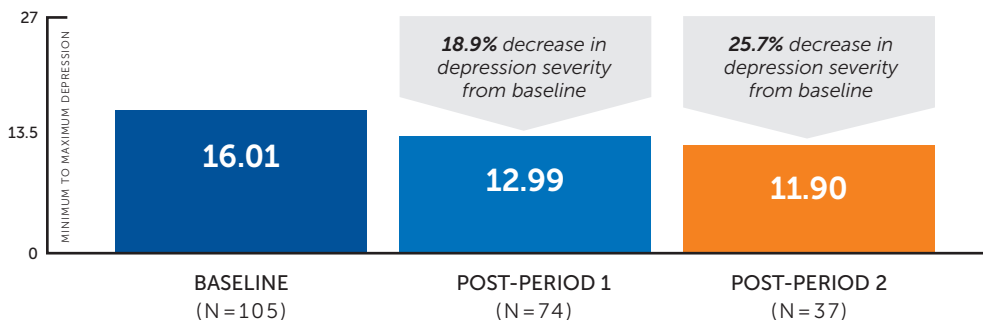


This grant received a no-cost extension due to the COVID-19 pandemic, moving the end date to March 2021. Therefore, this report will be updated with the final data in April 2021.

## Program Outcomes for 105 Grant Participants

### Measuring Impact on Depression

Using the Patient Health Questionnaire-9 (PHQ-9) Assessment Tool



### Objective for Decreasing Depression Achieved

PlanoUp! reduced depression from one stage of severity, going from moderately severe to moderate.

The grant is showing promising results, but more time is needed to fully understand the impact. As result, it has received additional funding in cycle two. The promising results have led Plano ISD to discuss plans to expand.

Of the 150 participants who completed the PHQ-9 assessment, 105 (70%) participants were tracked at baseline, 74 (49.3%) participants were tracked at post-period 1, and 37 (24.7%) participants were tracked at post-period 2. The results show an improvement in depression severity at post-period 1 (M = 12.99) when compared to baseline (M = 16.01). The results also show further improvement in depression severity at post-period 2 (M = 11.90) when compared to baseline (M = 16.01). The high attrition rate and limitations in data collection impacted the ability to determine whether the changes observed were statistically significant.

## Social Determinants of Health Activities



### Access and Navigation

- 106 students were assessed for social determinants of health needs
- 68 (64.2%) students were navigated to available resources
- 87 (82.1%) students were connected with therapists



### Behavioral Health Literacy

- 71 Plano ISD staff were trained in Youth Mental Health First Aid (Y-MHFA)
- 723 students enrolled in the Youth Awareness of Mental Health (YAM) skills training



### Food Insecurity

- 27 Mobile Food pantry were distributed at pilot school sites
- 9,127 students from three schools served by program received over 464 pounds of food

The data collection for Cycle One grants had limitations, resulting in some inconsistencies.  
 \*SOURCES: Participant demographic data: PlanoUp! Cohort Tracker. Coronavirus Impact data: Texas Department of State Health Services & City of McKinney Website. Program output, and outcome data: Data Collection Tool from Plano Independent School District (PISD). Maps obtained through <https://www.unitedstateszipcodes.org/>

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

