

# Greater Houston Organizations Working on Factors for Total Health – *Wellness and healthy lifestyle* (1/4)

Organization or Funder	Initiative	Primary Health Factor Targeted
Aetna	1 Grants	Built environment
BakerRipley	2 Evidence-Based Health Promotion Courses	Health Behaviors
	3 Community Center Programs and Events	Social Connectedness; Built Environment
	4 Neighborhood Workforce Initiatives	Socioeconomic Factors
	5 Regional Initiatives	Socioeconomic factors
	6 Adult Education	Socioeconomic factors
	7 Senior Services	Social Connectedness; Health Behaviors; Build Environment
	8 Urban Farms and Community Gardens	Social Connectedness; Built Environment
	Barbara Bush Literacy Foundation	9 Camp Adventure!
10 Curiosity Cruiser		Socioeconomic factors
11 My Home Library		Socioeconomic factors
12 Read Houston Read		Socioeconomic factors
Bayou Land Conservancy	13 Ambassador Program	Built environment
BUILD Initiative	14 Build 3.0 (BUILD Initiative)	Social connectedness

# Greater Houston Organizations Working on Factors for Total Health – *Wellness and healthy lifestyle* (2/4)

Organization or Funder	Initiative	Primary Health Factor Targeted
Can Do Houston	15 Community Leadership and Advocacy Training	Social connectedness
	16 Healthy Corner Food Initiative	Built environment
	17 Let's Move	Health behaviors
	18 Mobile Produce Unit Initiative	Built environment
CATCH Foundation	19 CATCH Foundation	Socioeconomic factors
Children at Risk	20 Children at Risk	Socioeconomic factors
City of Houston	21 50 for 50	Built environment
	22 Complete Communities	Built environment
Galveston Bay Foundation	23 Classroom STEM Workshops	Built environment
	24 Get Hip to Habitat	Built environment
	25 Students In Action For Galveston Bay	Built environment
GHC SDOH	26 Greater Houston Coalition on Social Determinants of Health	Social connectedness
Go Healthy Houston	27 Cigna Sunday Streets	Built environment
	28 Community Gardens	Health behaviors
	29 Houston Bike Racks Program	Built environment

# Greater Houston Organizations Working on Factors for Total Health – *Wellness and healthy lifestyle* (3/4)

Organization or Funder	Initiative	Primary Health Factor Targeted
Horizon Outreach	30 Horizon EAGLE Fatherhood Program	Social connectedness
	31 Seminars	Socioeconomic factors
Houston Endowment	32 Houston Immigration Legal Services Collaborative	Social connectedness
Houston Food Bank	33 Houston Food System Collaborative	Social connectedness
	34 Nutrition Education	Health behaviors
	35 Red Barrels	Built environment
	36 Senior Box Program	Built environment
	37 Teachers Aid	Socioeconomic factors
Houston Justice	38 Project Orange	Social connectedness
MD Anderson	39 Vibrant Communities	Health behaviors
Memorial Hermann	40 Bridging Health and Safety (BHAS) in Near Northside	Built environment
	41 Food as Health	Built environment
Montrose Center	42 Anti-Violence Program	Social connectedness
Texas Medical-Legal Partnership Coalition	43 Coalition of multiple Medical-Legal Partnerships across the state	Social connectedness

# Greater Houston Organizations Working on Factors for Total Health – *Wellness and healthy lifestyle* (4/4)

Organization or Funder	Initiative	Primary Health Factor Targeted
The Beacon	44 Beacon Law	Socioeconomic factors
	45 Brigid's Hope	Social connectedness
	46 Day Center	Socioeconomic factors
	47 The Way Home	Socioeconomic factors
The Women's Home	48 Housing for Families - Adele & Ber Pieper Family Place	Built environment
	49 Housing for Individuals - Jane Cizik Garden Place	Built environment
	50 Mabee WholeLife Service Center	Clinical care
MD Anderson	51 Houston Climate Movement	Built environment
United Way	52 THRIVE	Socioeconomic factors

# Greater Houston Organizations Working on Factors for Total Health – *Childhood obesity*

Organization or Funder	Initiative	Primary Health Factor Targeted
Bayou Land Conservancy	1 No Child Left Inside	Built environment
Brighter Bites	2 Brighter Bites	Health behaviors
Can Do Houston	3 Briscoe-CAN DO Bus	Built environment
Fly Movement	4 Fly Movement Program	Health behaviors
Houston Endowment	5 Healthy Living Matters (HCPH)	Health behaviors
Houston Food Bank	6 Backpack Buddy	Built environment
	7 Kids Café Summer Meals	Built environment
	8 School Market	Built environment
Recipe for Success Foundation	9 Seed-to Plate Nutrition Education	Health behaviors

# Greater Houston Organizations Working on Factors for Total Health - *Disease prevention and care*

Organization or Funder	Initiative	Primary Health Factor Targeted
Anthem, Inc., City of Hope, National Urban League, and Pfizer Inc.	1 Take Action for Health	Clinical care
Cities Changing Diabetes / Novo Nordisk A/S	2 Faith and Diabetes Initiative	Social connectedness
Episcopal Health Foundation	3 Texas Community Centered Health Homes Initiative	Built environment
Houston Business Coalition on Health (HBCH)	4 Greater Houston Employer National Diabetes Prevention Program Pilot Program	Health behaviors
Houston Health Foundation	5 Project Saving Smiles	Clinical care
	6 See to Succeed	Clinical care
Houston Methodist	7 Baker Ripley Sheltering Arm	Built environment
	8 Homeplate	Clinical care
MD Anderson	9 Be Well Communities	Health behaviors
Memorial Hermann	10 COPE for Better Health	Clinical care
	11 Health Centers for Schools	Clinical care
	12 Neighborhood Health Centers	Clinical care

# Greater Houston Organizations Working on Factors for Total Health - *Maternal health*

Organization or Funder	Initiative	Primary Health Factor Targeted
Healthy Women Houston	1 Healthy Women Houston	Clinical care
Houston Endowment	2 Improving Maternal Health Houston	Clinical care
Houston Food Bank	3 Client Assistance Program (CAP)	Socioeconomic factors
March of Dimes Healthy Babies are Worth the Wait	4 Fighting Premature Birth: The Prematurity Campaign	Clinical care
Texas Children's Hospital	5 Texas Children's ACEs Workgroups (Adverse Childhood Experiences Coalition)	Social connectedness

# Greater Houston Organizations Working on Factors for Total Health - *Mental health*

Organization or Funder	Initiative	Primary Health Factor Targeted
Houston Methodist	1 Grants	Clinical care
Jung Center	2 Mind, Body, Spirit Institute	Health behaviors
Mental Health America of Greater Houston	3 Integrated Healthcare Initiative	Social connectedness
Montrose Center	4 Safe Zones Project	Social connectedness
Network of Behavioral Health Providers	5 Community Coordination of Care (C3) Initiative	Clinical care
The Women's Home	6 Residential Treatment Program	Clinical care



# 1 Wellness and healthy lifestyle – Aetna



## Initiative name

Grants

## Primary Health Factor Targeted

Built environment

## Initiative description

- Aetna, a large national payer, provides grants to local Houston foundations to improve the health of Houstonians and the environment

## Goals

- To reduce obesity and promote a healthy environment

## Activities performed

1. Provided a \$100,000 grant to the Houston Health Foundation
2. Provided a \$100,000 grant to the Houston Air Alliance

## Impact achieved

1. The Houston Health Foundation will use its \$100,000 grant as part of its Urban Agriculture Initiative which provides low-income immigrant youth a chance to grow native specialty crops. The program helps to teach how to plan and maintain a garden and then market the crops, with an aim of promoting healthier food choices
2. The Houston Air Alliance will use its award in four Pasadena school programs to help increase awareness of the dangers of traffic-related air pollution to children's health. The hope is to encourage biking and walking instead of always jumping in a car for short trips

## Initiative name

Evidence-Based Health Promotion Courses

## Social determinants of health targeted

Health Behaviors

### Initiative description

- BakerRipley offers 7 different evidence-based courses to older adults and family caregivers to help them manage chronic health conditions and take better care of themselves

### Goals

- To improve the health and well-being of older adults, reduce stress for family caregivers, and make it possible for them to maintain an older loved one at home

### Activities performed

- The following evidence-based programs are offered to older adults:
  - Chronic Disease Self-Management
  - Diabetes Self-Management
  - Chronic Pain Self-Management
  - A Matter of Balance (falls prevention)
  - Tai Chi for Arthritis
- The following evidence-based programs are offered to family caregivers:
  - Stress Busting for Caregivers
  - Powerful Tools for Caregivers

### Impact achieved

1. 1,033 older adults took a Health Promotion class in 2018; 88.6% completed the course, indicating that all intended health outcomes were achieved
2. 48 family caregivers took an evidence-based caregiving class in 2018; 97% reported being better able to manage their caregiving responsibilities as a result

## Initiative name

Community Center Programs and Events

## Social determinants of health targeted

Social Connectedness; Built Environment

## Initiative description

- BakerRipley provides a wide variety of programs and activities at each of our 6 Community Centers. The specific menu of what's offered varies by site and is based on the goals, aspirations and preferences of the neighbors in that community

## Goals

- To improve neighbors' understanding of health risk factors and how to access services in their neighborhoods
- Expand families' opportunities to access healthy lifestyle options

## Activities performed

- The primary health and wellness related activities conducted at the Community Centers include:
  - Health fairs and screenings
  - Food fairs and commodities distribution
  - Health, nutrition or fitness classes
  - Referrals to health clinics co-located at a Community Center
  - Community Centers also offer a Community Engineers program that provides leadership development training to neighbors and helps them mobilize to address identified community problems, i.e., neighborhood safety, lack of parks/green space

## Impact achieved

- 16,016 neighbors attended a Community Center event
- 8,311 neighbors attended health fairs
- 7,392 neighbors participated in health screenings
- 1,310 neighbors enrolled in some type of fitness, nutrition or health related class
- 207 neighbors were trained to be Community Engineers

## Initiative name

Neighborhood Workforce Initiatives

## Social determinants of health targeted

Socioeconomic Factors

### Initiative description

- BakerRipley operates 11 Career Offices as well as provides a program called Aspire that helps neighbors connect with job skills training and employment opportunities

