



NOVEMBER 2025

Texas Health Community Impact

Promoting Healthier Futures

We invest in community health and well-being through grantmaking and strategic collaborations.



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A Message to Our Readers



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A handwritten signature in black ink, appearing to read "Barclay Berdan".



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A handwritten signature in black ink, appearing to read "David Tesmer".

Health begins long before someone seeks medical care. It is shaped by the conditions we live in — housing, access to nutritious food, and a sense of belonging. For many North Texans, these nonmedical drivers of health determine whether they can thrive or merely survive. Across North Texas, challenges such as food deserts, cultural and language barriers, and limited access to healthcare can make optimal health hard to reach.

Where the stakes are high, so is the potential for transformation. Lasting change begins with investments in the broader systems that shape individual health and wellbeing. Partnering with communities and identifying opportunities to tackle these factors collaboratively inspired the creation and implementation of Texas Health Community Impact in 2019.

Texas Health Community Impact provides local solutions for North Texans, aiming to tackle the root causes of poor health. Since 2019, the program has awarded \$18.2 million to support 49 grant programs and projects that reached nearly 90,000 individuals and generated meaningful impact. An additional nine grants, serving 41 school districts and 65 organizations, have resulted in systems-level improvements that move beyond temporary fixes toward lasting, collaborative change. Through Texas Health Community Impact, we continue to transform how we put our Mission to improve the health of the communities we serve into action.

About Texas Health Resources

Texas Health Resources is a faith-based, nonprofit health system that cares for more patients in North Texas than any other provider. We serve North Texas through physician offices, hospitals, urgent care centers, outpatient facilities including imaging and surgery centers, robust virtual offerings, and preventive and fitness services.

Mission

To improve the health of the people in the communities we serve.

Vision

To partner with you for a lifetime of health and well-being.

Values

Respect, Integrity,
Compassion, Excellence

About This Report

This report shares the stories behind that impact: lives uplifted, neighborhoods connected and alliances that turned shared vision into action. Through Texas Health Community Impact's technical assistance and funding, community organizations are reimagining what prevention and collaboration can achieve.

These stories are about more than one initiative. They reflect the collective power of nonprofits, schools, faith communities, and local leaders working side by side to transform lives — one relationship, one community, one breakthrough at a time.

The ripple effect is unmistakable:



A child who learns coping skills today becomes a resilient adult tomorrow.



A well-informed parent fosters confidence and care at home.



A connected community builds systems that last.

At Texas Health, we believe every person deserves the chance to live a healthier life. That belief drives our Mission: to improve the health of the people in the communities we serve.

We fulfill this Mission through a multifaceted strategy that reaches far beyond hospital walls — one that integrates clinical care with community-rooted solutions to address the social drivers of health. This strategy is embedded within Texas Health's broader community health framework, which includes:

Texas Health Community Hope

An umbrella for more than 30 innovative programs, strategic investments, and collaborations that address health disparities and build lasting resilience.

Community Health Improvement (CHI)

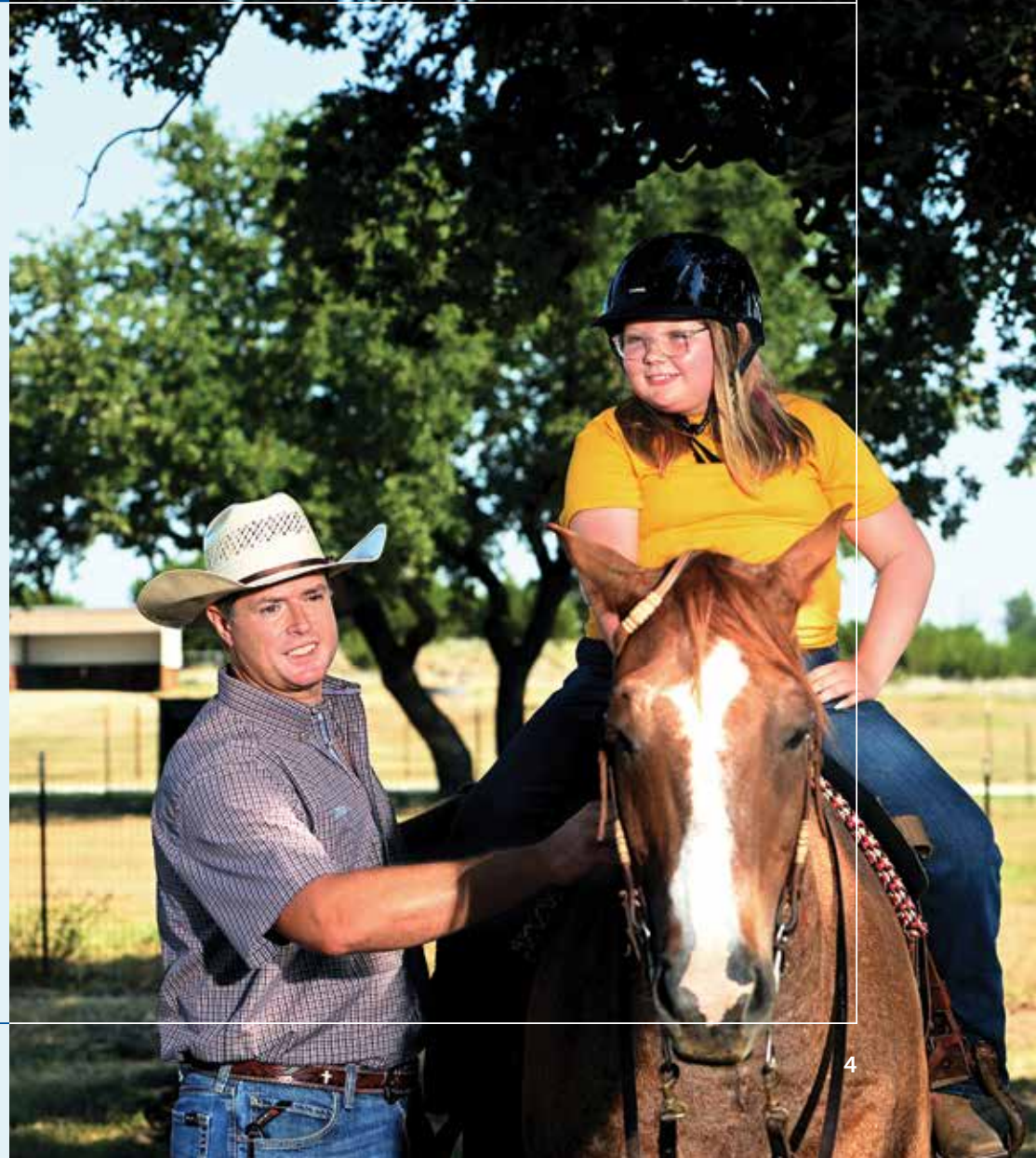
The department that anchors systemwide efforts to identify, understand, and address health disparities. Its team guides strategy, fosters relationships, and grounds our work in data and lived experience.

