

# Community Impact Grant 2019/20



## Meet Rose\*.



By the time Rose joined the Beyond Blue Program in January 2020, she had already endured years of depression

and anxiety. When she learned about the program, she welcomed the opportunity to get the support she so desperately needed. Rose had a Patient Health Questionnaire-9 (PHQ-9) score of 20, which is considered severe depression, when she started seeing a counselor. Within three months of counseling, her depression lessened, and she started having more good days than bad. Today, Rose reports feeling like she is in a better place. Hoping to improve her overall health, she started walking twice a week. After 10 months on the Beyond Blue Program, Rose's PHQ-9 score is 5, which is mild depression, and her outlook is bright.

*\*Name changed to protect confidentiality.*

## Beyond Blue

### East McKinney 75069, within Collin County

Beyond Blue is an effort of six non-profit agencies that set aside their individual priorities and joined together to create a collaborative to address food security, transportation, and depression in adults age 55+.

- Connected isolated seniors with transportation buddies to provide rides not only to medical appointments but also social events to help re-engage them in life.
- Developed partnerships with local community corporations to create opportunities for engagement for low-income seniors (pre-pandemic).
- Expanded McKinney Roots garden to increase capacity by bringing in sustainable food sources beyond just vegetables.

### PROGRAM OBJECTIVES

- Decrease depression by one stage of severity as measured by the 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 and by partnering with local community gardens by December 2019.
- Address transportation as a social determinant of health concern within low-income individuals age 55+ by establishing a transportation referral system by December 2019.

Texas Health considers the \$450,000 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

### LifePath Health Systems

Community Health Center of McKinney

Community Lifeline Center

Hope Clinic of McKinney

McKinney Roots

Wellness Center for Older Adults

## IMPACT OF COVID-19



Reallocated more than \$49,000 to assist families with food, rent, and utilities



As of February 2021, there were 66,985 confirmed Coronavirus cases out of the 1,034,730 total population in Collin County



Between April to July 2020, ZIP code 75069 reported the greatest number of confirmed cases in McKinney, Texas

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

Danelle Parker, Director for Collin and Denton/Wise Counties  
Texas Health Resources | Community Health Improvement



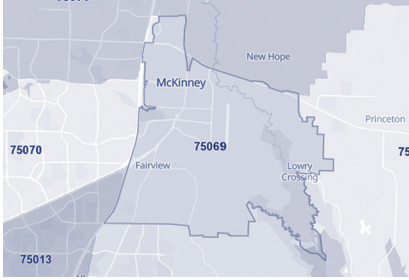
[DanelleParker@TexasHealth.org](mailto:DanelleParker@TexasHealth.org)



214-505-8137



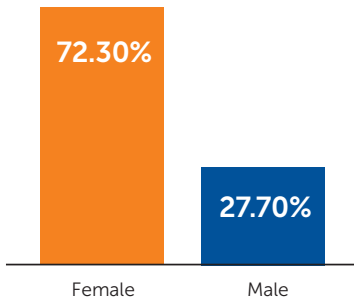
# Collin County: 75069 - Beyond Blue



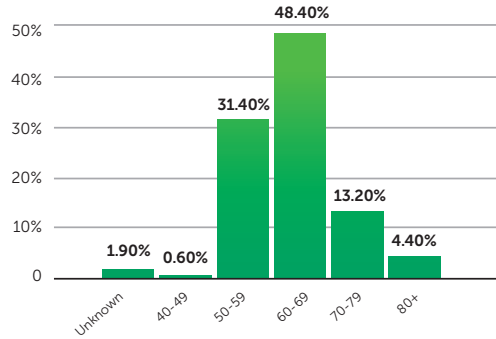
Data used to analyze ZIP codes and determine the areas of focus in each Texas Health Community Impact region are included within the Community Health Needs Assessment (CHNA), available at [TexasHealth.org/CommunityHealth/Community-Health-Needs-Assessment](https://www.texashealth.org/communityhealth/community-health-needs-assessment).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