### Goals

- The Career Offices goal is to help neighbors find a job, keep a job, and/or get a better job
- The goal of Aspire is to help underemployed workers successfully move to living wage, middle-skill careers

### Activities performed

- Visitors to Career Offices are assisted with utilizing Work in Texas, a database of job openings in the region. They may also get help with resume writing, interview preparation and other “soft skills” needed to secure or retain employment
- Aspire provides individual coaching to neighbors to help them access high-quality training opportunities that will prepare them for middle-skill jobs

### Impact achieved

- 138,802 neighbors were served at Career Offices
- 52,818 neighbors who utilized Career Office services had income gains of at least 20%
- 399 Career Office clients pursued a new educational credential
- 334 neighbors received coaching through Aspire

# 5 Wellness and healthy lifestyle – BakerRipley



## Initiative name

Regional Initiatives

## Social determinants of health targeted

Socioeconomic Factors

### Initiative description

- BakerRipley provides utility assistance and home weatherization services to low-income neighbors
- BakerRipley also operates numerous Neighborhood Tax Centers that provide free tax preparation for low-income neighbors

### Goals

- The goal of Utility Assistance is to improve the financial well-being of low-income neighbors
- Weatherization is designed to make energy conservation improvements to neighbors' homes that result in cost savings on utilities
- The goal of the Tax Centers is to increase net refunds for neighbors and improve their financial well-being

### Activities performed

- Utility Assistance: payments are made to utility (gas and electric) providers on behalf of qualified neighbors
- Weatherization: home improvements, i.e., insulation installation, weatherstripping, etc are made to the homes of qualified neighbors
- Trained volunteers prepare tax returns for low-income neighbors

### Impact achieved

- 32,791 neighbors received utility assistance
- More than \$12M of utility assistance was provided
- 498 individuals received weatherization assistance
- 35,321 income tax returns were prepared
- More than \$46M was generated in net refunds for neighbors

## Initiative name

Adult Education

## Social determinants of health targeted

Socioeconomic Factors

## Initiative description

- BakerRipley provides adult education classes in ESL, GED and digital literacy to neighbors

## Goals

- Improve neighbors' opportunities to gain knowledge/abilities that relate positively to personal, financial and/or social growth

## Activities performed

- Classes are offered in ESL, GED/High School Education Certificate, Adult Basic Education and Digital Literacy

## Impact achieved

- 1,653 neighbors enrolled in Adult Education classes

### Initiative name

Senior Services

### Social determinants of health targeted

Social Connectedness; Health Behaviors; Build Environment

### Initiative description

- BakerRipley provides an array of services in both the home and in community settings to help older adults live independently for as long as possible, and also provides services and supports to family caregivers to help them maintain an older loved one at home

### Goals

- Promote the dignity and independence of older adults
- Improve the health, wellness and quality of life for older adults
- Reduce stress for family caregivers and make it easier for them to manage their caregiving responsibilities

### Activities performed

- The following services are provided to older adults:
  - 11 senior health and wellness/congregate meal centers
  - In-home assistance with home management, errands, food preparation, etc
  - Dementia specific adult day care
- Caregivers are served through:
  - Respite (either in-home or at the dementia center)
  - Consultation and referral about care options
  - Educational seminars and evidence-based self-care courses
  - Support groups

### Impact achieved

- 2,280 seniors received meals and specialized programming at Senior Health and Wellness Centers
- 83 older adults received 14,999 hours of in-home support
- 146 seniors with dementia received 12,283 days of service at the Dementia Day Center
- 394 family caregivers were served

## Initiative name

Urban Farms and Community Gardens

## Social determinants of health targeted

Social Connectedness; Built Environment

## Initiative description

- BakerRipley operates a 74-bed urban farm in southeast Houston at its Harbach Campus Community Center. The other 5 Community Centers also have community gardens that neighbors can access to grow fresh produce

## Goals

- Improve neighbors' access to health foods
- Improve health and wellness of neighbors

## Activities performed

- Under the guidance of a certified urban farmer, neighbors adopt garden beds and grow their own vegetables
- Neighbors are provided with nutrition education and cooking classes

## Impact achieved

- Nearly 90% of the garden/farm beds have been adopted by neighbors



# 9 Wellness and healthy lifestyle – Barbara Bush Literacy Foundation

## Initiative name

Camp Adventure!

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- Camp Adventure! is a summer learning program to mitigate the ‘summer slide’ by engaging elementary children in S.T.E.A.M. (science, technology, engineering, arts, and math) and reading activities. Camp Adventure! was funded in partnership with Phillips 66, Target Corporation, EOG Resources, HISD, JP Morgan, Marathon Oil, and volunteer support from civic-minded companies, including Cheniere Energy, KPMG, CBS Radio, Schlumberger, Bank of Texas, EOG Resources, JP Morgan Chase, Marathon Oil, Phillips 66, PwC, Target, and more

## Goals

- To mitigate the ‘summer slide’ by engaging elementary children in S.T.E.A.M. (science, technology, engineering, arts, and math) and reading activities

## Activities performed

- During the two-week camps, more than 700 volunteers and staff engaged children in hands-on learning activities such as science experiments from the Children’s Museum of Houston, cooking classes and demos with the Houston Food Bank, drama experiences with Theatre Under the Stars, music classes and performances from the Houston Symphony, and exciting games from the American Heart Association

## Impact achieved

- In 2018 Camp Adventure recruited 4,132 volunteers who donated 2,942 hours to provide a special experience for 333 campers

# 10 Wellness and healthy lifestyle – Barbara Bush Literacy Foundation

## Initiative name

Curiosity Cruiser

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- The Curiosity Cruiser, a library on wheels, hit the streets of Houston in January of 2018 in partnership with the Harris County Public Library system. Outfitted with the latest technology, and lots of books, the Curiosity Cruiser helps disadvantaged children by providing them learning opportunities where they live and play

## Goals

- To provide learning opportunities to disadvantaged children

## Activities performed

- Assists children in building their own home library providing children an opportunity to participate in weekly science, technology, engineering and math programs that help them to improve their literacy skills, gain social skills through team-based activities and reading clubs, and express themselves through art and music They also learn visual arts like photography and digital media, inspire their creativity using LEGO sets, 3D printers, and robotics, and solve problems that promote critical thinking

## Impact achieved

- In 2018, Curiosity Cruiser visited 243 locations, travelling over 3500 miles and distributing 18,972 books to 3,566 children

# 11 Wellness and healthy lifestyle – Barbara Bush Literacy Foundation

## Initiative name

My Home Library

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- To address the book gap, the Barbara Bush Literacy Foundation launched the My Home Library program in 2017, which aims to equip economically disadvantaged children with brand new books of their choice

## Goals

- To improve the quality of life for Houstonians of all ages through the power of literacy; the ability to read, write, speak clearly, and think critically

## Activities performed

- A custom-built website enables children to create a wish-list of books for which a donor may sponsor. Donors may sponsor a home library for an individual child, a classroom, a grade level, a school, or make a general donation in support of the My Home Library initiative. Special discounted pricing on books through partnership with the publishers makes placing books in the hands of children affordable.

## Impact achieved

- In 2018, the initiative served 25,191 children in 85 unique organizations, distributing over 65,000 books

# 12 Wellness and healthy lifestyle – Barbara Bush Literacy Foundation

## Initiative name

Read Houston Read

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- Launched during the 2014-2015 school year, Read Houston Read is an innovative program in HISD to help struggling first and second-graders improve their reading skills with the help of adult volunteer mentors. Read Houston Read is supported through a partnership among the Barbara Bush Houston Literacy Foundation, Children’s Museum of Houston, HISD, Phillips 66, PwC, and the Wayne Duddlesten Foundation

## Goals

- To help struggling first and second-graders improve their reading skills with the help of adult volunteer mentors

## Activities performed

- Volunteers helps by reading books to a child, engaging in fun activities that directly relate to the reading, building upon vocabulary and comprehension, and listening to a child read as they share their own book with a reading mentor The program offers both in-person and online volunteer opportunities, giving a mentor the flexibility to participate from virtually any location

## Impact achieved

- In 2018, nearly 750 volunteers committed at least 30 minutes each week as a Read Houston Read Mentor to more than 1,000 students, volunteering 8153 hours

# 13 Wellness and healthy lifestyle – Bayou Land Conservancy

## Initiative name

Ambassador Program

## Primary Health Factor Targeted

Built environment

## Initiative description

- The Spring Creek Greenway Ambassador program is a free environmental education program designed to teach Houstonians about local ecology and the work of the Bayou Land Conservancy

## Goals

- To have volunteers assist in management of BLC's 13-mile Spring Creek Nature Trail, part of the expanding 33 mile Spring Creek Greenway

## Activities performed

- The Ambassador program is offered twice a year with five classes held on weeknights and weekends

## Impact achieved

- The Ambassador program has helped to preserve 13.918 acres since its inception

# 14 Wellness and healthy lifestyle – BUILD Initiative

## Initiative name

Build 3.0 (BUILD Initiative)

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- BUILD is a national initiative that supports state leaders across the early childhood spectrum adults dedicated to family support and engagement, early learning, health, mental health, nutrition, and more. BUILD brings these leaders together to promote opportunities for all children from birth through age five to start school healthy and prepared for success

## Goals

- Promote optimal health and wellbeing for children from prenatal to age five, prevent and mitigate early childhood adversities, and improve adverse social settings Shift or realign systems (policies, practices, programs, funding, governance, data, etc.) to increase access to opportunities for young children and families in communities with significant racial, ethnic, economic, health, and education disparities Engage community members with lived experience and create feedback loops to ensure ongoing communication among state and local policy makers, practitioners, community leaders, and families

## Activities performed

- BUILD partners with state-based organizations, early childhood innovators, business leaders, government offices and others to build early childhood systems by connecting programs and services for young children that may have functioned in isolation, at cross-purposes, or without the sufficient resources to meet critical needs

## Impact achieved

- BUILD has supported leaders in over 30 states as they planned for and implemented the Early Learning Challenge, the Preschool Development Grants, and the Early Head Start-Child Care Partnerships



## Initiative name

Community Leadership and Advocacy Training

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- The training is dedicated to the development of leaders who can advocate for the changes needed in their communities with an overall goal of building community capacity and empowering residents to address local environmental and policy changes that will facilitate healthy eating and active living. CAN DO's Community Leadership and Advocacy Training is an intense, 8-week curriculum modeled after national best practices, including the NAACP Advocacy Training Manual and the Central California Regional Obesity Prevention Program (CCROPP).

