

# Community Impact Grant - 2021/22

## Vision. Leadership. Teamwork.

Texas Health Community Impact uses cross-sector collaborative grants to address local community needs in resourceful and innovative ways. This data-driven, outcomes-focused approach pinpoints North Texas ZIP codes most in need of our help and drives how we engage with leaders, influencers and existing resources within those underserved areas. Together, we're responding to health disparities, eliminating root causes of chronic disease and providing tools that instill lifelong health and well-being.

## Collaborating Organizations

### AVANCE North Texas

Dallas ISD Schools:  
Moseley Elementary  
Park Elementary  
Jones Elementary

### The Center for Integrative Counseling and Psychology

Brother Bill's Helping Hand  
Salvation Army – Pleasant Grove Corps  
Interfaith Family Services  
Mission Oak Cliff  
Cornerstone Crossroads Academy

### Center for Nonprofit Management

**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](mailto:WhitneyHouston@TexasHealth.org)

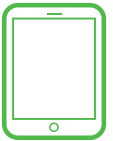
## About Well Together

**Well Together** is a collaborative initiative designed to reduce depression among underserved populations by increasing mental health education and reducing barriers to counseling. During this grant cycle, three organizations are serving as co-leads: AVANCE North Texas, The Center for Integrative Counseling and Psychology (The Center), and Lake Pointe Church (Lake Pointe). Each organization is working on a specific part of the Well Together model within targeted areas of Dallas and Rockwall counties.

The two Dallas-based collaborators listed below are providing education and helping community members access mental health care in West Dallas, Vickery Meadow and Southeast Dallas, while Lake Pointe Church is implementing services in South Rockwall County.

- AVANCE is reaching at-risk families by mobilizing promoters to deliver culturally relevant mental health education. Program services are traditionally provided door-to-door within the home setting but have been adapted into a virtual format due to COVID-19 safety protocols.
- The Center is increasing access to free counseling with licensed clinicians, through both virtual and community-based appointment visits.

A major highlight of these efforts is the launch of a technology pilot, placing 90 tablets in the hands of individuals who qualify for counseling but have no technology resource. The tablets are equipped with a behavioral enhancement tool to promote client engagement and drive more holistic and effective care.



## Program Objectives to reach by December 2022

- Reduce depression among underserved individuals ages 10-39 in West Dallas (75211, 75212), Southeast Dallas (75217) and Vickery Meadow (75231), and individuals ages 20-59 in South Rockwall (75032).

## \$471,038

**Awarded to agencies in grants from the Texas Health Community Impact initiative. Texas Health considers this funding to be seed money toward a broader effort of leveraging additional financial support needed to meet the program's long-term goals.**

## Meet Sarah\*



For Sarah, the pandemic felt like a landslide. Her family was already struggling financially, but when COVID hit, her husband's work hours were reduced, and providing for their children, including one with special needs, was even harder. Her husband was drinking and having her children at home full-time was stressful.

Sarah didn't know how to manage what was happening around her and was referred to Brother Bill's Helping Hand, a program of the Well Together grant, for assistance. It was Sarah's first time in counseling, but she was receptive even though it was difficult.

"She puts everyone's needs ahead of hers and didn't know how to care for herself," said Mara Estrada Doster, MA, LPC-Intern, bilingual therapist. For example, Doster had Sarah visualize drawing a circle around herself and drawing one outside of herself. "We talked about how you can control emotions, anxiety and worries inside your circle, but not outside," Doster said.

On her last session Sarah said, "Ms. MaTa, counseling is like being in a chain. It is not only helping me, but it is helping the ones around me. My children and husband have benefited just by the fact that I am in counseling."

