



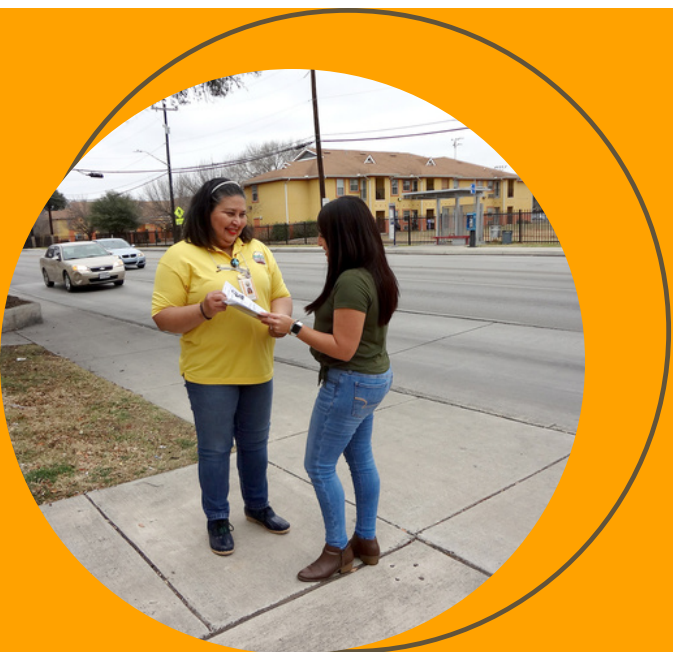
ANNUAL

PROGRAMMING IMPACT

REPORT

2023

Community Initiatives



MHP Salud meets children, families, older adults and other individuals where they are – right in their own neighborhoods – to empower them to live healthier lives. Through grassroots, on-the-ground and interpersonal relationships, our CHWs support underserved and vulnerable community members with life-changing education, connections and assistance.

We build healthier communities as we:

- Help individuals access critical health care with affordable insurance,
- Equip older adults with education and resources to manage health conditions, prevent falls and increase social connections,
- Educate youth and young adults on HIV and STI prevention and testing and substance misuse,
- Connect families and individuals with vital resources for nutrition, education, translation and other social determinants of health,
- Educate families on nutrition and physical activity,
- Educate and support individuals managing chronic health conditions,
- Empower parents of young children to create safe, strong foundations focused on healthy child development,
- And much, much more.

Outreach

Through grassroots and community outreach, we build trust with our neighbors and open doors to connect underserved populations with access and resources that can change their lives.



MHP Salud serves roughly **2,000 more community members** than we did prior to 2021!

Numbers served by Community Initiatives, 2018-2023



Our Reach

4,107

Events

reached

122,953

Individuals

Community Programs

7,084

Participants

Topics:

- o Enrollment assistance
- o Older adult health
- o Healthy eating & physical activity among families
- o Parenting
- o HIV/STI and substance misuse prevention

Outreach

As our CHWs build trust and support, participants share various needs affecting their health, wellness, and stability. Whenever participants are willing, we work to connect them with additional resources to empower them to live healthier lives.

Top 4 Needs

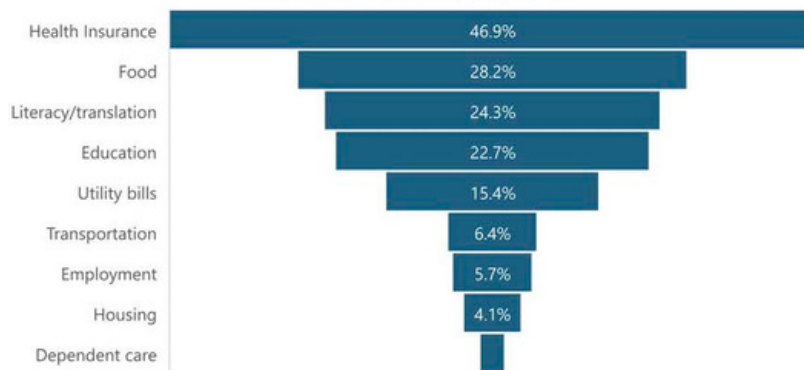
Health insurance: 46.9%

Food: 28.2%

Translation/Literacy: 24.3%

Education: 22.7%

Health & Social Needs, 2023



Please see Appendix A for a year-over-year comparison of self-identified health and social needs