## Goals

- The ultimate focus of CAN DO's Community Leadership and Advocacy Training is to train individuals to advocate on behalf of their own community.

## Activities performed

- Throughout the training, participants meet once a week for 2 hours to engage in a series of interactive modules and activities that demystify the necessary steps towards addressing community issues. To date, this training has been implemented 7 times in 5 communities with over 75 resident and organizational leaders and is now offered in English and Spanish.

## Impact achieved

- An increase in community engagement and perceived civic responsibility has developed among advocates that have completed this training.

## Initiative name

Healthy Corner Food Initiative

## Primary Health Factor Targeted

Built environment

## Initiative description

- The initiative was started with the Sunnyside community. After conducting a feasibility study in the Spring of 2012, CAN DO partnered with a local produce vendor to deliver fresh fruits and vegetables to transform a corner store into one that provided numerous healthy options
- CAN DO has expanded this initiative to 10 corner stores across 2 communities (Sunnyside and North Pasadena) and includes nutrition education, cooking demonstrations and sampling, marketing, and various cost-saving promotions

## Goals

- The purpose of the Healthy Corner Store Network is to improve the availability of healthy, quality, and affordable foods in areas with limited access (food deserts) through enhancements to existing, convenient, and local small retail outlets

## Activities performed

- In 2017, A total of 10 healthy corner stores within this network plus at least 5 “pipeline sites” prepared for expansion in different communities

## Impact achieved

- The Healthy Corner Store Network (HCSN) increases the inventory and variety of fresh, affordable produce plus other healthier food options (snacks, beverages, etc.)
- The HCSN increases sales of healthier food options
- HCSN marketing, displays, and promotions of healthy items improves customer awareness
- The Healthy Corner Store Network (HCSN) impacts customer purchases and perceptions of healthy foods
- The HCSN increases store owner knowledge of marketing and handling of fresh produce, as well as commitment



# 17 Wellness and healthy lifestyle – Can Do Houston

## Initiative name

Let's Move

## Primary Health Factor Targeted

Health behaviors

### Initiative description

- Let's Move began in Magnolia program in 2012 in response to the expressed need for safe physical activity opportunities in the community

### Goals

- Free yoga and Zumba classes were implemented 3-4 times per week at three different sites within the community (the Multiservice Center, a City Park, and an elementary school) plus fitness testing at the beginning, middle, and conclusion of the program Computer-based nutrition education was later incorporated into this program for children

### Activities performed

- To provide more outlets to participate in physical activity for residents

### Impact achieved

- Through July of 2013, almost 200 residents participated in the classes at least once with each session averaging 13-15 participants and a maximum of 20 participants. A unique aspect of this program is the inclusion of participants across the age continuum (ranging from 5-62 years) The program has grown tremendously with over 400 unique participants, sessions occurring 4 days a week and reaching up to 50 participants (especially during summer months), and is completely community driven



**Initiative name**

Mobile Produce Unit Initiative

**Primary Health Factor Targeted**

Built environment

**Initiative description**

- CAN DO's Mobile Produce Unit is designed to create access to fresh, affordable produce within our priority communities that are considered food deserts or simply lack adequate access to nutritious options

**Goals**

- Partnership with the Houston Food Bank has facilitated consistent implementation of their mobile produce unit in Independence Heights and Fifth Ward In 2016, pop-up grocery tours were incorporated to educate participants on how to shop healthier One of the most valuable aspects of this initiative was the ability to accept SNAP

**Activities performed**

- To change the nutritional environment in underserved areas of Houston

**Impact achieved**

- Implemented a 6-week pilot in the Fifth Ward, open once a week for two hours Documented valuable information to inform two full-scale expansions, the Independence Heights Food Fare and the Fifth Ward Food Fare

## Initiative name

CATCH Foundation

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- CATCH was established in 2003 to address a dire need for academic advancement opportunities in the traditionally urban community of Houston, Texas

## Goals

- To expand education opportunities, encourage a more tolerant society and improve the quality of life for Houstonians

## Activities performed

- Provides academic scholarships to local universities and community colleges
- Makes monetary donations to local colleges

## Impact achieved

- The Catch Foundation has provided more than \$150,000 in scholarships to recipients attending local schools such as Texas Southern University, Houston Community College, Lamar University, Prairie View A&M University, and the Thurgood Marshall School of Law

## Initiative name

Children at Risk

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- Children at Risk is a non-partisan research and advocacy organization. The organization began in the fall of 1989 when a group of child advocates met to discuss the lack of data on the status of children and the absence of strong public policy support for Houston's children. The group has grown to become a statewide organization impacting all children in Texas, speaking out and driving change for Texas' most vulnerable youth for over 30 years

## Goals

- To address the root causes of poor public policies affecting children

## Activities performed

- Engages in research and advocacy on a broad range of children's issues, including: Education Parenting and family well being Health and nutrition Immigration The fight to end human trafficking

## Impact achieved

- Contributed to passing HB 680 which improves coordination, transparency, and efficiency within and among Texas' early childhood education programs, as well as prioritizes professional development aimed at improving the quality of the workforce in our early education centers Contributed to passing SB 20 and SB 1801 that allows victims of trafficking to obtain a nondisclosure of criminal activities. With this, victims of trafficking in Texas will have support and access to necessary services



**Initiative name**

50 for 50

**Primary Health Factor Targeted**

Built environment

**Initiative description**

- Mayor Sylvester Turner announced the City of Houston’s plan to create a city-wide coalition with 50 companies aimed at revitalizing the city’s parks

**Goals**

- To provide easy access to welcoming, well maintained, safe and fun parks for all Houstonians

**Activities performed**

- In the process of partnering with 50 corporations to revitalize parks in Houston’s underserved areas

**Impact achieved**

- In early stages



## Initiative name

Complete Communities

## Primary Health Factor Targeted

Built environment

## Initiative description

- Complete Communities initiative aims to improve neighborhoods so that all of Houston's residents and business owners can have access to quality services and amenities. Alief, Fort Bend Houston, Kashmere Gardens, Magnolia Park – Manchester, and Sunnyside are the second round of neighborhoods selected under this initiative

## Goals

- Focuses on improving affordable housing, employment opportunities and enhancing the overall quality of life in historically under-resourced neighborhoods

## Activities performed

- The city engages residents in each neighborhood to understand their vision and partner with the local community to support their efforts to achieve their goals
- If planning efforts are already underway or completed, the City will look for ways to help implement those plans
- For those communities where planning efforts are already underway or completed, the City will look for ways to support implementation of those plans
- For areas without previous neighborhood planning efforts, the City will conduct a 6 to 9-month community engagement process to help local residents and businesses identify improvements to strengthen these communities
- After completing these plans, The City will ask the local community and other organizations to be our partner in turning the plans into reality

## Impact achieved

- The pilot phase communities, Acres Home, Gulfton, Near Northside, Second Ward, and Third Ward, are entering the implementation stage

# 23 Wellness and healthy lifestyle – Galveston Bay Foundation

## Initiative name

Classroom STEM Workshops

## Primary Health Factor Targeted

Built environment

## Initiative description

- Allows GBF educators to bring the Bay to the students. These interactive, hands-on programs are an easy way to integrate the local environment into the curriculum

## Goals

- Instilling knowledge and appreciation of the Galveston Bay ecosystem
- Inspiring participants to break down barriers and open themselves to new experiences
- Empowering students to become life-long advocates for a resilient Galveston Bay

## Activities performed

- Under Classroom STEM Workshops, there are various programs aligned with grade-level TEKS, such as
  - Bay Ambassador
  - Animal Adaptations
  - Shoreline Engineering Winter Workshop

## Impact achieved

- In 2017, GBF delivered Bay Ambassador presentations to 1,200 students at 22 schools and organization

# 24 Wellness and healthy lifestyle – Galveston Bay Foundation

## Initiative name

Get Hip to Habitat

## Primary Health Factor Targeted

Built environment

## Initiative description

- The Get Hip to Habitat program melds GBF’s environmental education and habitat restoration initiatives into a year-long program

## Goals

- To foster environmental responsibility in young students

## Activities performed

- The program teaches students about the ecosystem and watershed, as well as imparting a sense of ownership of and responsibility for their marsh restoration project, all while teaching them to be good stewards of Galveston Bay

## Impact achieved

- In 2017, led 900 students at 15 schools in growing their own marsh grass and later transplanting it to Galveston Bay through our Get Hip to Habitat program



# 25 Wellness and healthy lifestyle – Galveston Bay Foundation

## Initiative name

Students In Action For Galveston Bay

## Primary Health Factor Targeted

Built environment

## Initiative description

- Student groups participate in relevant restoration work while gaining an increased understanding about the Bay's varied ecosystems, environmental careers, as well as learning how to use scientific field equipment and data collection

## Goals

- To educate students about the Galveston ecosystem and foster a sense of environmental responsibility

## Activities performed

- Organizes 3-4 hour events filled with hands-on projects ranging from water quality monitoring, habitat restoration, or picking up trash along the Bay shoreline Working side by side with field staff, students also learn about potential paths to environmental careers

## Impact achieved

- In 2017, educated 1,000 students from 12 schools and organizations in one-day service projects through the Students In Action program

# 26 Wellness and healthy lifestyle – Greater Houston Coalition on Social Determinants of Health



## Initiative name

Greater Houston Coalition on SDOH

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- The coalition, co-led by the AHA, Harris County Public Health, and UTHealth School of Public Health, consists of more than 70 organization within Harris County spanning the healthcare, non-profit, for-profit, government, academic, other regional coalitions, and philanthropic sectors. Using a collective impact framework, the coalition is uniquely poised to create systemic change to improve health outcomes by addressing SDOH

