

# Community Impact Grant 2019/20



## Meet Ms. Lawson.



When COVID-19 hit and the Stephenville Senior Citizens Center temporarily closed, Ms. Lawson lost her only opportunity to socialize and enjoy prepared meals. A recent widow,

the 67-year-old lived alone and rarely left her house until June when new programs supported by a Texas Health Community Impact grant were introduced.

New curb-side, drive-thru luncheons at the center were introduced. Monthly activity packs with brainteasers and puzzles were provided. And Mrs. Lawson was able to socialize with the staff and receive a nutritious meal. She was so happy with the programs, she invited her mother to participate.

Since then both women were screened for depression and food insecurity, and received services through the Texans Reducing Food Insecurity and Depression (TFID) collaborative.

The women are doing well and are grateful for the opportunity to safely socialize and receive nutritious food from people they adore.

## Texans Reducing Food Insecurity and Depression (TFID)

*Stephenville 76401 and 76402, and Dublin 76446, within Erath County*

To address the local priorities identified by Texas Health, TFID built a collaborative to address depression and social isolation and increase access to healthy food for low-income adults age 55+ by implementing Mindfulness-Based Cognitive Therapy and leveraging their network to enhance social services.

- Developed the infrastructure to connect organizations to increase seamless transitions.
- Built a stronger collaboration with unified goal of combating depression and food insecurity.
- Implemented Mindfulness-Based Cognitive Therapy to address depression.

### 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

#### Tarleton State University

Cowboy Capital Mental Health Connection

Meals on Wheels of Erath County

Texas A&M AgriLife Extension

Basic Needs/Graham Street Church of Christ

Grace Place Ministries/First Baptist Church

H.O.P.E, Inc.

Stephenville Crossing Apartments

Stephenville Senior Center

### IMPACT OF COVID-19



Reallocated \$42,100 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 Feb. 18, 2021, there were 3,906 confirmed cases out of the 42,698 total population of Erath County

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

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Texas Health Resources | Community Health Improvement



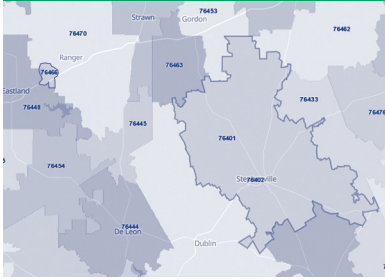
[DanaWorrell@TexasHealth.org](mailto:DanaWorrell@TexasHealth.org)



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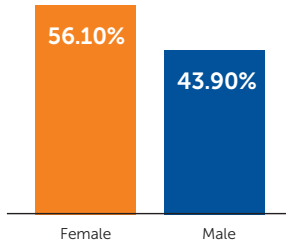
# Erath County: 76401, 76402, 76446 – TFID



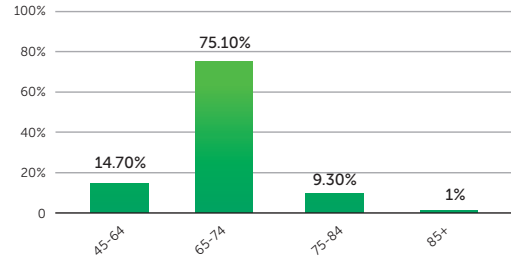
Data used to analyze ZIP codes and determine the areas of focus in each Texas Health Community Impact region are included within the Community Health Needs Assessment (CHNA), available at [TexasHealth.org/CommunityHealth/Community-Health-Needs-Assessment](https://www.texashealth.org/communityhealth/community-health-needs-assessment).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

## Demographic Information for 389 Grant Participants

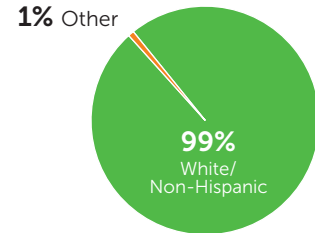
### Gender



### Age Group



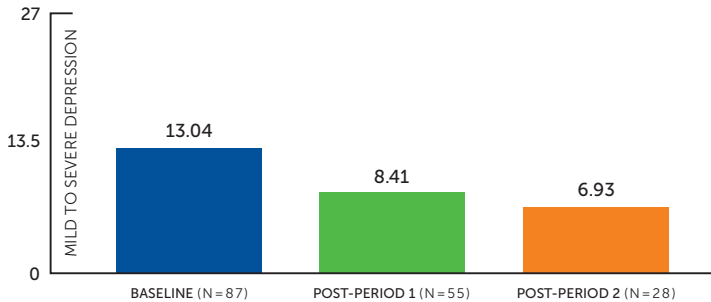
### Race/Ethnicity



## Program Outcomes for 87 Grant Participants

### Measuring Impact on Depression

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



Initially, 87 participants completed the baseline data (Time 1). 55 (63.2%) participants completed the assessment at post-period 1, and 28 (32.2%) participants completed the assessment at post-period 2. The results show an improvement in depression severity by one stage (moderate depression to mild depression) at post-period 1 (M = 8.41) when compared to baseline (M = 13.04). The results also show further improvement in depression severity at post-period 2 (M = 6.93) when compared to baseline (M = 13.04).

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

### Objective for Decreasing Depression Achieved

The pandemic presented challenges. This grant has established a foundation which, given more time, could lead to future improvements. Texas Health awarded a second grant to evaluate this potential.

### Objective for Addressing Food Insecurity Achieved

Across the board, improvements associated with the program objectives for this grant were observed.

## Social Determinants of Health Activities



### Access to Behavioral Health Services

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

**87** (22.4%) individuals were enrolled in behavioral health counseling

Of those, **30** (34.5%) completed counseling



### Transportation

**295** CARR vouchers and/or gas cards were provided

**265** one-way trip segments were provided

Of the trips, **22.6%** were for medical care purposes

**16.2%** were for food or other essential purposes

**30.1%** were for health program/event purposes



### Access and Navigation

**435** individuals were navigated to case management services or referred to community organizations for social services



### Food Insecurity

**645** individuals were assessed for food insecurity

**3,442** meals were offered to participants by Meals on Wheels of Erath County

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

\*SOURCES: Participant demographic data: Year-end report from Tarleton State University (TSU). Coronavirus Impact data: Texas Department of State Health Services. Program Specific demographic, output, and outcome data: Data Collection Tool and Target Cohort Tracking Tool from Tarleton State University - Texans Reducing Food Insecurities and Depression grant. Maps obtained through <https://www.unitedstateszipcodes.org/>

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