## Demographic Information for 159 Grant Participants

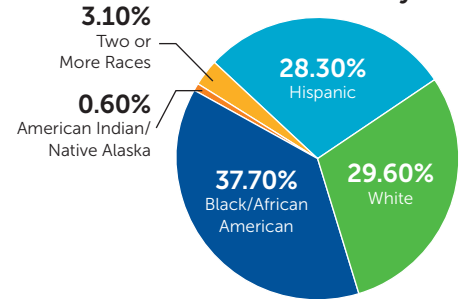
### Gender



### Age Group



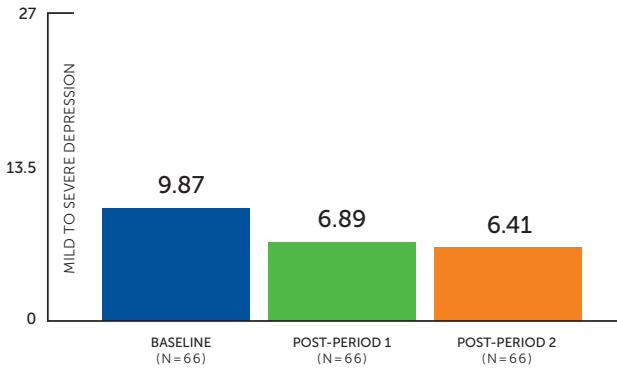
### Race/Ethnicity



## Program Outcomes for 66 Grant Participants

### Measuring Impact on Depression

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



Initially, 159 participants completed Time 1 data. 66 participants completed all phases of the assessments, yielding an attrition rate of 58. These 66 individuals were included in the final analyses. Despite a relatively high attrition rate, the initial and final samples did not differ appreciably in demographic makeup. Furthermore, participants who dropped out of the assessment did not differ from those individuals who completed the procedure in their initial depression level,  $M_s = 8.57$  and  $9.88$ , respectively  $t(157) = 1.13$ , ns. Together, these data alleviate concerns regarding selection bias resulting from the high rate of participant dropout.

Data from the final sample were subjected to repeated measures analysis of variance incorporating the three-level time factor. This revealed a highly significant effect of time,  $F(2,130) = 18.24$ ,  $p < .0001$ , for baseline ( $M = 9.87$ ), post-period 1 ( $6.89$ ), and post-period 2 ( $M = 6.41$ ) respectively. Examination of the confidence intervals revealed a significant reduction in depression from Time 1 to 3,  $p < .05$ .

\*114 people completed the Time 2 assessment, and 67 individuals completed the Time 3 assessment. However only 66 completed all three assessments.

### Objective for Decreasing Depression In Progress

Although depression did not decrease by one stage of severity, the results still show a significant reduction within the mild depression segment.

Additional time is needed to understand the full impact of this grant. As a result, this grant has been funded for cycle two.

### Objective to Address Food Insecurity Achieved

The grant was able to expand McKinney Roots garden, including the ability to produce 100 dozen eggs weekly, making it a sustainable source of healthy foods. In addition, new food access points were established.

## Social Determinants of Health Activities



### Access to Behavioral Health Services

159 individuals were screened for depression using the PHQ-9 assessment tool

25 (16%) individuals enrolled in counseling for their behavioral health needs



### Navigation

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



### Food Insecurity

935 individuals received meal assistance through the Mobile Food Pantry



### Access to Chronic Health Services

82 individuals were screened and 42 (51%) received treatment for hypertension

40 individuals were screened and 28 (70%) were treated for diabetes



### Transportation

27 individuals received transportation services with a total of 92 rides provided

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

\*SOURCES: Participant demographic data: Delimited Data from Collin County MHMR dba LifePath Systems. McKinney, Coronavirus Impact data: Texas Department of State Health Services & City of McKinney Website. Program output and outcome data: Data Collection Tool and Target Cohort Tracking Tool from Collin County MHMR dba LifePath Systems. 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.



MB 3103 5/21 EP