## Goals

- To address a lack of systematic screening for the Social Determinants of Health, a need for common metrics, a lack of care coordination within and between healthcare organizations, and a lack of documentation and data linking screening to access

## Activities performed (Phase I)

- Conduct a comprehensive assessment across all coalition members to understand their services, priority areas and data/evaluation systems as it relates to the SDOH
- Conduct strategic planning sessions to determine the vision, mission and establish common agenda with shared, measurable population goals, strategies, and related data system deliverables and timelines
- Catalyze the implementation of the common food insecurity screening and interventions across Coalition members. This will include the development of data/evaluation toolkits and technical support to assist members with implementation of the screenings within their services
- Continue to support the expansion of the HIE and SDOH data sharing across clinical partners (Greater Houston Healthconnect).
- Continue to connect Coalition partners on SDOH efforts/interventions

## Impact achieved

- In Phase I (Planning, Partnership, and Assessment) through July 2020



### Initiative name

Cigna Sunday Streets

### Primary Health Factor Targeted

Built environment

### Initiative description

- Sunday Streets gives Houstonians the opportunity to walk, bike, dance, play and be physically active in many other ways in a segment of the city’s largest public space: its streets. This program is Houston’s response to the “Open Streets” movement, in which cities temporarily close streets to automobile traffic, allowing people of all ages to be physically active

### Goals

- To spur physical activity in Houston neighborhoods

### Activities performed

- Sunday Streets gives Houstonians the opportunity to walk, bike, dance, play and be physically active in many other ways in a segment of the city’s largest public space: its streets

### Impact achieved

- ...



### Initiative name

Community Gardens

### Primary Health Factor Targeted

Health behaviors

### Initiative description

- Community gardens provide hands-on experience to encourage eating more fruits and vegetables. The gardens bring people toward available food sources. They create a social environment for interactive education of healthy foods

### Goals

- Promote healthy eating to reduce obesity and the effects of chronic disease
- Promote physical activity through gardening
- Promote socialization in overall wellness
- Teach the fundamentals of gardening
- Cultivate partnerships and community engagement

### Activities performed

- Provides interactive garden classes that educate community members in planting and harvesting of fruits and vegetables that they are able to take home

### Impact achieved

- Expanded program to 13 locations throughout Houston



### Initiative name

Houston Bike Racks Program

### Primary Health Factor Targeted

Built environment

### Initiative description

- To support bicycling access, safety and physical activity, Go Healthy Houston, in partnership with the City of Houston, implemented the Houston Bike Racks (HBR) Program distributing free bike racks to eligible applicants located within Houston city limits from 2017 to 2019

### Goals

- To increase the availability of bike parking in key community destinations to encourage biking and physical activity in routine short distance trips

### Activities performed

- Distribution of free bike racks to eligible applicants located within Houston city and providing awareness

### Impact achieved

- The HBR program distributed over 180 bike racks to agencies across Houston, with more than 50 going to Houston priority areas. The HBR program donated bike racks reach and benefit over 43,200 Houstonians across 21 unique Houston zip codes Presented to the City of Houston Bicycle Advisory Committee and was highlighted via poster presentation at two national public health conferences Hosted an innovative youth summer project engaging 35 Houston youth on topics including community health, access, health equity, mobility and the built environment



### Initiative name

Horizon EAGLE Fatherhood Program

### Primary Health Factor Targeted

Social connectedness

### Initiative description

- Provide fathers with evidenced-based programming that teaches healthy relationship & healthy parenting education as well as resources to increase their economic stability

### Goals

- To help military and non-military fathers be better dads

### Activities performed

- Provides fathers with job training and evidence-based parenting education

### Impact achieved

- Since 2011, the Horizon Eagle Fatherhood Program has served over 3,172 fathers Through the interventions, over 93% of fathers report their relationships have improved with their children and significant other 98% of the fathers leave with additional workforce certifications that assist in creating a career pathway to employment Historically, over 52% of the fathers who complete the program obtain sustainable employment with wages average pay rates ranging between \$12-15 per hour

## Initiative name

Seminars

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- Since 2010, Horizon Outreach has actively collaborated with the Harris Health System, Department of Veteran Affairs and local service providers to host Annual Outreach seminars

## Goals

- To connect homeless families to housing, healthcare, food, clothing and other resources

## Activities performed

- Harris Health System has provided the following services at each of the Seminars conducted:
  - Free Medical Screenings
  - Flu Shots
  - Affordable Care Act Healthcare Education
  - Distribution of Toiletry Items
  - Medical/Dental Van Services
- Other Services include:
  - Resume Writing Workshops
  - Thanksgiving Meal/Food Distributed
  - Free Haircut's
  - Interview Clothing
  - Credit Workshops
  - Housing/Rental Assistance

## Impact achieved

- Provided services for more than 300 individuals and over 100 veterans in its inaugural seminar

## Initiative name

Houston Immigration Legal Services Collaborative

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- Houston Immigration Legal Services Collaborative is a network of immigration service providers that was developed in 2013 by a wide range of stakeholders including Houston Endowment

## Goals

- To help low-income immigrants access information and legal representation

## Activities performed

- Amplifies the work of individual organizations by bringing them together
- Attracts additional funding from national funders
- Deciding how those funds should be re-granted to support low-income immigrants

## Impact achieved

- Contributed to the development of a \$4M program to provide legal aid after Hurricane Harvey



## Initiative name

Houston Food System Collaborative

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- The Houston Food System Collaborative (HFSC), in partnership with the Houston Food Bank, is a group of dedicated individuals and organizations committed to facilitating the growth of a sustainable local food system that is accessible to all through education, innovation, and collaboration

## Goals

- To increase community understanding that their local food choices support thriving businesses, healthy communities, and vibrant working landscapes
- Reduce loss of food and food waste
- Create and implement policies, regulations, and infrastructure that support long-term local and regional food production, distribution, and marketing
- Promote conservation and enhancement of ecosystems and resources that sustain a robust food system

## Activities performed

- HFSC conducts monthly educational meetings (second Wednesday of the month) to highlight best practices and stimulate discussion around the health of the Houston food economy
- The group strives to include representatives from all components of the food system: production, waste management, processing, consumption, and distribution
- These meetings are open to the public and all are welcome to attend

## Impact achieved

- ...



### Initiative name

Nutrition Education

### Primary Health Factor Targeted

Health behaviors

### Initiative description

- Classes in nutrition, food safety, meal preparation, and budgeting are taught in collaboration with Houston Food Bank partner agencies

### Goals

- The Houston Food Bank’s Nutrition Education department addresses food insecurity and hunger by using USDA materials and guidelines to achieve nutritional goals

### Activities performed

- Offer classes to partner agencies, community organizations, and schools
- The Houston Food Bank recruits and trains registered dietitians, nutritionists, chefs, physical activity specialists, dietetic interns and nutrition students to assist with courses

### Impact achieved

- Last Year Impact: 1,262 Nutrition Education classes taught 17,461 people taught

## Initiative name

Red Barrels

## Primary Health Factor Targeted

Built environment

### Initiative description

- At grocery stores throughout greater Houston, shoppers purchase and donate nonperishables into Red Barrels, each assigned to a neighborhood food pantry that collects and distributes the food

### Goals

- To offer a convenient way for grocery shoppers to donate nonperishables to their neighbors in need through nearby food pantries

### Activities performed

- Consumers fill the barrels with purchased nonperishable foods and place them in Barrels that are located near the store exit
- The Red Barrels are in more than 150 grocery stores

### Impact achieved

- The Red Barrels collect more than a million and a half pounds of food each year

### Initiative name

Senior Box Program

### Primary Health Factor Targeted

Built environment

### Initiative description

- Provides a monthly box of food to low income seniors 60 years of age or older

### Goals

- To decrease food insecurity among the elder population of Houston

### Activities performed

- The Senior Box Program distributes Commodity Supplemental Food Program (CSFP) food from the United States Department of Agriculture (USDA) that is managed by the Texas Department of Agriculture (TDA) to income-eligible seniors (60+)
- Seniors receive a box of non-perishable food (valued at \$50) each month, which helps stretch their available grocery dollars
- The Senior Box Program has expanded its outreach to include distributing produce and other health-related items to seniors both inside and outside of Harris County

### Impact achieved

- Over 11,000 seniors in the Houston area benefit from this federally-funded effort

## Initiative name

Teachers Aid

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

The Teachers Aid program provides supplies to teachers in schools that meet the following criteria:

- Teachers Aid Agreement must be submitted
- 60% of students are on free or reduced price lunch
- Participate in the Houston Food Bank's Backpack Buddy Program or School Market

## Goals

- Aims to provide children who can't afford to purchase even the most basic school supplies with the supplies which they need to succeed

## Activities performed

The Teachers Aid program provides the supplies kids need to succeed

- School supplies are distributed on posted shopping days by reservation only
- Teachers select from donated items based on their grade levels, curriculum needs and current inventory.
- Teachers can "shop" twice every three months by appointment only

## Impact achieved

- 15,899 Teachers shopped for supplies
- 941,256 Pounds of school supplies distributed



**Initiative name**

Project Orange

**Primary Health Factor Targeted**

Social connectedness

**Initiative description**

- A first-of-its-kind partnership between the nonprofit and Harris County, enables volunteers to enfranchise eligible citizens in Harris County Jail. By enlisting the help of Volunteer Deputy Voter Registrars (VDVR's) the organization reaches virtually all the eligible inmates inside the Harris County Jail and enables them to exercise their right to vote

**Goals**

- Aims to register eligible inmates and their family members during visitation
- To reach eligible inmates inside the Harris County Jail and enable them to exercise their right to vote

**Activities performed**

- Volunteers assemble at the Harris County Jail and assist with registering inmates and their family members to vote

**Impact achieved**

- For the 2018 election cycle, Houston Justice's #Project Orange program:
  - Registered 1,484 incarcerated citizens and their family members to vote over the course of four consecutive Sundays from Jan 24 through Feb 4 and assisted 58 inmates to apply for and receive Ballots by Mail
- Beginning in 2014, collected grand jury applications from diverse communities across Houston
  - After #HouJustice members testified at the Texas Capitol, the Grand Jury selection process changed through statewide legislation

