

Community Impact Grant 2019/20



Meet Katy.



After dropping out of high school to support her grandmother and mother, Katy landed a full-time job that she loved. Using her insurance, she was able to start counseling. Then she was laid off. Devastated by the job loss, Katy became depressed and had strong suicidal thoughts. As a Rockwall resident, she qualified for Well Together and was able to get counseling to help her address her feelings. At just 19, Katy was the adult in the family and took on a lot of responsibilities to support her mother, who has bi-polar disorder. Through counseling, she worked through family boundary issues and focused on setting goals. She went on to earn her GED and is now taking community college classes. Today this resilient young woman is also applying for jobs and looking forward to a bright future.

Well Together: A Dallas/Rockwall Behavioral Health Initiative

South Rockwall 75032

Well Together is a collaborative initiative designed to reduce depression among underserved populations. During this grant cycle, five organizations served as co-leads: AVANCE North Texas, The Center for Integrative Counseling and Psychology (The Center), Dallas Leadership Foundation (DLF), University of North Texas at Dallas (UNT), and Lake Pointe Church (Lake Pointe). Each worked on specific parts of the Well Together model in the target areas within Dallas and Rockwall counties.

Rockwall-based Lake Pointe, collaborated with two of the Dallas-based grantees to educate, create a pathway for community members to access mental health care, and provide access to primary care.

- Lake Pointe engaged clinicians at Grace Clinic to provide free primary care to uninsured community members.
- The Center created access to free counseling at the Lake Rockwall Estates Community Center and virtually.
- DLF measured the pulse of the community and built awareness of resources through door-to-door resident engagement at Lake Rockwall Estates.
- With support from the North Texas Behavioral Health Authority, staff and teachers at Rockwall ISD received training on Mental Health First Aid.

PROGRAM OBJECTIVE

By the end of 2020, reduce depression by one stage of severity among underserved individuals ages 10-34 in West Dallas (75212) and Southeast Dallas (75217), and individuals ages 25-54 in South Rockwall (75032).

In total, agencies were awarded \$1,120,000 million 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.

The grant was designed and launched in a pre-pandemic world. COVID-19 has significantly impacted grant objectives and execution. Although the collaboration made adjustments to planned activities because of the pandemic, the success of the grants related to original goals was impacted.

COLLABORATING ORGANIZATIONS

Lake Pointe Church

The Center for Integrative Counseling and Psychology

Dallas Leadership Foundation

UT Southwestern VitalSign6

Grace Clinic Rockwall County

Rockwall ISD

North Texas Behavioral Health Authority

Urban SERCH Institute

IMPACT OF COVID-19



Reallocated funding to purchase personal protective equipment

Cancelled community outreach activities



Shifted to telehealth instead of in-person counseling

Reduced clinic's ability to see patients



As of February 2021, there were 8,396 confirmed COVID-19 cases out of the 104,916 total population of Rockwall County

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

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Texas Health Resources | Community Health Improvement



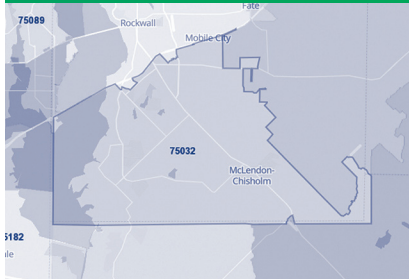
whitneyhouston@texashealth.org



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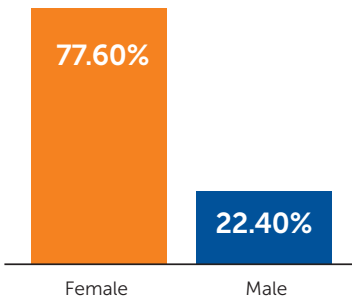
Dallas/Rockwall Counties: 75032 - Well Together: A Dallas/Rockwall Behavioral Health Initiative



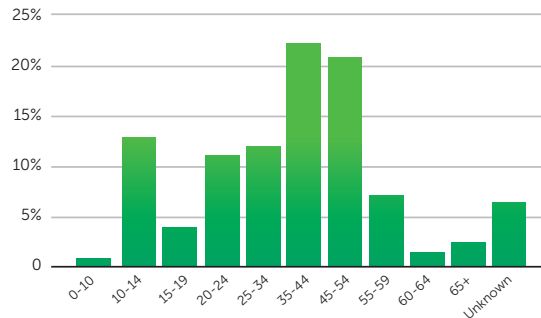
Data used to analyze ZIP codes and determine the areas of focus in each Texas Health Community Impact region are included within the Community Health Needs Assessment (CHNA), available at [TexasHealth.org/CommunityHealth/Community-Health-Needs-Assessment](https://www.texashealth.org/CommunityHealth/Community-Health-Needs-Assessment).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

