

Community Impact Grant 2019/20



Meet Sam*:



Home was always his safe place. Then one night Sam, his parents, and the family dog were startled by the sound of gunshots and the smell of smoke.

It became the most terrifying night of his life. When he came to therapy, he was suffering nightmares and hurting himself. After many restless nights, the family sought counseling.

That's when a puppet started to help Sam heal.

During counseling, the puppet helped him feel more comfortable after being hurt by humans. Eventually he revealed his story to the puppet. Finally, he began to feel like he was in a safe place.

Even though the 11-year-old is still learning to overcome his traumatic experience, Sam's symptoms have been reduced by 60%.

Today he has his own puppet, provided by a partner site. He even created a room with a small bed so his puppet will have a safe place to sleep.

**Name changed to protect confidentiality.*

Well Together: A Dallas/Rockwall Behavioral Health Initiative

Southeast Dallas 75217

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.

The four Dallas-based collaborators connected with, educated, and created a pathway for community members to access mental health care in Southeast Dallas.

- DLF measured the pulse of the community and built awareness of resources by presenting to neighborhood associations and a number of community groups.
- AVANCE empowered Promotoras to deliver culturally relevant mental health education to families in the home.
- The Center increased access to clinicians providing free counseling at Salvation Army Pleasant Grove Corps and virtually.
- UNTD made Mental Health First Aid education accessible to lay community members and staff at local organizations. These efforts were expanded to train more individuals in greater South Dallas in collaboration with the Cigna Foundation.

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

AVANCE North Texas

The Center for Integrative Counseling and Psychology

Dallas Leadership Foundation

University of North Texas at Dallas

City of Dallas Municipal Courts

Harmony Community Development Corporation (Harmony CDC)

The Salvation Army Pleasant Grove Corps

Urban SERCH Institute

IMPACT OF COVID-19



Created virtual mental health symposiums to take the place of in-person mental health fairs in English and Spanish

Case Managers updated navigation services due to the pandemic's effect on availability of services



Shifted to telehealth instead of in-person counseling

Conducted virtual Mental Health First Aid education



As of February 2021, there were 10,319 confirmed cases out of the 86,896 total population in 75217

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

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Texas Health Resources | Community Health Improvement



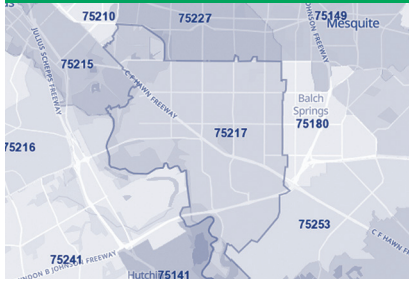
whitneyhouston@texashealth.org



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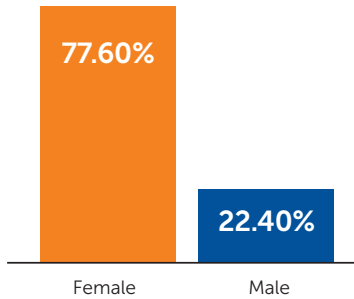
Dallas/Rockwall Counties: 75217 - Well Together: A Dallas/Rockwall Behavioral Health Initiative



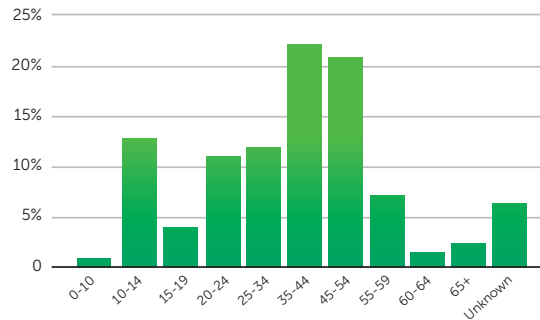
Data used to analyze ZIP codes and determine the areas of focus in each Texas Health Community Impact region are included within the Community Health Needs Assessment (CHNA), available at [TexasHealth.org/CommunityHealth/Community-Health-Needs-Assessment](https://www.texashealth.org/CommunityHealth/Community-Health-Needs-Assessment).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

Demographic Information for 125 Grant Participants

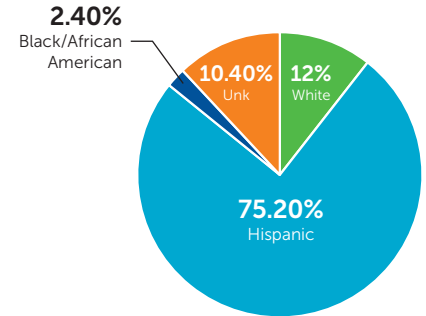
Gender



Age Group

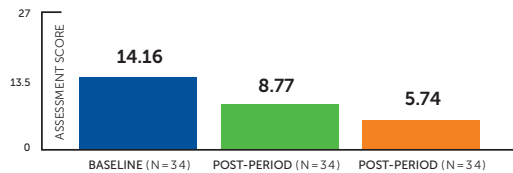


Race/Ethnicity



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

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



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).

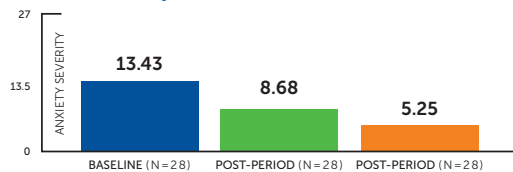
Objective to Reduce Depression Achieved

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.

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



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).

Social Determinants of Health Activities



Access to Behavioral Health Services

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



Behavioral Health Literacy

916 community members enrolled and completed Mental Health First Aid (MHFA) training
28 (90.3%) Promotoras received training in the MHFA 8-hour course
3 (9.7%) received the MHFA 5-day trainer course



Access and Navigation

74 families received case management

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; AVANCE-North Texas, and University of North Texas Dallas (UNTD). Maps obtained through <https://www.unitedstateszipcodes.org/>

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