## Initiative name

Vibrant Communities

## Primary Health Factor Targeted

Health behaviors

## Initiative description

- Working with a community-based steering committee, MD Anderson implemented an action plan focused on diet and physical activity interventions

## Goals

- Aims to mobilize Pasadena, Texas, to promote health and wellness, with a focus on maintaining a healthy weight, being physically active and consuming a balanced diet as key ways to reduce the risk for chronic disease

## Activities performed

- The initiative unites individuals, schools, workplaces, government agencies, health care providers and policy makers to carry out community-led solutions that will make positive, long-lasting changes in people's health

## Impact achieved

- Over the next three years (from 2017) of programming, approximately 33% of the Pasadena community, or more than 50,000 individuals, will be engaged

### Initiative name

Bridging Health and Safety (BHAS) in Near Northside

### Primary Health Factor Targeted

Built environment

### Initiative description

- Avenue, Houston Health Department (HHD) and Memorial Hermann Community Benefit Corp., have teamed up to reduce health disparities and address health and safety conditions impacting Houston’s Near Northside neighborhood in an effort to create a healthier community. The partnership, called Bridging Health and Safety (BHAS) in Near Northside, was one of 19 projects selected nationwide to participate in the BUILD Health Challenge, a national program that puts multi-sector, community-driven partnerships at the foundation of improving public health

### Goals

- To mobilize resources, attention and action upstream to prevent health issues, lower costs and promote health equity in the historic Near Northside

### Activities performed

- BHAS’ initiatives are focused on addressing factors that influence health, including safe and affordable housing, access to healthy food, a safe environment to encourage physical fitness, reduction of air pollution and resources that address the social determinants of health

### Impact achieved

- ...



## Initiative name

Food as Health

## Primary Health Factor Targeted

Built environment

### Initiative description

- After receiving the Houston Food Bank’s first-ever food insecurity training, Memorial Hermann is implementing food insecurity screening throughout the health system

### Goals

- To increase access to healthy food

### Activities performed

- Implemented food insecurity screening throughout the Memorial Hermann System
- Engaged other Houston facilities to implement the tool
- Collaborated with others to bring unique food opportunities to food insecure families including voucher programs to include fruit and vegetable intake, Meals on Wheels for discharge patients to reduce readmissions, and assistance with snap applications

### Impact achieved

- Nearly 55,000 patients have been screened, and nearly one in every five has screened positive for food insecurity

### Initiative name

Anti-Violence Program

### Primary Health Factor Targeted

Social connectedness

### Initiative description

- The Anti-Violence program targets and has expertise in serving LGBTQ survivors of domestic violence, sexual assault and trafficking; as well as all survivors of hate crimes regardless of sexual orientation

### Goals

- To support LGBTQ survivors of domestic violence, sexual assault and trafficking; as well as all survivors of hate crimes regardless of sexual orientation

### Activities performed

- Crisis Help: The LGBT Switchboard of Houston 713-529-3211 provides crisis counseling and intervention around the clock, even on holidays. 24 hours/day, 7 days/week
- Advocacy
- Counseling
- Compensation: Helps to get gather the necessary documentation and guides through the process of compensation under state and federal laws
- Education: Provides public education to group, school, church or business to increase knowledge of dynamics of sexual violence, causes and consequences and services available

### Impact achieved

- ...

# 43 Wellness and healthy lifestyle – Texas Medical-Legal Partnership Coalition

## Initiative name

Texas Medical-Legal Partnership Coalition

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- There are close to a dozen MLPs in Texas, and each operates a unique model and addresses matters specific to their respective community members. The Texas MLP Coalition has been supporting MLPs primarily through education and sharing experiences

## Goals

- Improving the health of all Texans by supporting and promoting partnerships between legal and healthcare professionals to address the structural problems that underlie health inequities and contribute to health-harming social needs
- MLPs provide services across many legal issues which can potentially impact health. These include benefits, food stamps, insurance, subsidies, evictions, utility shut-off, special education, discrimination, credit history, immigration status, restraining orders, and guardianship

## Activities performed

- In the next phase of its development, the coalition plans to engage in biennial conferences, educational programs, advocacy, communication, technical assistance, research/evaluation, and community impact

## Impact achieved

- Over the past year and half, the Texas MLP Coalition has been convening health, legal, community, academic, and philanthropic organizations to support MLP efforts in the state primarily through education and sharing experiences



## Initiative name

Beacon Law

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- Beacon Law provides high quality, courteous, and effective legal services to low-income individuals and communities.
- Priorities consist of five practice areas:
  - Access to safe and affordable housing
  - Access to income and employment
  - Access to healthcare, economic justice, and consumer rights

## Goals

- To remove barriers to escaping homelessness, support individuals and families, preserve homes, maintain economic stability, ensure stability and health, and to identify and address the needs of vulnerable populations

## Activities performed

- Hold intake and provide legal advice and counsel at The Beacon Day Center on Mondays, excluding major holidays
- Conduct intake through other coordinating shelters in the Houston area

## Impact achieved

- In 2018:
  - Served 2,215 unduplicated individuals
  - Resolved 4,345 legal cases
  - Helped realize over \$1.9 million in direct benefits to clients



**Initiative name**

Brigid's Hope

**Primary Health Factor Targeted**

Social connectedness

**Initiative description**

- Brigid's Hope at The Beacon offers transitional housing and supportive services in an effort to reduce the number of women returning to the criminal justice system

**Goals**

- To provide tools to women ages 35 and older who are in transition from incarceration to self-sufficiency so that they can become self-sufficient and secure a safe and productive future

**Activities performed**

- The twelve-month intensive program for homeless, non-violent female offenders is unique in that it offers each client a mentor, independent living and minimal structure stressing the importance of self-reliance and responsibility

**Impact achieved**

- Served 15 women in 2018
- Since 1999, the program has a minimal recidivism rate of less than 10%



## Initiative name

Day Center

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- The Beacon Day Center provides essential services: meals, showers, and laundry to homeless individuals who are active in their recovery

## Goals

- To serve the Houston homeless community through daily services

## Activities performed

- Assist with registration and intake as well as immediate assessment of each client's needs
- A hot lunch, access to showers, and laundry services are available Thursdays through Mondays each week

## Impact achieved

- In 2018:
  - The Beacon Day Center served 7,813 unique individuals
  - Prepared and served 68,686 hot lunches
  - Clean, wash and fold 22,728 loads of laundry



**Initiative name**  
The Way Home

**Primary Health Factor Targeted**  
Socioeconomic factors

**Initiative description**

- The Way Home is a collaborative program that connects Houston organizations in a model to efficiently and effectively end homelessness in Houston, Harris County, and Fort Bend County

**Goals**

- To bridge the challenges one faces in moving from the street to stable housing

**Activities performed**

- The Beacon hosts the central intake point of Coordinated Access which pools the resources of Houston's service providers in order to assess and navigate housing options for Houston's homeless population

**Impact achieved**

- Assessment staff participated in assessing and housing 936 individuals displaced by Hurricane Harvey



## Initiative name

Housing for Families Adele & Ber Pieper Family Place

## Primary Health Factor Targeted

Built environment

## Initiative description

- Adele & Ber Pieper Family Place apartments is an 84-unit Gold LEED permanent supportive housing complex located in the East Spring Branch community. The complex provides a wide range of support services to women and their families under the guidance of two on-site case managers

## Goals

- To provide quality housing to vulnerable families

## Activities performed

- The complex provides utilities, cable, and internet at no charge to the tenants
- The complex is secure, with card access for parking and building entry and other components
- It also features a secure courtyard with open spaces and creative play areas for children of all ages as well as a community building for activities, meetings, and family events.
- All tenants have access to the full range of services offered at our Mabee WholeLife® Service Center located 4 blocks south

## Impact achieved

- In 2018, 127 families made Family Place their permanent home



## Initiative name

Housing for Individuals Jane Cizik Garden Place

## Primary Health Factor Targeted

Built environment

## Initiative description

- Fully occupied, the 87-unit, single-bedroom apartment complex provides permanent supportive housing for those looking for a peaceful, independent living space

## Goals

- To provide supportive living environment in Spring Branch to homeless and vulnerable individuals

## Activities performed

- Jane Cizik Garden Place incorporates a well-tended courtyard garden, a meditation labyrinth and spiritual reflection room, and an exercise center overlooking the patio and gazebo area
- Residents have access to a computer lab and community room
- Support groups and social events are available to the residents, with many of them organized by local volunteer groups to help residents connect with the wider community.
- Two on-site case managers offer assistance, including:
  - Mental and physical healthcare
  - Food and transportation resources
  - Substance abuse treatment
  - Legal resource assistance
  - Job search training
  - Budgeting assistance
  - Faith-based referrals
  - Help with applying for Medicare, Medicaid and Social Security benefits

## Impact achieved

- In 2018, 92 individuals made Jane Cizik their permanent home



## Initiative name

Mabee WholeLife Service Center

## Primary Health Factor Targeted

Clinical care

## Initiative description

- The 30,000 square foot service center is a multi-purpose facility that collaborates with community partners offer a variety of services to enhance the wellness and stability of families in the housing programs and the surrounding neighborhood

## Goals

- To establish a continuum of care made up of stakeholders from the public and private sector who work collectively to impact the health and well-being of the Spring Branch East community

## Activities performed

- Integrated Primary and Behavioral Healthcare: The 6,345 square foot clinic provides bilingual treatment (English and Spanish) that includes family practice, pediatric care, and women's wellness services
- Educational Services for Children: Provides research-based outdoor classroom design services, educator workshops, and natural products
- Educational Services for Adults: Facility incorporates 30-unit computer lab for online and community college coursework, and four distance learning classrooms equipped with smart board and video conferencing technology

## Impact achieved

- In 2018:
  - 3,590 unduplicated patients served at the clinic
  - 295 children participated in afterschool and summer enrichment programs



**Initiative name**

Houston Climate Movement

**Primary Health Factor Targeted**

Built environment

**Initiative description**

- Initiated by Transition Houston to spread awareness and gain local support on climate change

**Goals**

- To raise awareness and gain local support to tackle the impacts of climate change