Texas Health Community Impact

A cornerstone initiative within CHI and Community Hope, advancing whole-person care through strategic investments and collaboration. It brings our values to life by supporting bold, neighborhood-led solutions — not just fitting into the system, but helping power it.

Together, these efforts reflect our commitment to whole-person, whole-community care.

Taking a Holistic Approach to Community Health



Executive Summary

Texas Health Community Impact strengthens community health and well-being by supporting locally driven solutions and cross-sector alliances. From data-informed regional strategies to hands-on technical assistance, the initiative offers innovative grant opportunities to North Texas organizations committed to transforming health.

Funding priorities are guided by **Community Health Needs Assessments** (CHNAs) along with other trusted data sources, such as the U.S. Census Bureau and Healthy North Texas. These insights help us understand how health intersects with nonmedical drivers and how those factors influence outcomes.

What Makes This Approach Different

We collaborate with community-based organizations to implement initiatives that reflect the needs and voices of residents. This work relies on strong data, deep relationships and cultural insight to make optimal health attainable.

Financial investment is key to fostering innovation in community health. To promote healthier futures, we also:

- Share data and expertise to ensure reliable information is available and accessible.
- Provide capacity-building support to help local organizations sustain and strengthen effective programs.
- Offer technical assistance to improve performance and outcomes.

Our dedicated team is a fabric of the local community and works with five regional Leadership Councils, composed of community members committed to improving physical and behavioral health and well-being. At the county level, we walk alongside community members, listen to lived experiences and participate in actions that drive long-term change.



We recognize that healing often begins in familiar places — schools, churches and community centers — where care feels personal and trust is built. These spaces do more than offer services; they are part of everyday life.

When challenges overlap, coordinated systems help people move forward. Wraparound services — connecting individuals to healthcare, housing, food and emotional support — empower them to take meaningful steps toward stability and well-being.

From 2019 to 2024, Texas Health Community Impact focused its grantmaking on:

- Helping people understand, navigate and advocate for their health.
- Expanding access to behavioral health care that feels safe and familiar.
- Preventing and managing chronic conditions through integrated supports such as food assistance, transportation and financial empowerment.

When needed, Texas Health Community Impact also works with local organizations to design and implement public health projects, using funds from philanthropy, government and other sources.

Key achievements from these efforts are highlighted here and throughout this report, which features stories and results that demonstrate how our community investments continue to transform lives across North Texas.



\$18.2M

Invested

In data-driven, community-led solutions



49

Program Grants Awarded

Reaching nearly 90,000 lives



550

Community Organizations Aligned

Cultivating relationships to improve health

9

Systems-Level Grants Awarded

Serving 41 school districts and 65 organizations



394

Leaders Trained

Empowering changemakers to succeed



4

Programs Scaled

Expanding their reach and impact regionally or statewide



32 ZIP Codes in
11 Counties Served

Focusing on communities with the greatest needs

Well Together Generated Lasting Impact

One powerful example of how targeted, community-driven efforts can create lasting change is the Well Together Initiative (Well Together). Designed to increase mental health awareness, reduce stigma, and expand access to care, Well Together focused its efforts on specific ZIP codes in Dallas and Rockwall Counties, areas where the need was high and resources were limited.

With funding from Texas Health Community Impact, five local organizations — AVANCE North Texas, Lakepointe Church, University of North Texas at Dallas, Dallas Leadership Foundation and The Center for Integrative Counseling and Psychology — joined together to design and implement behavioral health initiatives in key communities of need in the two counties. Their collaborative efforts are highlighted in a [2022 report](#) that offered recommendations to support effective and scalable investments and programs.

The Cultural Reality

The report showed that in many Latino families, the cultural value of familismo plays a vital role in health decisions. Familismo emphasizes loyalty to the family above individual needs and the importance of maintaining a positive public image of the family.

This value can both benefit and hinder mental health. When families encourage treatment, individuals may feel they are honoring their loved ones by seeking help. But when families view mental health struggles as shameful, individuals may avoid treatment to protect their family's reputation. Without respecting unique beliefs and values, mental health services risk being underutilized or ineffective.

IMPACT

92%

Improvement in depression scores
n=77

1,019

Community members trained in Mental Health First Aid (English & Spanish)

175

Families received direct assistance

120

Individuals achieved their therapy goals through bilingual counseling

Leading by Example

To meet local needs, Well Together integrated expertise into trusted community spaces and tailored services by:

- Training Spanish-speaking promotoras in Mental Health First Aid to support entire families, not just individual clients. AVANCE North Texas also recruited male promotores to help reduce stigma among men.
- Embedding mental health screenings into Lakepointe Church's broader wellness services to normalize evaluations in familiar settings.
- Placing bilingual counselors at community sites through The Center to reduce fear and stigma associated with clinical care.

By aligning services with community values and existing systems, Well Together grantees helped reshape how mental health care is understood and accepted in Latino communities.

Reclaiming Life After Trauma

Jane, a mother of four, wasn't just physically wounded by a random assault; she was emotionally paralyzed. The attack left her with facial injuries requiring surgery, but the deeper scars were invisible. Her anxiety was so intense, she couldn't leave her home. Everyday tasks felt impossible.

"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.

Through the Well Together grant, Veronica and her team were able to offer Rockwall residents integrated physical and mental health support, giving people like Jane compassion, tools, and time. Veronica introduced Jane to a simple digital app with breathing exercises and relaxation techniques. Within a month, her anxiety score dropped from severe to mild.

"Jane is learning to understand and manage her symptoms. She's beginning to reclaim her life, not by forgetting what happened, but by refusing to let it define her."

—Veronica Guerrero



Collective Giving, Collective Good

Texas Health provides foundational grant funding to spark community transformation, but long-term change requires collective investment from donors, grantees and local leaders.