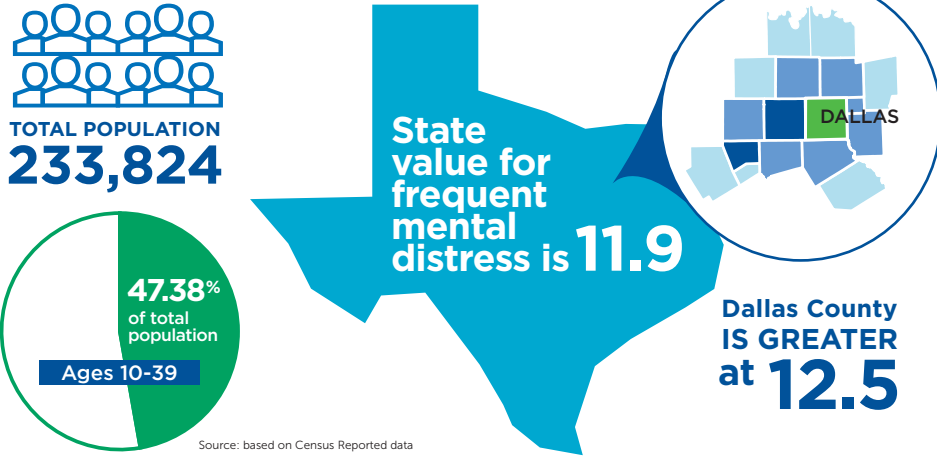
\*Name changed to protect confidentiality.

# Dallas 75211, 75212, 75217, 75231

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

Below are some examples of the data used to analyze ZIP codes and determine the focus areas for the Texas Health Community Impact grants.



## SOCIAL DETERMINANTS OF HEALTH

Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

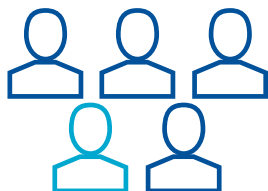
[healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health](http://healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health)



These areas also score **over 90** on the SocioNeeds Index, representing some of the highest needs in Dallas County.



## DEPRESSION AMONG MEDICARE POPULATION

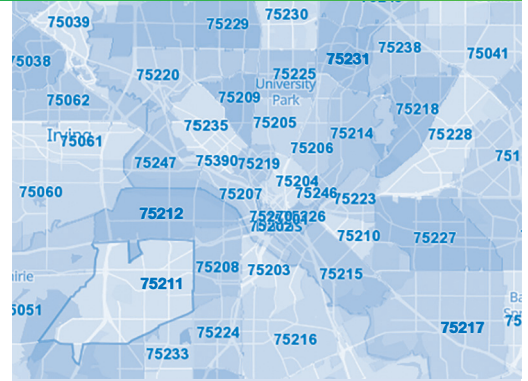


Nearly **1 out of 5** individuals was seen for depression in Dallas County.

**19.8%** Source: 2018 data from Healthy North Texas

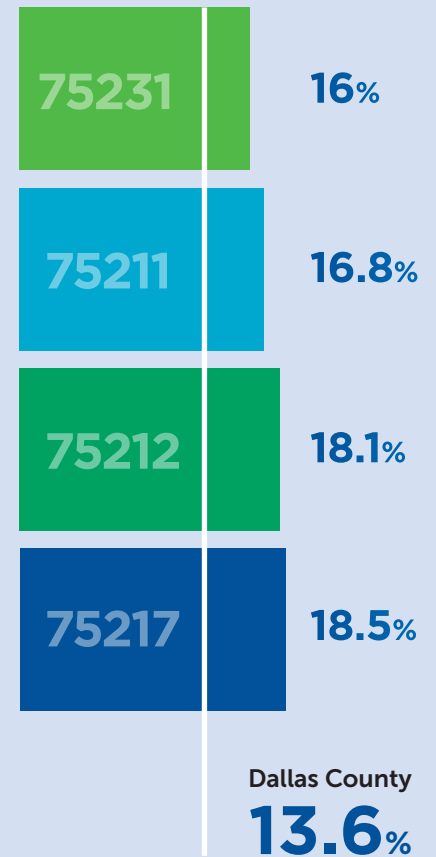
Maps obtained through <https://www.unitedstateszipcodes.org/>

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



## POOR MENTAL HEALTH 14+ DAYS

2018 Values for ZIP Codes



For additional information, please scan this QR code.



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