**Activities performed**

- Conducts seminars and awareness programs

**Impact achieved**

- Petitioned over a thousand Houstonians to support climate action and organized a Climate Change Town Hall in August 2018

## Initiative name

THRIVE

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- THRIVE is a free financial wellness program that provides personalized coaching to increase income, manage and eliminate debt, improve career opportunities, build savings, and acquire assets

## Goals

- To help community members become more financially stable

## Activities performed

Services include:

- Financial and employment counseling
- Vocational and career pathway training opportunities
- Assistance with registration process at local community colleges
- Screening for community resources and benefits
- Financial and job readiness workshops
- Computer resource room for job search and resume writing

## Impact achieved

- In 10 years, THRIVE has:
  - Served 211,208 unique clients
  - Helped generate \$1.1B in value through increased wages, savings, assets, and reduced debt
  - Provided workforce development services for 49,127 people, resulting in more than \$370M in new wages

# 1 Disease prevention and care – Anthem, Inc., City of Hope, National Urban League, and Pfizer Inc.



## Initiative name

Take Action for Health

## Primary Health Factor Targeted

Clinical care

## Initiative description

- Take Action for Health is a unique collaboration of organizations with a common goal of eliminating health disparities in the African American community

## Goals

- To improve breast cancer and heart disease care in African American communities nationwide

## Activities performed

- Provides educational to increase the utilization of mammograms, blood pressure screenings, and screenings for depression and anxiety in an effort to catch these health conditions early when they are most treatable

## Impact achieved

- The pilot study used a pre-post design using online surveys. The pre-intervention survey (pre-test) was administered June 13 to July 31, 2016. The intervention was tested from August 8 to October 8, 2016 at three affiliates in Kansas City, MO, Indianapolis, IN and Houston, TX with participants recruited from these locations
  - 35.1% and 51.2% of the pre-contemplation and contemplation groups, respectively, scheduled an appointment for breast cancer screening
  - 25.9% and 47.5% of the pre-contemplation and contemplation groups, respectively, scheduled an appointment for high blood pressure test
  - 4.3% and 66.7% of the pre-contemplation and contemplation groups, respectively, scheduled an appointment for depression/anxiety risk assessment

## 2 Disease prevention and care – Cities Changing Diabetes / Novo Nordisk A/S

### Initiative name

Faith and Diabetes Initiative

### Primary Health Factor Targeted

Social connectedness

### Initiative description

- Cities Changing Diabetes launched in Houston in November 2014 with a comprehensive analysis of the major gaps and vulnerabilities associated with diabetes. The Cities Changing Diabetes partnership launched the Faith and Diabetes Initiative, which uses the reach and influence of faith-based organizations to reach the most vulnerable people.

### Goals

- The aim of the Faith and Diabetes Initiative is to assist houses of faith across Greater Houston in strengthening or building a Congregational Health Ministry by developing a range of diabetes prevention and awareness tools that they can share with their congregations.

### Activities performed

- Engaged with members of Houston's faith community on the local challenge of diabetes. The development of a Congregational Health Leadership Program, which is a diabetes-focused training program for congregational leaders that addresses faith and community dynamics, communications and community health improvement.

### Impact achieved

- One of the program's first major milestones was the October 2016 Faith and Diabetes Summit, which brought together leaders from houses of faith across the city.
  - The discussions primarily focused on better understanding members' need for support on diabetes prevention and management, and awareness and education.
- On 8 September 2017, Cities Changing Diabetes Houston launched the Congregational Health Leadership Program.
  - This program consists of a six-week train-the-trainer course that prepares two congregational members from each house of faith to implement evidence based primary prevention program, and a 10-week lifestyle change program for congregational members already diagnosed with diabetes.

# 3 Disease prevention and care – Episcopal Health Foundation



## Initiative name

Texas Community Centered Health Homes Initiative

## Primary Health Factor Targeted

Built environment

## Initiative description

- The Texas Community Centered Health Homes (CCHH) Initiative is working with a group of clinics to develop specific ways for them to go beyond clinic walls and take community action to prevent illness and poor health

## Goals

- The center's community health goal focuses on reducing chronic disease through improved nutrition, as well as advancing built environments that support safe and culturally relevant opportunities for physical activity

## Activities performed

- Create opportunities for healthy eating and active living to decrease obesity and reduce the incidence of hypertension and diabetes

## Impact achieved

- ...

# 4 Disease prevention and care – Houston Business Coalition on Health (HBCH)



## Initiative name

Greater Houston Employer National Diabetes Prevention Program Pilot Program

## Primary Health Factor Targeted

Health behaviors

## Initiative description

- The Texas Area Health Education Center (AHEC) East, in collaboration with Cities Changing Diabetes (CCD), HBCH, Texas Diabetes Council (TDC), the Texas Department of State Health Services (DSHS), and the National Association of Chronic Disease Directors (NACDD), met regularly to ensure the successful planning and execution of the stakeholder engagement meeting and to discuss shared strategies for diabetes prevention

## Goals

- To promote preventative care of Type 2 diabetes by employers

## Activities performed

Key action steps implemented:

- Assembling the Houston DPP Task Force to include all stakeholders
- Forging a successful partnership with the local American Diabetes Association and CCD, and exhibiting at the Second Cities Changing Diabetes Global Summit in Houston
- The development of a TOP 10 List for why employers should participate in the National DPP and its reiteration at multiple employer recruitment
- Decision to launch a pilot project with multiple and diverse types of organizations (private, public and different sizes) to demonstrate National DPP effectiveness in the Houston market
- Promotion of the pilot as an opportunity to be a leading adopter in the Houston market with significant development support from HBCH, DSHS, NACDD, etc.
- Including National DPP providers, National DPP participants, and employers who have implemented the National DPP with success (Dow Chemical) in all employer recruitment meetings

## Impact achieved

- The program is expected to impact 800 people (estimated) and Houston area employers providing National DPP lifestyle change programs to their employees with pre-diabetes



# 5 Disease prevention and care – Houston Health Foundation

## Initiative name

Project Saving Smiles

## Primary Health Factor Targeted

Clinical care

## Initiative description

- Provides dental screenings and minor procedures to reduce the prevalence of tooth decay in underserved children and remove barriers to learning

## Goals

- To reduce to prevalence of tooth decay in underserved areas of Houston

## Activities performed

- Provides dental screenings, dental sealants, fluoride varnish, and oral health education free of charge targeting Houston's at-risk 2nd graders who are enrolled in schools with 70% or more students on the Free and Reduced Lunch Program

## Impact achieved

- Provided 50,000 dental screenings
- 77,706 dental sealants
- 24,779 fluoride varnishes

# 6 Disease prevention and care – Houston Health Foundation

## Initiative name

See to Succeed

## Primary Health Factor Targeted

Clinical care

## Initiative description

- Modeled after the City's five-year partnership with the Luxottica Group Foundation's One Sight program, which collaborates with area public school districts and charter/private schools to provide high volume walk-through services in community-based settings

## Goals

- To improve vision and vision related health, education and social factors by performing annual vision exams and providing eye wear

## Activities performed

- The program provides comprehensive free eye exams and eyeglasses to those who have failed a school screening, but cannot access optometry services

## Impact achieved

- Since 2011, the vision clinics have seen over 47,000 Houston-area students and have given over 43,000 pairs of glasses
- Just one two week outreach event provides eye screening and glasses to over 2,000 students

## Initiative name

Baker Ripley Sheltering Arm

## Primary Health Factor Targeted

Built environment

## Initiative description

- Helps elders who need assistance accessing general resources such as transportation, health benefits, and care needs

## Goals

- Increase access to care for elderly Houstonians

## Activities performed

- The service targets people with dementia or cognitive impairment who may need case management services or care consultant services for patients and caregivers

## Impact achieved

- ...

## Initiative name

Homeplate

## Primary Health Factor Targeted

Clinical care

## Initiative description

- Homeplate provides food and daily checks for inpatients after discharge

## Goals

- To increase access to healthy food

## Activities performed

- Homeplate provides meals to newly diagnosed diabetic patients so they can get used to weighed and measured portions
- Drivers who deliver food for Homeplate check on patients and ask basic health-related questions, such as whether appointments have been attended and medications picked up

## Impact achieved

- Program participants have had increased patient satisfaction and reduced readmissions

## Initiative name

Be Well Communities™

## Primary Health Factor Targeted

Health behaviors

## Initiative description

- Place-based strategy for cancer prevention and control, working with communities to promote wellness and stop cancer before it starts

## Goals

- To increase awareness of environmental causes of cancer and advocate for health behaviors that are protective against cancer

## Activities performed

- Engage the community in an ongoing dialogue about the importance of healthy behaviors
- Create and advance community-based strategies to improve cancer prevention and control
- Increase engagement in healthy behaviors and activities to reduce cancer risk in five key areas:
  - Diet
  - Physical activity
  - Preventive care
  - Tobacco control
  - Ultraviolet radiation exposure

## Impact achieved

2018 Baytown Program Highlights:

- 445,604 pounds of fresh produce delivered to 32,992 families in Baytown
- 12,103 students participated in a school-based health program



**Initiative name**

COPE for Better Health

**Primary Health Factor Targeted**

Clinical care

**Initiative description**

- Connecting the needs of the uninsured who use emergency rooms as health homes with community clinics for the last 10 years

**Goals**

- To promote access to primary care and decrease unnecessary ER utilization

**Activities performed**

- COPE has studied usage patterns and has responded in program expansions covering health literacy, PCP 101, and diabetes prevention, as well as created Project Lift, where staff work with high utilizers on key social issues impacting health

**Impact achieved**

- Patients in a twelve month pre/post navigation intervention timeframe experienced a 64.7% reduction in ER visits as compared to pre-ER activity after navigation assistance from community health workers

# 11 Disease prevention and care – Memorial Hermann



## Initiative name

Memorial Hermann Health Centers for Schools

## Primary Health Factor Targeted

Clinical care

## Initiative description

- Memorial Hermann Community Benefit Corporation partners with five school districts, Houston--the largest in Texas, Pasadena, Aldine, Alief, and Lamar Consolidated, for its Health Centers for Schools program designed to provide a "medical home" for uninsured and Medicaid children, k-12th grade. The program offers access to primary medical care, dental care, mental health counseling, social service referral, and nutrition counseling