The Texas Health Resources Foundation connects donors to high-impact opportunities, such as The W.W. Caruth, Jr. Fund's \$1.5 million donation to scale additional successful initiatives across North Texas. It also launched fundraising campaigns for program grants, raising nearly \$6.4 million to fund essential work.

Progress multiplies when organizations work together. Whether you [apply for a grant](#), work together with us or help [sustain this work](#), your involvement makes a difference for North Texas communities.

Grantmaking with Purpose:

A Community-Informed Approach to Health Improvement

Where We Live Determines How We Live

Every health statistic in North Texas represents a story about the conditions in which people are born, grow, live, work and age. These social and structural forces influence outcomes, and their impact is clear:

- A lack of transportation can sever lifelines to treatment.
- Food insecurity contributes to chronic diseases.
- Housing instability increases exposure to violence and stress.
- Language and cultural barriers can delay services and erode trust.
- Economic instability can force families to choose between health and survival.

These factors rarely occur in isolation. They compound over time, leading to lifelong health challenges. If we fail to address these root causes, well-intentioned interventions will be unsustainable. When our strategies center on these realities, we shift the trajectory from crisis to resilience.

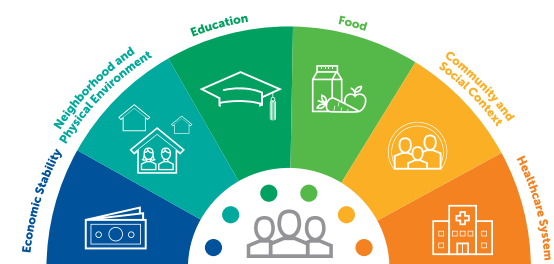
Data-Driven, Community-Led

Behind every grant is a story and a strategy. Texas Health Community Impact blends hard data with lived experience to guide decision-making, ensuring that resources reach the people and places where they are needed most. Using data insights and direct input from focus groups and stakeholder interviews, the initiative pinpoints where healthcare gaps are most persistent and where tailored interventions can make the greatest impact. Yet numbers alone don't drive the work. Nonprofit leaders shape each strategy based on the needs they see and hear every day, creating solutions that are both evidence-based and deeply personal.

Guided by Community Voices

Five regional Texas Health Community Impact Leadership Councils guide the initiative by reviewing findings, setting priorities, and evaluating proposals based on their impact, sustainability, innovation and collaboration.

These councils, each representing a Community Impact region, understand that people in certain ZIP codes face greater challenges. At the system level, the Texas Health Community Impact Board provides fiduciary oversight and strategic direction. Together, these bodies make funding decisions that reflect the community's needs and honor local priorities.



From Individual to Collective Impact

What began as a response to limited impact initiatives has evolved into a coordinated model for collective impact.

- Where families once navigated complex systems alone, grantees now guide them through wellness pathways.
- Organizations that once worked in isolation now form collaborative networks to address priorities together.
- Temporary fixes have been replaced with sustainable, locally tailored solutions.
- A renewed focus on innovation led to new, efficient and adaptable approaches to meeting our mission.

Texas Health Community Impact supports initiatives that target the root causes of poor health. These efforts are creating lasting improvements in well-being — where families feel supported, systems align, and healing becomes possible.

Driving Continuous Improvement

Independent third-party evaluations help confirm that each investment is rooted in good intentions and receives a fair, objective look at its impact. Using an external review framework, these assessments ask critical questions:

- Are we reaching the people who need it most?
- Are we improving health and well-being?
- Are local stakeholders embracing the work?
- Are services delivered with consistency and integrity?

These [assessments](#) do more than measure success; they spotlight what's working, identify areas for growth, and create a feedback loop that strengthens strategy, improves accountability and drives long-term change.

Prioritizing Communities

Texas Health Community Impact bases its investments on robust data and community insight, focusing on three areas:

- 1 Empowering communities with tools, education, and customized support to improve access, health literacy and system navigation.
- 2 Strengthening behavioral health by educating individuals and expanding service availability.
- 3 Addressing chronic disease through prevention, self-management and whole-person approaches.

Investing upstream in healthcare — with financial, physical and emotional resources — moves us closer to addressing the root causes of poor health by shifting focus from treating disease to preventing it. Texas Health Community Impact knows this approach works, but we also recognize that collaborating with community-based organizations and philanthropy is necessary to advance progress.



Empowering Communities

The communities we serve are a part of the largest metropolitan area in Texas. In many areas, access to health services, health literacy and transportation can determine the overall health of the community.

Within our regions, 32 ZIP codes ranked especially poor in these factors:

- Affordable, quality healthcare.
- Sufficient and nutritious foods.
- Resources to help identify or sustain safe housing and improve financial stability.

These several pockets of poor health in North Texas contribute to high utilization of emergency rooms for preventable issues, and worse, result in certain communities experiencing lower life expectancies due to high rates of chronic conditions: obesity, diabetes and hypertension.

Initiatives supported by Texas Health Community Impact have significantly enhanced healthcare accessibility in communities where many individuals lack health insurance. Continued education on healthy living and the resources needed to promote healthy behaviors are also important.

More Access. More Clarity. More Connection.

Food



74,000+

Received meals/grocery bags

3,613

Assessed for food insecurity

Services



18,700

Referrals to advocacy services

1,109

Received at least one call from an accountability partner

Literacy



8,300

Individuals received behavioral health training

180

Educators received behavioral health training

Transportation



700

Transit vouchers provided (gas cards, bus passes)

7,596

One-way trips provided

Education



4,700

Individuals gained life, employment, nutrition, computer and financial skills

83

Received hands-on experience through apprenticeship programs

Assistance



3,500

Individuals received medical, rent, utility, or dental assistance

40%

Improved self-efficacy
n=77

33

Clients obtained housing

These numbers represent the collective estimated impact of a segment of 19 grants (\$5 million investment) from 2019-2024. Outcomes represent the impact of individual grants and should not be interpreted as cumulative across all funded initiatives. For evaluation reports, click [here](#).



From Pain to Peace

Aletha cared for a special-needs son and was exhausted — physically, emotionally, and spiritually. Enduring relentless dental pain left her feeling hopeless. Treatment was financially out of reach, and the burden grew heavier by the day. She prayed for relief and discovered it at the Center of Hope, a nonprofit in Parker County offering support to people in crisis. The staff welcomed her with warmth and dignity, encouraging her to care for herself.

