

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 life-long health and well-being.

Collaborating Organizations

Lake Pointe Church

Rockwall Grace Clinic

The Center for Integrative Counseling and Psychology

University of Texas Southwestern

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

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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 served as co-leads: AVANCE North Texas, The Center for Integrative Counseling and Psychology (The Center), and Lake Pointe Church (Lake Pointe). Each are working on specific parts of the Well Together model in the target areas within Dallas and Rockwall counties.

A group of organizations are collaborating to meet the needs of residents at Lake Rockwall Estates, a vibrant community of about 900 mobile homes and homes whose residents are mostly Hispanic. Lake Pointe Church, the lead grantee for Rockwall, has partnered with Rockwall Grace Clinic, The Center and University of Texas Southwestern's (UTSW) VitalSign⁶ program to increase resources by bringing a holistic approach of medical and behavioral health care to a neglected and underserved community.

- Grace Clinic is providing a medical home to 100 residents of Lake Rockwall Estates (LRE)
- The Center is increasing access to free counseling through licensed clinicians visiting with clients virtually and in-person.
- UTSW's VitalSign⁶ is a comprehensive tool for identifying and managing depression in primary care settings.

A critical outcome for this second round of funding is the development and activation of a formal sustainability plan to provide a roadmap for achieving long-term goals and implementing strategies to sustain the program beyond Texas Health's initial funding.

Program Objective by the end of 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 in grants from the Texas Health Community Impact initiative. Texas Health considers this seed money the start of broader efforts to gather financial support to meet long-term goals.

Meet Jane*



Jane, a mother of four, was the victim of a random assault at knifepoint and sustained injuries to her face that required surgery. Her anxiety about the incident was so severe that she didn't want to leave her home and was struggling to manage day-to-day life.

"She needed to process the attack, but she was stuck," said Veronica Guerrero, a licensed psychological associate resident at The Center for Integrative Counseling and Psychology, a partner in the Well Together grant which connects Rockwall residents to physical and mental health services. "I explained to Jane that she had post-traumatic stress disorder (PTSD). She had heard the term, but thought it was only something that happens to veterans."

Assisted by an easy-to-navigate digital application, Guerrero educated Jane on how to use relaxation techniques, including breathing exercises, that brought immediate improvement in her anxiety. Veronica can also track Jane's progress through the app's screening tool. Jane's beginning anxiety score was 20 (severe range) but in a month's time had dropped to eight, which is mild.

"Jane is learning to understand and manage her symptoms and become more self-aware, where she can focus on everyday functions and not let the assault stop her from living her life," said Guerrero.

Jane recently took a trip to Mexico to visit family, a big milestone. "I don't know where I'd be without you guys," Jane said.

*Name changed to protect confidentiality.

South 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 South Rockwall 75032.

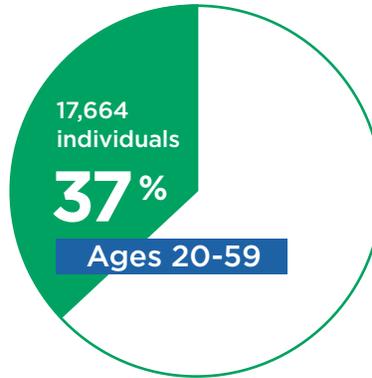
POPULATION DATA

Census Tract of Focus - 48397040505 12.2



TOTAL POPULATION
33,080

Source: based on Census Reported data

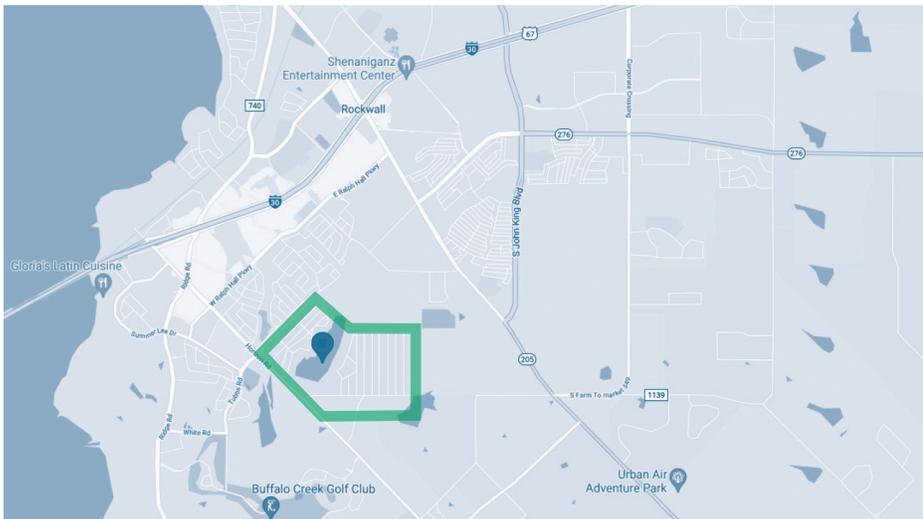


A CLOSER LOOK AT ZIP CODE 75032

Census Tract of Focus - 48397040505 12.2

No free clinics in the ZIP code. Through the grant, individuals access primary care services free of charge at Grace Clinic.

<https://censusreporter.org/profiles/86000U575032-75032/>



DEPRESSION AMONG MEDICARE POPULATION

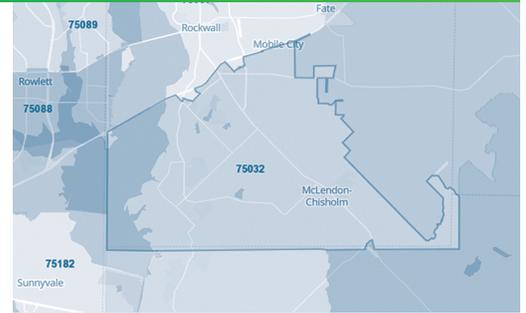


Nearly **1 out of 5** individuals was seen for depression in Rockwall County.

19.5%

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.



FREQUENT MENTAL STRESS

Census Tract of Focus - 48397040505 12.2

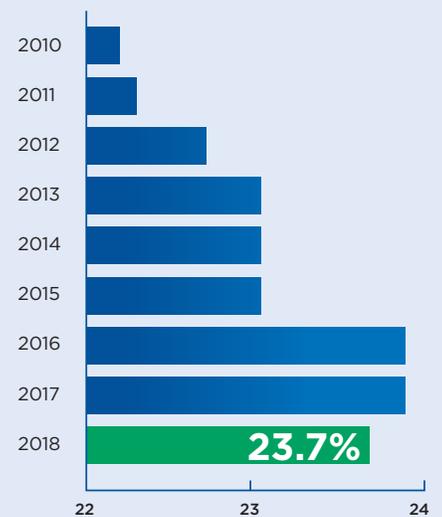
12%



compared to **11.9%** in Dallas County

Source: 2018 data from Healthy North Texas
<http://www.healthyntexas.org/indicators/index/view?indicatorId=20586&localeId=2773>

DIABETES AMONG MEDICARE POPULATION



MB 2613 6/21 EP