## Goals

- To increase access to primary care, and nutrition services

## Activities performed

- Offers access to primary medical, mental health and nutritional services to more than 72 schools across five school districts in the Greater Houston area

## Impact achieved

- Children who are seen in Memorial Hermann's school-based clinics have a 4.7 percent rate of seeking non-urgent care in the ER, dramatically lower than the rate for the uninsured community as a whole (10.5%)
- Asthma patients who receive care through Memorial Hermann's school-based clinics have a much lower rate of negative outcomes post-management. Their rates of exacerbations (218 vs 24), ER visits (44 vs 3), hospitalizations (16 vs 2) and absences (202 vs 13) are dramatically decreased after they receive proper education about how to best manage their condition

### Initiative name

Memorial Hermann Neighborhood Health Centers

### Primary Health Factor Targeted

Clinical care

### Initiative description

- Memorial Hermann’s Neighborhood Health Centers are open extended hours, strategically located near busy emergency centers, and charge just above costs

### Goals

- To provide the Houston population with preventive, acute, as well as chronic care

### Activities performed

- Provide affordable clinics where individuals can address hypertension, manage diabetes, and where women can feel comfortable returning for their annual well woman exams

### Impact achieved

- The providers at each Neighborhood Health Center see between 500 and 600 patients a month and provide a wide range of services including wound treatment, STD screenings, preventive care, sports physicals, immunizations, urgent care, and treatment for illnesses such as influenza or strep throat



# 1 Childhood obesity – Bayou Land Conservancy

## Initiative name

No Child Left Inside

## Primary Health Factor Targeted

Built environment

## Initiative description

- No Child Left Inside is an environmental education program for children

## Goals

- To encourage young minds to appreciate nature through outdoor activities and learning experiences such as:
  - Water Quality Investigation
  - Forest Stewardship
  - Insect Identification
  - Birding
  - Invasive Species Identification
  - Service Learning Projects

## Activities performed

- Provide middle and high school students with hands-on outdoor education
- Promote students' interest in outdoor recreation and conservation
- Improve environmental science literacy through fun and educational hands-on experiences

## Impact achieved

- ...

## 2 Childhood obesity – Brighter Bites



### Initiative name

Brighter Bites

### Primary Health Factor Targeted

Health behaviors

### Initiative description

- Brighter Bites is a research-based, multi-component, and collaborative nonprofit with the mission of creating communities of health through fresh food

### Goals

- To help curb the childhood obesity epidemic in Texas by increasing the demand for fresh fruits and vegetables, leading to improved family eating habits and ultimately improved health outcomes

### Activities performed

- Distribute fresh produce on a weekly basis to children and families Provide nutritional education in schools and during distribution Teach children and families how to use produce in fun, delicious ways that minimize waste

### Impact achieved

- Brighter Bites has delivered more than 21,000,000 pounds of fresh produce and hundreds of thousands of nutrition education materials to more than 265,000 individuals (including teachers) in multiple cities across the country The Partnership for a Healthier America (PHA) recently named Brighter Bites the winner of the 2018 PHA Impact Award. In 2016, Brighter Bites won the Texas Health Champion Award

# 3 Childhood obesity – Can Do Houston



## Initiative name

Briscoe-CAN DO Bus

## Primary Health Factor Targeted

Built environment

## Initiative description

- The “Briscoe-CAN DO Bus” began in 2009 at Briscoe Elementary school in the Magnolia Park community in response to the community’s request for access to safe opportunities for physical activity due to the extensive amount of stray dogs, poor lighting, and infrastructural barriers CAN DO worked in partnership with the Houston Independent School District (HISD), who considered the request and adjusted its budget to provide a bus twice a week to transport students from Briscoe Elementary to Mason Park after school

## Goals

- Since the program began in 2009, HISD has increased the transportation to three days each week and student attendance continues to grow

## Activities performed

- Provide transportation to enable students to engage in physical activity and access other after school resources at one of the City of Houston’s Park and Recreation facilities

## Impact achieved

- CAN DO has also been able to demonstrate improvements in the weight status of participants and academic performance and added a “walking school bus” component in the Spring of 2015 on two days each week to increase student access to the City’s recreation facility to five days a week and build the community’s existing demand for environmental changes that facilitate the utilization of safe spaces for physical activity Over 50 students currently participate and preparation has begun for school-wide implementation

# 4 Childhood obesity – Fly Movement



### Initiative name

Fly Movement Program

### Primary Health Factor Targeted

Health behaviors

### Initiative description

- Provides 3rd or 4th graders the opportunity to compete against another classroom to see which class can generate more fitness moves over a certain period of time

### Goals

- To providing kids a fitness goal using fitness trackers and friendly competition

### Activities performed

- Kids are provided fitness trackers over a six week period with the first two weeks being a 'non challenge period' In the final four weeks, the kids' progress is tracked and reported to encourage healthy competition

### Impact achieved

- After the program, parents indicate that kids are 1.5x more likely to have participated in physical activity in the past 30 days and it is 1.25x more likely that two or more other members of their family have engaged in physical activity

## 5 Childhood obesity – Houston Endowment

### Initiative name

Healthy Living Matters (HCPH)

### Primary Health Factor Targeted

Health behaviors

### Initiative description

- Funded by the Houston Endowment, Healthy Living Matters (HLM) is an initiative to understand the causes of childhood obesity in Harris County and propose interventions

### Goals

- To understand the causes of childhood obesity in Harris County and identify interventions

### Activities performed

- A critical component of the Healthy Living Matters (HLM) initiative was to assess the existing conditions of Harris County that impact the ability of residents to easily choose to live healthy lifestyles
- Several forms of public involvement were utilized, including public community meetings, a survey, focus groups, and direct stakeholder engagement for food access assessment

### Impact achieved

- Based on the study the initiative suggested following action plans to tackle obesity Create a Parent Health Committee Enact an Interim Control Ordinance Pass a Healthy Food Retail Ordinance Create Community Gardens Advocate for Healthy Food Policies Offer Cooking Education Classes

# 6 Childhood obesity – Houston Food Bank



## Initiative name

Backpack Buddy

## Primary Health Factor Targeted

Built environment

## Initiative description

- Through the Backpack Buddy program, the Houston Food Bank works in partnership with participating schools, school district delivery sites, and other community partners, to ensure that the food sacks are distributed to children every Friday during the school year

## Goals

- One in four Southeast Texas children are at-risk of hunger and do not have consistent access to nutritious food. Many of these children rely on school meals to provide breakfast and lunch during the school year. During breaks, such as weekends and holidays, many of these children go home to few or no meals. The Houston Food Bank Backpack Buddy program works to fill that gap by providing nutritious, child-friendly food for school children to take home over the weekend

## Activities performed

- Provides kid-friendly food for the weekends and summers for at-risk children in schools grades K-12, as well as at summer meal program sites

## Impact achieved

- In FY '19 Backpack Buddy distributed 362,625 backpacks to 663 schools

# 7 Childhood obesity – Houston Food Bank



## Initiative name

Kids Café Summer Meals

## Primary Health Factor Targeted

Built environment

## Initiative description

- Serves healthy meals and snacks, cooked in on-site Keegan Kitchen year-round on weekdays, along with providing nutrition and health education to kids in after school and summer meal programs

## Goals

- Aims to help alleviate child hunger by providing children with free, nutritious meals at times when other resources are not available, such as after school and during the summer

## Activities performed

- In the 18 counties served by Houston Food Bank, meals and snacks were supplied to kids at 300 sites in the 2019 fiscal year

## Impact achieved

- 1.23 million meals and 378,419 snacks served at kids café sites in FY'19

## Initiative name

School Market

## Primary Health Factor Targeted

Built environment

### Initiative description

- The School Market program was developed to improve access to nutritional foods to middle and high school students, a vulnerable population that can be difficult to serve as they outgrow programs like Kids Cafe and Backpack Buddy
- School Markets are located on campus for easy access, with set distribution schedules

### Goals

- Alleviating child and teen hunger by providing food to students and their families at middle and high schools

### Activities performed

- School Markets are set up like a small grocery store at a consistent location within a school's campus, with set distribution schedules
- School Markets also may operate through a mobile
- market that brings food to a high school and middle school campus on a truck with a large refrigerated trailer

### Impact achieved

- 4,721 Kids Served per Month
- 4,437 Households Served per Month



# 9 Childhood obesity – Recipe for Success Foundation



## Initiative name

Seed-to Plate Nutrition Education

## Primary Health Factor Targeted

Health behaviors

## Initiative description

- Program introduces children to the entire cycle of food, along with taste and flavor combinations, techniques, nutrition awareness and skills that will serve them for a lifetime, and empowers them to prepare healthy meals and snacks for themselves

## Goals

- To influence the next generation of food consumers to make better choices

## Activities performed

- Provides comprehensive experiential learning that weaves lessons in the garden and kitchen into core curriculum delivered during the school day, after-school or for summer camp
- With help from professional chefs, gardeners, nutritionists and teachers, the grade-specific Seed to Plate Nutrition Education curriculum for Pre-K-5 has been codified and extensively tested to produce an extensive S2P Instructor guide with hundreds of class content options designed to relate to harvest schedules, grade-level core learning objectives and a variety of delivery schedules and rotations

## Impact achieved

- 30,000 children participated in the program in first 10 years
- Since 2005, empowered over 35,000 school children in Houston and beyond with the knowledge and skills they need to make healthy eating decisions for life

# 1 Maternal Health – Healthy Women Houston



## Initiative name

Healthy Women Houston

## Primary Health Factor Targeted

Clinical care

## Initiative description

- Healthy Women Houston was formed to address maternal mortality in high-risk communities in Harris County. It brings together key healthcare and social support providers to create a new system of care for women. HWH integrates medical, behavioral, and social supports for pregnant and post-partum women, especially those identified to be at higher risk of maternal morbidity and mortality

## Goals

- To develop and prove a new, scalable and sustainable system of care that improves women’s health during pregnancy and over a lifetime

## Activities performed

- Offer full spectrum healthcare to new mothers
- Connecting patients with housing, transportation, education, job training, and nutrition education
- Provide pediatric care for all children of new mothers

## Impact achieved

- ...