While juggling work and family, Aletha enrolled in three classes at the Center of Hope to manage finances, anxiety, and spiritual and emotional growth. Each one gave her tools to rebuild, but it was the Kingdom Smiles dental program that changed everything. The dentist removed her damaged teeth and fitted her with dentures, lifting years of pain and shame in a single act of care at no cost. Center of Hope continues to touch lives beyond grant funding.

"My teeth are so beautiful now, and I feel so blessed,"

Aletha said, beaming. Today, her smile is radiant, and so is her confidence.



Supporting Students, Restoring Confidence

PlanoUP was a school-based initiative designed to help middle and high school students in East Plano who were at risk for depression and anxiety. It provided on-campus behavioral health services, navigation support, and access to healthy food, addressing the diverse needs of students in crisis.

Jenny was one of those students. Struggling with panic attacks that kept her out of class and caregiving responsibilities at home, she found little room for her own well-being. Through PlanoUP, Jenny built trust with staff members who taught her coping strategies like deep breathing, keeping her hands busy, and setting small goals.

Following the program, Jenny attended class regularly, managed home stress better, and felt confident as she headed into senior high school.

"I know now that when an attack feels like it's coming on, taking care of myself is the priority." — Jenny



235

Students screened for depression and anxiety



143

Enrolled in PlanoUP!



134

Completed needs assessment and received services coordinated by the community navigator



4,143

Families received food assistance

Rapid Response in a Time of Crisis

When COVID-19 disrupted daily life across North Texas in 2020, the needs were immediate and deeply personal. Families lost income. Children lost access to school meals. Clinics faced shortages. Uncertainty touched every corner of the community.

Texas Health Community Impact didn't wait. While program teams were recently formed, they responded with urgency and compassion, adapting existing grants to meet the needs, such as telehealth, utility and food assistance. Other examples include:

- In Parker County, Meals on Wheels tripled food distribution efforts with nine new sites. Pantry hours were extended, and school deliveries were doubled.
- Grace Clinic in Rockwall County and Hope Clinic in Collin County received critical personal protective equipment, allowing uninsured patients to continue receiving primary care safely.
- Wireless tablets, distributed jointly with T-Mobile, helped students in three Wise County school districts stay connected to learning and counseling resources, even from home.
- Hygiene essentials like soap and toothpaste were delivered to families facing financial strain.
- In Dallas and Tarrant Counties, rent and utility assistance were provided to families in need.

These actions reflected quick thinking, flexibility and deep community insight. They showed what is possible when solutions are created with, not just for, the community.

Following the pandemic, we also helped local organizations build on learnings and experiences. Texas Health Community Impact [commissioned a report](#) from the University of North Texas at Dallas on adaptations to health services delivery made by community-based organizations during the COVID-19 pandemic. It also granted six one-year grants to enhance and expand promising practices. Grants improved health service availability and quality for 30,375 individuals in target communities.



Taking Youth From Inactivity to Action

In Pleasant Grove — one of Dallas' most underserved communities with a SocioNeeds Index of 98.24 (out of 100) — children faced poor health, including high rates of inactivity and obesity among middle schoolers, particularly girls. To change that, Texas Health Community Impact launched the YES Dallas Initiative in 2019 with funding from the U.S. Department of Health and Human Services' Office of Women's Health. Its mission was to help Dallas County youth build healthier habits, explore health careers and reconnect with their own potential.

Despite COVID-19 disruptions in 2020 and 2021, students showed measurable improvements in fitness, self-efficacy and healthy habits — laying the foundation for long-term change:

- 400+ students participated in weekly physical activities.
- Families learned healthy habits through cooking demos, nutrition classes and the YMCA's FIT wellness program.
- Teens used custom-built virtual tools and classes, enabling them to continue healthy habits during the pandemic.

Healthy behaviors improved measurably:

6.3%

Increase in daily physical activity
n=220

4.4%

Rise in girls' sports participation
n=220

13%

Rise in confidence for making healthy choices
n=220

9

Sports medicine interns enrolled in college health sciences programs



From Uncertainty to Purpose

When Itzel, a high school sophomore, joined the YES Dallas Sports Medicine Internship, she felt overwhelmed by the future. College felt distant. Career paths were unclear. Over nine months, everything changed. Through hands-on learning, Itzel discovered a passion for occupational therapy. She learned the basics of human anatomy, how to manage time and money, and what life after graduation could look like. She also began caring for her own health, starting a daily walking routine and improving her diet.

Her instructor taught her that time management wasn't just about staying organized; it was about opening doors. Itzel made plans to study Rehabilitation Sciences at the University of Texas at El Paso. Her journey is a powerful reminder: when young people are given tools, trust and space to grow, they don't just improve their health; they discover who they are meant to become.

"YES Dallas gave me a wide scope of opportunities and an understanding of how much rehabilitation sciences are needed everywhere. It made a big impact on my life. I learned not only to take care of my physical self but also my mental self." — Itzel



Removing Hidden Barriers to Behavioral Health

Wellness doesn't happen in a vacuum; the world around us shapes it. Education, employment, housing and discrimination all influence whether people feel supported or silently struggle. For those facing poverty, trauma or cultural stigma, behavioral health challenges often go unseen and untreated, deepening cycles of isolation.

To improve behavioral health, Texas Health Community Impact invested in community interventions targeting:

- Awareness through education on signs and symptoms.
- Early screening and diagnosis of depression and anxiety.
- Treatment through culturally sensitive therapies.
- Ongoing support, such as case management, navigation and free access to digital tools.

Across North Texas, 40 strategic grants empowered local organizations that serve multigenerational families to provide care that feels familiar and safe.

In schools, youth-focused initiatives bring mental health resources directly into classrooms, helping students develop emotional regulation skills, improve academic performance and boost their confidence. For adults, trauma-informed programs offer personalized guidance and ongoing care, creating space to heal, reflect and reconnect.

By equipping teachers, caregivers and community leaders with tools like Mental Health First Aid, these efforts embed mental health literacy into everyday life. They foster empathy, reduce stigma and help people access support before a crisis unfolds.

Making Mental Health Services More Available

Screening & Outcomes



1,250

Individuals screened

92%

Reduced depression severity
n=44

58%

Decreased anxiety
n=119

53%

Improved their Personal
Well-Being score
n=773

Social Isolation



2,668

Weekly visits to
homebound adults

56.3%

Participants improved
social connectedness
n=199

Counseling



14,400+

Counseling sessions held

56

"Calm Anxiety" classes

Student-Centered Care



Integrated behavioral
health services into schools

1,600+

Students engaged

25.7%

Reduced depression
n=105

22%

Improved emotional
regulation
n=37

24%

Improved resiliency
n=224

These numbers represent the collective estimated impact of a segment of grants from 2019-2024. Outcomes represent the impact of individual grants and should not be interpreted as cumulative across all funded initiatives. For evaluation reports, click [here](#).



