

Community Impact Grant 2019/20



Meet Leslie.



In 2011, Leslie suffered multiple strokes that caused speech and physical limitations. The Texas Health Cleburne nurse had to resign from a career she loved, which left her angry and depressed.

In 2019, Leslie heard about the Johnson County Supporting Our Seniors (JCSOS) initiative, funded by Texas Health Resources. The initiative integrates depression screenings with socialization activities and offers participants resources, such as PEARLS - the Program to Encourage Active, Rewarding Lives. Leslie enrolled in PEARLS, where she learned skills to manage her anger and depression.

Since July 2019, JCSOS screened more than 200 adults ages 55+ for depression. Thanks to JCSOS, PEARLS provided Leslie with the tools she needed to maintain her well-being, which has been especially important during the COVID-19 crisis.

Johnson County Supporting Our Seniors (JCSOS)

Cleburne 76031 and 76033, and Keene 76051, within Johnson County

To address the local priorities identified by Texas Health, JCSOS built a collaborative to address depression and social isolation and increase access to healthy food for low-income adults age 55+ by implementing PEARLS (Program to Encourage Active, Rewarding Lives) and leveraging their network to enhance social services.

- Inspired two communities that historically did not interact to connect with one another.
- Empowered former program participants to volunteer and give back.
- Implemented workshops to increase senior citizens' knowledge and comfort using technology.

PROGRAM OBJECTIVES

- Decrease depression by one stage of severity as measured by a reliable tool, such as the Patient Health Questionnaire-9 (PHQ-9), among low-income individuals age 55+ by December 2020.
- Address food insecurity as a social determinant of health concern within low-income individuals age 55+ by increasing the number of places offering healthy foods by December 2020.

Texas Health considers the \$300,000 grant awarded to the collaborative as seed money as further financial support is generated 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

United Way of Johnson County

East Cleburne Community Center
HOPE Medical-Dental Clinic
Keene Seventh Day Adventist Church

Cleburne Fire Department
Johnson County Hunger Coalition
Meals on Wheels North Central Texas
North Central Texas Council of Governments
Operation Blessing
Tarrant Area Food Bank
Texas A&M AgriLife Extension

IMPACT OF COVID-19



Reallocated \$89,000 of grant funds to cover food and basic needs for people impacted by the pandemic



Shifted to virtual counseling instead of in-person



Cancelled in-person activities, pivoting to virtual options when possible



As of February 2021, there were 15,577 confirmed cases out of 175,817 total population in Johnson County

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

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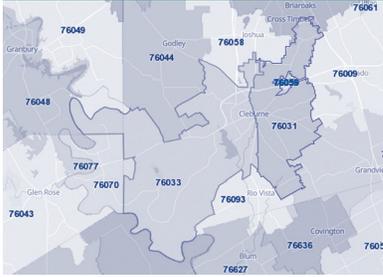
DanaWorrell@TexasHealth.org



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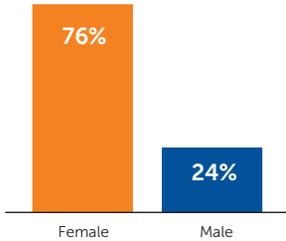
Johnson County: 76031, 76033, 76059 - JCSOS



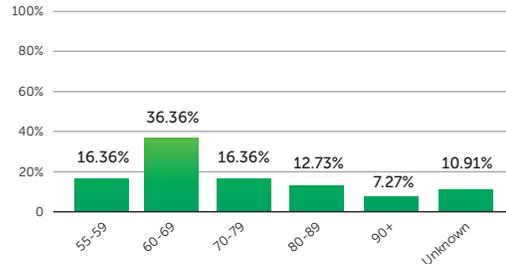
Data used to analyze ZIP codes and determine the areas of focus in each Texas Health Community Impact region are included within the Community Health Needs Assessment (CHNA), available at [TexasHealth.org/CommunityHealth/Community-Health-Needs-Assessment](https://www.texashealth.org/communityhealth/community-health-needs-assessment).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