### Initiative name

Improving Maternal Health Houston

### Primary Health Factor Targeted

Clinical care

### Initiative description

- Due to the large number of maternal deaths in Houston, the Houston Endowment convened a Steering Committee of leaders from a wide range of backgrounds – including healthcare, behavioral health, social services, research, business, government and philanthropy – to learn more about maternal health in Harris County and to develop a community-wide effort to reduce the rate of maternal mortality

### Goals

- Develop a comprehensive, long-term strategy that incorporates clinical, community-based and systems change strategies; capitalizes on existing initiatives and funding streams; tests innovative methodologies; and embraces advocacy when necessary

### Activities performed

- Examined hospital discharge data from 2008-2015 to determine trends in severe maternal morbidity (SMM) across Texas and Harris County
- Examined the barriers to receiving prenatal and postpartum care in Harris County, including the policies and practices of public and private health insurance since research showed that ability to pay is a major barrier to women receiving needed care
- Interviewed healthcare and social service providers across the spectrum of women’s health to learn about the practices already being implemented to address maternal mortality and morbidity
- Cross-referenced these local innovations with current national and international evidence-based best practices

### Impact achieved

- Working with leading medical experts, published a Community Plan with 9 evidence based recommendations to improve maternal health outcomes in Harris County

# 3 Maternal Health – Houston Food Bank



## Initiative name

Client Assistance Program (CAP)

## Primary Health Factor Targeted

Socioeconomic factors

## Initiative description

- Provides assistance to help community members apply for state-funded social and health services, including SNAP (food stamps), Medicaid, Children’s Medicaid and others

## Goals

- The program is focused on raising awareness in the service area of available social services and provides application and technical assistance for state-funded social and health services

## Activities performed

Provides Application Assistance With the following:

- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Families (TANF) cash benefits
- Children’s Medicaid
- Children’s Health Insurance Program (CHIP)
- Women’s Health Program (Family Planning, Health screenings thru Medicaid Program)
- CHIP Perinatal Program
- Linkage and Referral Services to other social service providers and other food bank programs.

## Impact achieved

- 14.2 million SNAP meals accessed

# 4 Maternal Health – March of Dimes Healthy Babies are Worth the Wait



## Initiative name

Fighting Premature Birth: The Prematurity Campaign

## Primary Health Factor Targeted

Clinical care

## Initiative description

- Launched in January 2003, the March of Dimes Prematurity Campaign aims to reduce premature birth in the United States and to give every baby a fair chance for a healthy full-term birth

## Goals

- To raise public awareness of the problems of prematurity
- To decrease the rate of premature birth in the United States

## Activities performed

- Funds research to find the causes of premature birth
- Encourages investment of public and private research dollars to identify causes and to identify and test promising interventions
- Educates women about risk-reduction strategies and the signs and symptoms of preterm labor
- Provides information and emotional comfort to families affected by prematurity
- Advocates to expand access to health care coverage to improve maternity care and infant health outcomes
- Helps health care providers to improve risk detection and address risk factors
- Generates concern and action around the problem

## Impact achieved

- Through a generous grant from the Anthem Foundation in 2015, the March of Dimes supported group prenatal care in nine states, HBWW Community Program activities in three states and smoking cessation in two states
- By the end of 2015, more than 2,000 women received direct services in these 14 states, and more than 30,000 individuals and providers received educational messaging
- In 2015, the March of Dimes invested close to \$3 million in 250 specific projects in 39 states focused on improving health equity

# 5 Maternal Health – Texas Children's Hospital



## Initiative name

Texas Children's ACEs Workgroups (Adverse Childhood Experiences Coalition)

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- The ACE Coalition started as a partnership between representatives from the Child Abuse Pediatrics Departments and the Trauma Departments at both Children's Memorial Hermann Hospital/University of Texas Health Science Center at Houston Medical School and Texas Children's Hospital/Baylor College of Medicine

## Goals

- To mobilize health and community leaders in the Greater Houston area to confront and reduce adverse childhood experiences by the identification and development of proactive, timely, and evidence based strategies to be implemented at the individual, family, and community levels
- Prevention target areas are postpartum depression, intimate partner violence, and child abuse

## Activities performed

- The coalition is working to establish measures of observable and identifiable outcomes to evaluate that children and families in Houston have improved mental and physical wellbeing

## Impact achieved

- ...

### Initiative name

Grants

### Primary Health Factor Targeted

Built environment

### Initiative description

- The Houston Methodist Community Benefits Department gives grants to federally qualified health centers and free clinics that provide primary care and mental health for the underserved

### Goals

- To increase access to care

### Activities performed

- Patients who do not have a medical home have access to Houston Methodist–supported federally qualified health clinics throughout the Houston area, which gives patients access to care in their neighborhoods

### Impact achieved

- ...

### Initiative name

Mind, Body, Spirit Institute

### Primary Health Factor Targeted

Health behaviors

### Initiative description

- MBSI helps individuals and communities to flourish with innovative new approaches to cultivating wellness and emotional health. This is accomplished through experience- and academically-based classes and seminars aimed at reducing stress, improving health and nourishing the human spirit. MBSI scales fees and seeks grant funding to ensure that these invaluable tools are not restricted to those with means.

### Goals

- To reduce stress, improve health, and nourish the human spirit

### Activities performed

- MBSI guides individuals and teams in developing simple, practical skills to reduce stress and increase focus, efficiency, and clarity of purpose.
- Consulting and educational interventions in corporate, healthcare, education, and community contexts can range from single workshops to ongoing relationships.

### Impact achieved

- In the last year, MBSI has worked with HEB, the Houston Ballet, Pershing Middle School, the new medical school being launched by TCU and UNT, Fe y Justicia, and many other community partners.



## Initiative name

Integrated Healthcare Initiative

## Primary Health Factor Targeted

Social connectedness

## Initiative description

- In May of 2015, Mental Health America of Greater Houston (MHA) received a grant from the MHA of Greater Houston Foundation, Inc., for a collaborative initiative to develop recommendations facilitating the expansion of integrated behavioral health (mental health and substance use) and primary care services in Harris County and across Texas

## Goals

- To develop recommendations to promote the expansion and sustainability of integrated health care in Texas, with a focus on financing and provider preparation

## Activities performed

- A meeting and panel discussion for the Integrated Health Care Initiative (IHCI) was held on August 13, 2015, in collaboration with the Center for Health and Biosciences at Rice University's Baker Institute for Public Policy
  - The meeting convened over 100 individuals representing dozens of local and statewide organizations, including primary care and behavioral health providers, consumers, payers, advocates and other stakeholders
- The Financing and Provider Preparation committees met several times throughout a nine-month period in order to review current barriers to integrated health care and develop recommendations on how best to overcome them

## Impact achieved

- As a result of the preceding activities, 90 preliminary recommendations were developed and presented to the full workgroup at a half-day retreat in March 2016

### Initiative name

Safe Zones Project

### Primary Health Factor Targeted

Social connectedness

### Initiative description

- Safe Zones Project is an in-school counseling program for gay, lesbian, bisexual, transgender and questioning youth and their family members

### Goals

- To provide in-school counseling for LGBTQ youth

### Activities performed

- The counseling is provided by professional therapists from MCC with a minimum of a Master's Degree
- Youth who are interested in speaking to a therapist simply need to contact their Communities In Schools representative to set up an appointment
- Therapists and educators are able to go to the schools and provide cultural diversity training to school administration and staff

### Impact achieved

- Montrose Counseling Center's Safe Zones Project is listed as the first reason Houston and Harris County recently were selected as one of the 100 Best Communities in 2010 by America's Promise Alliance

### Initiative name

Community Coordination of Care (C3) Initiative

### Primary Health Factor Targeted

Clinical care

### Initiative description

- The Community Coordination of Care (C3) Initiative will develop an inclusive, comprehensive model of care based upon the social determinants of health that integrates medical, behavioral health and social services
- Provide formal programming and training and informal networking for the greater Houston behavioral health community
- Advocate on behalf of the behavioral health provider community and the 100,000s of individuals they serve
- Be the “voice for behavioral health providers” in the community

### Goals

- The purpose of the Network of Behavioral Health Providers is to provide a forum for the leadership of Houston’s mental health and substance use providers, both public and private, to communicate, coordinate, and collaborate to improve the community’s behavioral health system

### Activities performed

- Initiative kicked off with “To Boldly Go”, drew 81 participants from over 50 organizations, many of whom committed to the initiative’s 2-phase process
- The first phase will include a one-year planning process in which stakeholders will determine current system barriers to care coordination; research national best practices and continuum of care models across the country, including an easily navigable, HIPAA-compliant database and integrated case management system; and come to consensus on a model to implement locally
- The second phase will focus on implementing the pilot care coordination model with the goal of improving client outcomes and generating cost savings. An evaluation component will determine the key areas of success and how the model can be brought to scale across the greater Houston community

### Impact achieved

- Convened over 60 community organizations as part of the Community Coordination of Care (C3) Initiative to create the blueprint for a coordinated, system-wide, person-centered continuum of care that integrates medical, behavioral health and social services while addressing the social determinants of health

# 6 Mental health – The Women's Home



## Initiative name

Residential Treatment Program

## Primary Health Factor Targeted

Clinical care

## Initiative description

- The residential treatment program serves homeless women struggling with addiction and mental illness

## Goals

- For each woman to achieve mental/emotional stability and sobriety

## Activities performed

- Residential Services: Upon admission all clients reside in dorm and are provided meals daily
- Case Management Services: Clients are connected to resources to meet their physical, psychiatric, and other basic needs
- Clinical Services: Each client has an individualized treatment plan that includes both individual and group therapy to support their mental stability and journey to wellness
- Vocational Services: Clients are offered a variety of classes including computer training, resume building, and interview techniques in order to improve their ability to gain competitive employment
- Aftercare Services: Staff conducts periodic follow-up calls to former clients after discharge as a regular part of aftercare

## Impact achieved

- In 2018:
  - 113 women served through residential treatment program
  - 88% of women in our supportive treatment program graduated and went to sober housing and/or permanent housing