From Adversity to Agency: How THRIVE Improves Resilience

In Sanger, Texas, numerous students weren't just struggling in school; they faced serious challenges at home. Hunger, trauma and instability were common. Nearly half of local families relied on SNAP benefits, 12% lived below the poverty line, and the town lacked a grocery store, healthcare and behavioral health services.

That began to change in 2019. Two Texas Health Community Impact grants enabled Sanger Independent School District (ISD), First Refuge Ministries, local churches and city leaders to launch THRIVE: Together Harnessing Resources to Give Individuals Voice and Empowerment.

Reclaiming Confidence

For many students, poverty took more than just their grades — it eroded their confidence. Hoodies weren't worn to make a statement, but to hide the lack of access to basic hygiene. Others didn't have the tools to manage conflict, regulate emotions or believe in themselves.

THRIVE met them with empathy, not judgment. By integrating behavioral health support, counseling and an evidence-based resilience curriculum into the school day, the program gave students space to heal and skills to cope. For many, it was the first time they felt safe enough to ask for help.

IMPACT

- An on-site food pantry provided 264,000+ pounds of food to nearly 4,300 families.
- Community Strong Farms, a 14-acre garden, was created to address local food insecurity.
- Behavioral health and resiliency-building interventions were integrated into school activities to support students.



Building Resilience

2,500

Students reached across seven campuses

156

Referred to counseling, dental care and services for nonmedical drivers of health

57%

Received counseling, visited calming spaces and flexible curriculum
n=90

9,600

Minutes spent in movement and stress-relief rooms

24%

Increased resilience
n=255

10.6%

Improved self-efficacy
n=90

26% Reduction in disciplinary referrals



From Risk to Resilience

Jeff was on the brink of failing classes, losing credits and quietly slipping toward dropout status. A resiliency skills assessment flagged him as “at-risk,” and that moment became a lifeline. The THRIVE team stepped in, not with punishment, but with possibility. Together with his guardian, Jeff began meeting regularly with staff to recover credits, learn coping skills and attend counseling through First Refuge Ministries.

The shift was gradual, but profound. Jeff didn’t just stay in school; he graduated. With THRIVE’s support, he enrolled at North Central Texas College and completed Level 1 certification in the Welding Program, boosting his confidence to face life with resilience.



Hands-On Classroom of Nourishment and Growth

Few programs reflect THRIVE’s innovation more than the [student-run grocery store](#) at Linda Tutt High School. Students earn points to “shop” for fresh produce, pantry staples and household essentials at no cost by completing life skills lessons, such as anger management and drug awareness.

But the impact goes far beyond groceries. Students run the store behind the scenes, managing inventory, assisting customers and following food safety protocols while gaining valuable workforce readiness skills. Just as importantly, they learn to reframe challenges and support one another.

As one senior put it, the experience taught him “how to show up for others,” not just himself. In addition to being a student resource, the store supported more than 500 families with 12,600 pounds of food. The THRIVE initiative continues to touch lives beyond the grant funding.



For evaluation reports, click [here](#).



From Pain to Possibility

Peter (alias) at just nine years old experienced a trauma no child should face — trying to revive his father after a fatal car accident, following years of instability with parents struggling with substance use. He entered the foster system and, years later, was placed with his maternal grandmother, arriving at Sanger Independent School District angry, withdrawn and deeply hurt.

Through THRIVE, he gained more than job skills; he discovered confidence, connection, and a sense of purpose. The grocery store at Linda Tutt High School became a place of belonging and healing. He went on to become employed by a major grocery chain, further proving how opportunity and support can transform a life.

A Model Worth Multiplying

While the original Linda Tutt High School site continues as a self-sustaining example of success, THRIVE has reached six additional locations, serving students and their families. To meet our goal of expanding the model to 10 additional North Texas campuses, the Texas Health Resources Foundation has raised more than \$2.5 million.

As stories of transformation spread, school districts worldwide expressed interest in replicating the model. In response, Texas Health and Sanger ISD developed a step-by-step implementation toolkit to guide others in bringing THRIVE to life. Even federal elected officials have taken notice, inviting Texas Health leaders to share insights with broader audiences.

Through this powerful initiative, we are laying the foundation for healthier, more emotionally equipped students — and the learning is benefiting their families as well.



District representation

657

Schools

57,000

Educators

**1.3
million**

Students and staff
reached

For evaluation reports, click [here](#).

"We should think about mental health using the same early prevention, early intervention systems-change approach we apply to physical health."



Scan the QR code or learn more [here](#).

JENNIFER ESTERLINE, SENIOR VICE PRESIDENT
CHILD AND FAMILY STRATEGY
MEADOWS MENTAL HEALTH POLICY INSTITUTE



23%

Reduction in
suicide crisis plans
n=267



53%

Increased
early interventions
n=101

IMPACT

64%

Drop in counseling
wait times



41%

Boost to
staff engagement



When Schools Strengthen Mental Health Supports, Students Flourish

In the U.S., mental health challenges affect one in five children annually, yet many are often unable to get care due to steep obstacles. Mental health professionals in public schools work tirelessly, but face challenges from limited resources.

To help school districts succeed, Texas Health Community Impact provided seed funding for Meadows Mental Health Policy Institute to launch the North Texas School Mental Health Executive Learning Community (ELC) in 2022 through 2023. In 2024, we and other funders supported the expansion of ELC to focus on discipline reform through mental health-informed solutions. *The 12-month ELCs equipped senior leaders from 41 districts in Regions 10 and 11.*

Districts designed and implemented evidence-based mental health programs, strengthened school-based systems to improve student outcomes, created plans focusing on early intervention and developed proactive and inclusive approaches to student wellness. Together, they embedded behavioral frameworks that respond more holistically to student needs. Beyond the grant funding, the ELCs continue to strengthen school districts across North Texas.



"This is a first-of-its-kind program that promises to dramatically improve the emotional well-being of children and their families in North Texas."