Demographic Information for 55 People Enrolled in PEARLS

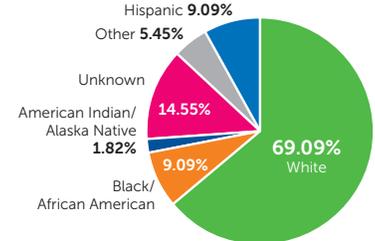
Gender



Age Group



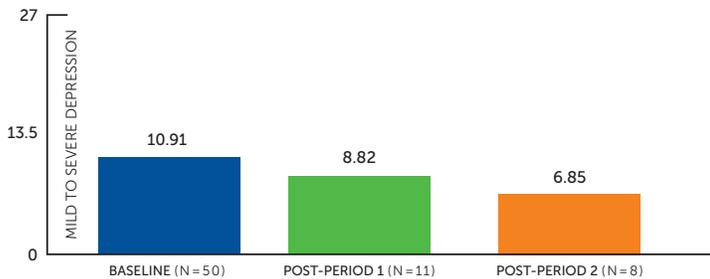
Race/Ethnicity



Program Outcomes for 50 Grant Participants

Measuring Impact on Depression

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



Initially, 50 participants completed the baseline data (Time 1). 11 (22%) participants completed the assessment at post-period 1, and 8 (16%) participants completed the assessment at post-period 2, yielding an attrition rate of 84%. The results show an improvement in depression severity by one stage (moderate depression to mild depression) at post-period 1 (M = 8.82) when compared to baseline (M = 10.91). The results also show further improvement in depression severity at post-period 2 (M = 6.85) when compared to baseline (M = 10.91).

The high attrition rate, unintended consequences of the pandemic, and limitations in data collection impacted the ability to determine whether the changes observed were statistically significant.

Objective for Decreasing Depression Achieved

Although the grant achieved the objective of reducing depression by one level of severity, the number of people reached was low due to pandemic related restrictions.

Objective for Addressing Food Insecurity Achieved

Across the board, improvements associated with the program objectives for this grant were observed. The grant was successful in gaining additional sites to increase healthy foods.

Social Determinants of Health Activities



Access to Behavioral Health Services

101 individuals were screened for depression using the Patient Health Questionnaire-9 (PHQ-9) assessment tool

20 staff/volunteers were trained to administer in-home counseling program PEARLS (Program to Encourage Active, Rewarding Lives)



Food Insecurity

32 staff/volunteers were trained to deliver the Food Insecurity assessment tool

428 individuals were screened using the Food Insecurity assessment tool

5,672 individuals received food through the Senior Share program

2,866 additional individuals gained access to healthy food, thanks to an expansion of mobile food pantries

31 individuals benefitted from in-home grocery shopping



Social Isolation

2,668 weekly visits (in-person or telephonic) were provided to shut-ins and elderly residents

248 (9.3%) were in-person visits to residents at 76059 prior to the COVID-19 pandemic

246 (9.2%) were in-person visits to residents in 76031 and 76033

2,174 (81.2%) were telephonic visits to residents across ZIP codes 76059, 76031, and 76033

547 residents across all three ZIP codes engaged in the "May the Force be with You" technology education program, healthy cooking classes, or BINGO



Navigation

23 individuals received prescription medication assistance

37 individuals from ZIP codes 76031 and 76059 received dental care

159 individuals were assisted with rent, utilities, and repairs in response to the COVID-19 pandemic



Transportation

278 one-way trip segments were provided

Of those, **15.5%** were for medical care purposes

70.9% were for food or other essential purposes

8.6% were for health program/event purposes

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

*SOURCES: Participant demographic data: PEARLS Demographic Data. United States Census Bureau 2020. Coronavirus Impact data: Texas Department of State Health Services. Program output and outcome data: Data Collection Tool from United Way of Johnson County. Maps obtained through <https://www.unitedstateszipcodes.org/>

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