Demographic Information for 125 Grant Participants

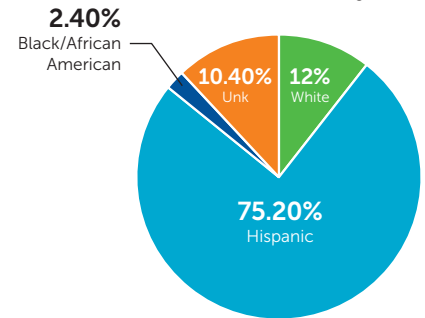
Gender



Age Group

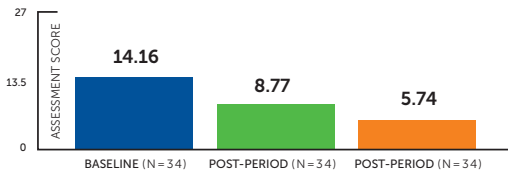


Race/Ethnicity

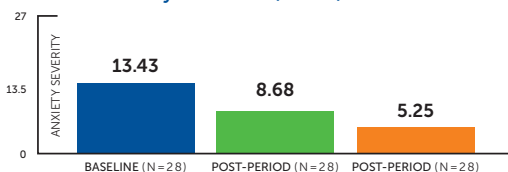


Program Outcomes for 34, as well as 28, Grant Participants

Measuring Impact on Depression Using the Patient Health Questionnaire-9 (PHQ-9) Assessment Tool



Measuring Impact on Anxiety Severity Using the General Anxiety Disorder-7 (GAD-7) Assessment Tool



The charts display a sum of data for all participants who received counseling through Well Together and completed the depression (PHQ-9) and anxiety (GAD-7) scales.

Depression Across Time: Initially, 125 participants completed the baseline data. 96 (77%) were recruited at Dallas, and 29 (33%) at Rockwall. 34 (27.2%) of 125 completed three assessments (baseline, post-period 1 and post-period 2), yielding an attrition rate of 72.8%. The results show an improvement in depression severity at post-periods 1 (M = 8.77) and 2 (M = 5.74) compared to baseline (M = 14.16). Depression scores at post-period 1 and post-period 2 were each significantly lower than baseline. Depression was reduced by one stage of severity across time from the moderate segment (M = 14.16) to the mild segment (M = 5.74).

Anxiety Across Time: Initially, 100 participants completed the baseline data. 75% were recruited at Dallas, and 25% at Rockwall. 28 of 100 completed three assessments (baseline, post-period 1 and post-period 2), yielding an attrition rate of 72%. Examination of the confidence intervals revealed that mean anxiety scores were significantly lower at post-periods 1 (M = 8.68) and 2 (M = 5.25) compared to baseline (M = 13.43).

Objective to Reduce Depression Achieved

Depression was reduced by one stage of severity across time with the most significant reduction between baseline and post-period 1, meaning counseling was effective in reducing depression of participants short-term.

Objective to Reduce Anxiety Achieved

Reduction in anxiety was realized across all time periods, which suggests participants with anxiety continued to improve over time.

Social Determinants of Health Activities



Access to Behavioral Health Services

891 individuals were screened for depression using the Patient Health Questionnaire-9 (PHQ-9) assessment tool
65 (16%) individuals enrolled in counseling for their behavioral health needs



Behavioral Health Literacy

112 individuals were trained in Mental Health First Aid (MHFA)
100 (89.3%) are administrators and teachers from Rockwall ISD
12 (10.7%) are community residents



Access to Health Care

732 individuals received medical services from Grace Clinic

The data collection for Cycle One grants had limitations, resulting in some inconsistencies.

*SOURCES: Participant demographic data: Delimited Data from The Center for Integrative Counseling and Psychology. Coronavirus Impact data: Texas Department of State Health Services. Program output and outcome data: Data Collection Tool from the Center for Integrative Counseling and Psychology and Lake Point, Rockwall County. 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.



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