Through the ELCs, Schools Learned:

- Suicide prevention strategies
- How to spot signs of trauma, grief, anxiety and depression
- Evidence-based screening tools
- Educator well-being strategies
- How to reform school discipline to prioritize mental health

ANDY KELLER, PhD, PRESIDENT
CEO OF THE MEADOWS INSTITUTE

Taking Charge of Long-Term Health

Chronic diseases are among the leading causes of death and disability in Texas, costing billions each year. But behind those numbers are real people — families quietly struggling with conditions like high blood pressure and diabetes, often without the resources to manage them.

In some North Texas neighborhoods, nearly half of the adults live with these conditions. These residents are often uninsured, under-resourced, and overlooked, shortening life expectancy, diminishing quality of life and creating a cycle that's hard to break.

Texas Health Community Impact recognizes that treatment alone isn't enough. That's why grantees bring education, early screenings and comprehensive services directly into the places people live, work and gather.

In community hubs, neighbors learn practical skills through cooking demos, grocery tours, fitness classes and financial coaching. Job training is paired with nutrition and emotional support, helping people manage chronic conditions with confidence, not just for themselves, but for their families.

The Path Toward Lasting Wellness

Healthy Lifestyles Support



9,435

Received free or subsidized meals

129

Enrolled in food security programs

65%

Increased fruit and vegetable intake
n=122

Nutrition Education & Skill-Building



1,180

Nutrition counseling sessions delivered

196

Families enrolled in an 11-week health education series (79% completed)

126

Cooking demonstrations;
106 grocery store tours

Chronic Disease & Lifestyle Management



61%

Reduced their waist circumference
n=74

74

Received home blood pressure monitors

170

Received personalized health coaching

Job & Skills Training



32

Graduated as culinary apprentices

83

Individuals completed job training

These numbers represent the collective estimated impact of a segment of 6 grants (\$2.1 million investment) from 2019-2024. Outcomes represent the impact of individual grants and should not be interpreted as cumulative across all funded initiatives. For evaluation reports, click [here](#).



Restoring Health Through the Railroad Project

In southeast Fort Worth, where 41% of adults are uninsured and over 60% of families rely on food assistance, chronic disease is compounded by limited access to nutritious food and health services. The Railroad Project, led by Eastside Ministries, Community Crossroads, and Virtue Us Investments, became a lifeline in these underserved Tarrant County neighborhoods.

Over four years, nearly 2,100 residents received personalized support, which included fresh produce, pantry staples, mental health services, and chronic disease screenings at 48 mobile events. They also received financial coaching, clothing, and referrals to essential services.

Each attendee was paired with an accountability partner for monthly check-ins and goal setting – conversations that often became the first space where many felt truly heard.

A Four-Year Journey Toward Change

Health events doubled, with
67%
more attendees
n=1,298

100%
Attendees screened
at every event
n=1,298

2,100
Residents received clothing,
dental, financial literacy, food
and mental health services

Coaching calls to individuals nearly doubled, from

551 to 1,297

411
Adults received home
blood pressure
monitors for
self-management

62%
Improved their
Personal Well-Being Index
n=980

47%
Participants with
uncontrolled hypertension
reported improved health
n=853

For evaluation reports, click [here](#).

Putting People on the Right Track

Janelle longed for a better future but felt weighed down by her past. By age 13, she had experimented with drugs. By the time she was 15, she was a mother of two. After two prison sentences for drug convictions, she was determined to start over.

Her fresh start began at a transitional home in Fort Worth, where a required volunteer role at Eastside Ministries opened unexpected doors. There, she found a support group and a job that helped her rebuild her life. Through the Railroad Project, Janelle not only received services but also began serving others, including as a translator for Spanish-speaking clients. Her compassion and understanding became a bridge for others seeking help.

“Working here and helping people have helped me grow into the woman I know I’m meant to be.”

— Janelle



The Vision That Sparked a Movement

Rev. Denise Blakely shares how a call to help people change their lives led to the creation of [The Railroad Project](#), which continues to touch lives beyond the grant funding.



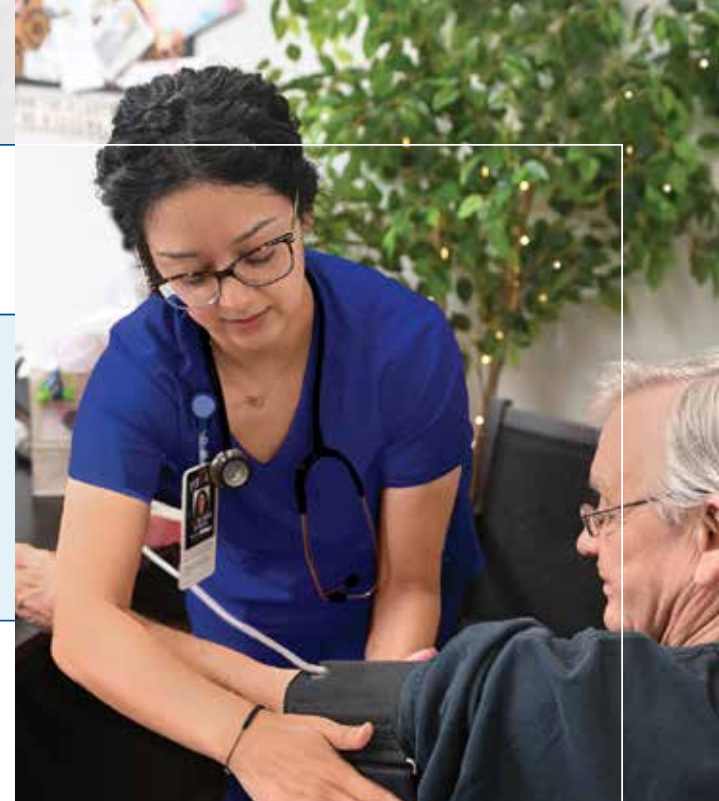
Bridging Gaps in Diabetes Care

Ana, a nurse from the University of Texas Southwestern Medical Center, serves patients at the Now-Forward medical clinic in Dallas County with a deep commitment to personalized care. During the 2023–2024 grant cycle, Ana set out to become a certified Diabetes Community Care Coordinator — a goal she pursued and proudly achieved.

With her certification in hand, Ana developed a diabetes education curriculum tailored to the needs of Now-Forward's clients. As a native Spanish speaker, she designed her classes to be culturally relevant and welcoming, especially for individuals who feel more comfortable communicating in Spanish. Her approach helps bridge gaps in understanding and trust, making care more accessible for non-English speakers.

The first patient to attend Ana's class was a 40-year-old man who came to the clinic for a routine annual visit. His bloodwork revealed an A1c level of 12.2% — dangerously high. Until that moment, he had never been told he was at risk of diabetes and had not received a formal diagnosis. The clinical team immediately began insulin treatment and, thanks to grant funding, provided him with a glucometer and test strips at no cost, along with training on how to use them.

One month later, the patient joined Ana's class, where he learned how to manage his condition, monitor his progress at home, and explore lifestyle changes that support long-term health. Just four months after his initial visit, his follow-up A1c level dropped to 6.3%, placing him in the controlled range for diabetes. This transformation is one of thousands made possible by a grant supporting health service delivery improvements at Now-Forward. In total, 3,681 patients received care at no cost during the grant cycle. Now-Forward continues to provide free healthcare for those in need beyond the grant funding.



One class participant summed up the impact best:

"If someone had taught me what you just taught me, I wouldn't be in the position I am today. I took my medicine, but I didn't know what else I could do."

Bridgeport Community Garden: Growing Food, Growing Connection in Wise County

At Payne Park in Bridgeport, the community garden is more than rows of vegetables — it's a place where neighbors grow, learn and belong.

Funded by a U.S. Department of Agriculture grant and powered by over 1,600 volunteer hours, the garden has already yielded nearly 5,300 pounds of fresh produce. Much of it goes straight to local pantries and walk-up visitors — no paperwork, no restrictions — just nourishment for anyone who needs it.

But the impact goes far beyond food. With support from Texas A&M AgriLife, residents gather in a public-use barn to learn how to grow their own vegetables, cook healthy meals and care for the land. These workshops turn knowledge into confidence and everyday routines into acts of wellness. They come to dig, plant and harvest, but leave with a sense of purpose and pride in cultivating something that feeds both body and spirit. The city of Bridgeport has embraced the garden with community support.



Tackling Additional Health and Wellness Hurdles

Texas Health Community Impact invests in what individuals truly need — not just healthcare, but connection, belonging, and support. Whether it's helping seniors feel less alone, guiding youth toward healthier futures, or planting seeds of wellness in everyday spaces, these local initiatives are making a sustainable, long-lasting impact.

Restoring Connection and Belonging

For many adults over 50, especially those living on limited incomes, isolation doesn't arrive all at once; it creeps in quietly. Loneliness, depression, and physical limitations begin to chip away at health, independence and hope. To change that trajectory, Texas Health Community Impact launched Reduce SILOS (Social Isolation and Lift Outcomes for Seniors), a program designed to reconnect older adults with care, community and purpose.

Through screenings and surveys, the program identified individuals at risk and paired them with community health workers (CHW) who could offer personalized outreach, resource navigation, and referrals to services like PEARLS, a counseling program for older adults experiencing depression.



56.3%

Participants reduced their
social disconnectedness
n=119

70%

Participants reduced their
depression scores
n=116

50.9%

Participants improved their
social support
n=116

22.4%

Participants reduced their
healthcare costs
n=150

For evaluation reports, click [here](#).



From Isolation to Connection

Sharon had once been vibrant and social. But after a breast cancer diagnosis, chemotherapy, and a rare immune disorder, her world began to shrink. She left her job, stopped attending gatherings and withdrew from her community.

Then she enrolled in Reduce SILOS. A CHW connected Sharon to Mission Arlington, where she received a rolling walker, joined virtual social groups and was paired with a graduate student who became a meaningful companion.

"The program was helpful to me. It gave me options to connect to others in nontraditional ways, like Zoom group meetings and classes. It helped me stay connected more and linked me with Tarrant County resources that I really needed." — Sharon

Building a Safe Haven for Abused Children



Maya was seven — quiet in class and withdrawn at home. Her teachers saw a shy child. Her family saw a sensitive one. No one saw the secret she carried: a trauma too heavy for any child to bear. In Wise County, there was no nearby advocacy center, no trained professional to ask the right questions, no safe space where she could be heard. Maya stayed silent.

She's not alone. According to the U.S. Centers for Disease Control and Prevention, one in four girls and one in 20 boys experience sexual abuse before turning 18. In North Texas, more than 100,000 children witness domestic violence each year. These children are far more likely to suffer psychological harm and three times more likely to repeat the cycle in adulthood, especially when their pain goes unseen and unheard.

Until 2021, children in Wise County had nowhere to turn. They endured trauma in isolation, often leading to struggles in school, higher risks of revictimization or involvement with the justice system. Everything shifted when grant funding from Texas Health Community Impact made it possible to open [The Children's Advocacy Center for North Texas](#) — a space where healing could begin.

Today, children have a safe and welcoming place where specially trained professionals walk beside them through crises. The center combines compassionate care and education to empower survivors, strengthen families, and rally communities against abuse. Together with regional organizations, it serves as a front-line responder to child sexual abuse across Denton and Wise Counties. Our investment led to:

2,000%

Increase in forensic interviews, ensuring abuse is documented in child-sensitive ways

75%

Victims receiving free, trauma-informed counseling to reclaim safety and hope

Empowering Families Through Mental Health

Across North Texas, stigma surrounding mental health often causes as much harm as the conditions themselves, especially for families facing language differences, cultural taboos and economic hardship. AVANCE North Texas launched a bold initiative to change that narrative. With a Texas Health Community Impact grant, AVANCE trained 28 promotoras in Mental Health First Aid. This evidence-based program teaches individuals to recognize signs of mental health and substance use challenges. These promotoras became trusted guides, offering mental health education and connecting families to professional counseling.

AVANCE went further. It embedded mental health training into its [Parent-Child Education Program](#), a nine-month initiative that blends weekly caregiver-child classes, home visits and community engagement.

13,877

Individuals Reached

Creating ripple effects across families and communities

6,340

Parents Educated

Equipping caregivers with tools to nurture and advocate

7,537

Children Served

Guiding healthy development through early care

489

Providers Trained

Strengthening the ability to deliver quality support

The impact was profound. For several families, it marked the first time they spoke openly about mental health — and the first time they felt truly heard. In just two years, AVANCE reached 13,877 individuals in high-need communities where stigma and lack of services had long stood in the way of care:

- Parents learned to recognize signs of anxiety and depression in themselves and their children.
- Children gained tools for emotional resilience.
- Families began to view mental health not as a source of shame, but as a foundation for strength.

Today, AVANCE is expanding the model across its other sites throughout Texas, reaching thousands more families and empowering them to break the silence and nurture healthier generations.



Helping Nonprofits Help The People They Serve

Across Erath, Johnson and Kaufman Counties, nonprofit leaders were doing everything they could to support their communities, but many were stretched thin. Limited staff, technology barriers and few opportunities for professional development made it challenging to do their mission-driven work while keeping up with growing needs. To create lasting impact, the organizations themselves needed an ally.

In 2021, Texas Health Community Impact responded with a \$400,000 grant to invest in the people and infrastructure behind them in these counties. Led by the Center for Nonprofit Management (CNM), the approach:

- Assessed organizations' strengths, gaps and needs.
- Educated and united leaders around shared goals related to nonmedical drivers of health.
- Promoted continuous learning and collaboration.

330

Engaged individuals

100

Engaged organizations

81%

Increased understanding
of community conditions
n=66

78%

Leaders built stronger
peer relationships and trust
n=66

1 in 3

Significantly improved
their capacity to manage
evolving needs

To learn more, click [here](#).



To continue capacity development momentum and strengthen community collaborations in Erath, Johnson and Kaufman Counties, a \$1.5 million grant was awarded in 2023 to advance:



Organizational capacity building

Investments in staffing, technology, professional services and office support enabled organizations to operate efficiently.



Collaborative development

Each county developed unique collaborative models — such as Erath's Wholistic Investment Network (WIN), Johnson's Starting Point initiative and resource website, and Kaufman's Resource Connection.



Professional development

Participants increased skills in grant writing, inclusive marketing, poverty-informed care, and change leadership through 12 workshops; 88% rated them highly useful.



Data-informed planning

Surveys, focus groups, and interviews deepened participants' understanding of knowledge assets and gaps.



Sustainability and trust

Collaboratives increased trust, and strengthened relationships and readiness to pursue future funding. CNM used the Program Sustainability Assessment Tool (PSAT) to evaluate long-term viability, revealing strong scores.

Efforts to strengthen nonprofit organizations' capacity and collaboration continue beyond the grant funding.

From Quiet Observer to Community Connector

When Gracie first joined the CNM capacity-building workgroup, she sat quietly in the back of the room. But over time, something shifted. Through Texas Health Community Impact, she not only gained tools but also gained confidence.

As relationships deepened, so did the impact. She connected with leaders from CASA of Johnson County and East Cleburne Community Center, forming alliances that would later become sub-awardees under the REACH Council's grant. These connections, she says, "likely wouldn't have flourished without the workgroup."

In a rural county often overshadowed by larger neighbors, Texas Health Community Impact brought something rare: recognition. The funding didn't just support programs; it honored the unique needs of Johnson County. With insights from the local data gathering efforts during the 2023 grant, nonprofits could finally write grants rooted in real, lived experience.

For the REACH Council, the benefits were clear: Stronger connections led to more successful state and federal grants. Staff were sustained. Programs expanded.

And the leader who once sat quietly now guides meetings, shares ideas, and builds bridges.

"Texas Health Community Impact didn't just help our organization. It helped me grow into the kind of leader my community needs." — Gracie



From Experience to Insight: What We've Learned

Experience has shown that flexibility is as important as funding. Facing challenges from staffing shortages to shifting local priorities, grantees learned to pivot quickly and refine approaches. This resilience has allowed the work to evolve from siloed services to an integrated, multi-sector model.

While obstacles persist, the infrastructure supporting this work is now more resilient, better aligned and equipped to manage evolving neighborhood needs.



Building Trust and Breaking Down Barriers in Southside Fort Worth

In parts of Tarrant County, nearly one in four residents lives in poverty and two-thirds speak a language other than English. The data pointed out a clear need for investment in these neighborhoods, but trust was low. Through extensive engagement, local leaders shared that their communities felt unseen and unsupported.

"We feel forgotten. Groups come and talk to us and learn about us, but nothing ever changes," one resident explained.

The initiative responded by launching a Trust Building Task Force. Members, including Texas Health Community Impact and local organizations, increased their outreach and visibility by consistently showing up to reinforce the importance of these relationships. They also hosted a resource fair, connecting residents to more than 50 vendors offering essential services.

This is just the beginning. Texas Health Community Impact is committed to walking alongside these communities, not simply as funders, but as collaborators in healing and transformation. The Trust Building Task Force is positioning the area for future funding opportunities.





Looking Ahead: Insights That Guide Our Path

Texas Health Community Impact is building stronger relationships with nonprofits and evolving its investment approach so that care reaches the people and places that need it most.

Grantmaking will continue to emphasize co-design, regional tailoring and long-term sustainability, ensuring that investments continue to seed meaningful and measurable impact.

Come Alongside Us

These lessons remind us that creating healthier futures requires continuous learning, authentic relationships and credibility. We invite collaborators to join us in advancing this work.

By joining this effort through [funding](#), [collaboration](#), or [applying for a grant](#), you become part of a growing network of hope, action and transformation. Together, we can accelerate progress and continue building the conditions where every North Texan can live well.

This vital work could not happen without the Texas Health Community Impact team:

Marsha Ingle, Senior Director

Tauane Araujo, Director

Mandy Forbus, Director

Joy Griffin, Director

Danelle Parker, Director

Zelmy Allen, Program Manager

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Julie Smith, Program Manager

Dana Worrell, Program Manager

Julie Wright, Program Manager



Acknowledgments

286

Volunteers have served on our Boards and Leadership Councils



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This work was guided by the strategic insight of the Texas Health Community Impact Board and our regional Leadership Councils, whose guidance connected each initiative to specific needs. This shared vision was made possible through the generous investments of time, expertise and funding from Texas Health Resources and the Texas Health Resources Foundation. We're especially thankful for the continued support of our executive leadership, program teams, grant recipients and evaluators, each of whom plays a vital role in advancing this work.

Texas Health Resources' Leaders

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Chief Community and Public Policy Officer

Catherine Oliveros, DrPH
Vice President, Community Health Improvement

Laura McWhorter
President, Texas Health Resources Foundation

Grantee Organizations

We extend our deepest gratitude to the organizations whose boots-on-the-ground leadership has transformed vision into impact. Their work has enhanced lives, built capacity, and laid the foundation for long-term change across North Texas.

Visit our [webpage](#) to learn more about these organizations.

Evaluator

UTHealth® Houston Public School of Health



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