Select Outcomes

As MHP Salud serves multiple populations and covers a variety of health topics, common outcomes include improved knowledge and attitudes about health, psychosocial improvements like increased empowerment or decreased depressive symptoms, and changes in healthy behaviors like eating more servings of fruit or decreasing sedentary behaviors.

Access to Care

Navigator

2,178

Consumers received assistance enrolling in a Qualified Health Plan

"... I was feeling very overwhelmed because [my] boys didn't have insurance, and I knew I needed to get some type of insurance. I really didn't understand what I was doing wrong. I felt hopeless and as I think back it just brings tears to my eyes because it's so difficult and frustrating, the process is so tedious. But after speaking with Jessica, she schedules a meeting the very next day at 9 a.m. and let me tell you, as soon as it turned 9 a.m. my phone rang.

She helped me find insurance for my boys' medical and dental but not only that she helped me find insurance as well. She made this process so easy. I didn't feel like she rushed anything she was very thorough and explained exactly what was able to get and provide something I could afford.

I'm truly so grateful for the help. I will tell everyone that feels lost and hopeless like I did and refer them to Jessica because I know without a doubt she will do her best to help.

Thank you for the service you all provide, it's one less mom feeling stressed and instead feeling very grateful."

*--Ermelinda**

**Name changed to protect her privacy*



Select Outcomes

Access to Care

Connecting Kids to Coverage



1,803 Children +
459 Adults +
263 Pregnant
Individuals

Received assistance applying for
Medicaid/CHIP

Overall approval rates:

Approx. 50%

Silver Connections

526

Older adults (age 50+) received
assistance applying for services
to support their health and/or
social needs

Most common applications:

- SNAP (187)
- Medicaid/CHIP (164)
- Utility assistance (93)
- Medicare Savings Plan (82)

1 out of 2
applications
APPROVED

Select Outcomes

Healthy Families

Familias
Saludables

Of adult participants:

54.9% increased fruit intake
47.6% increased vegetable intake
44.3% increased whole grain intake
21.7% increased water intake
57.6% increased physical activity

Parents as
Teachers

51
Families enrolled
100%
Retention

Focus:

- Parenting and child development education
- Tailored case management to address individual, familial and environmental needs
- Personal and family goal setting and support
- Literacy and kindergarten readiness

"Mi nombre es Dalia Hernandez estoy participando en el programa de visitas a casa, me ha parecido muy buen programa, he recibido ayuda para mis niños, consejos, y cosas de aprendizaje para ellos. Platicas y cosas de seguridad para ellos, es un muy buen programa y muy amables estan al pendiente de cualquier necesidad que tengamos, muy contenta de permanecer en el programa."
("My name is Dalia Hernandez, I am participating in the home visiting program, I found it to be a very good program, I have received help for my children, advice, and learning things for them. Talks and safety things for them, it is a very good program and they are very friendly and attentive to any needs we have, very happy to remain in the program.")



Ámate

53.1% increase
in knowledge of HIV/STI prevention
and screening

Select Outcomes

Older Adults

Healthy Steps

55.2%

increase in self-efficacy of fall prevention

Esperanza y Bienestar Mental

Of older adult participants ...

- 30.1% reported an increase in quality of life
- 32.6% reported a reduction in depressive symptoms
- 20.3% reported a reduction in feelings of isolation
- 32% reported an increase in physical activity



Participant Demographics

96.6% Hispanic

75% Female

75% Household income less than \$25K



Please see Appendix A for additional details, including year-over-year comparison

Workforce/Innovations



With more than 40 years of experience and 100+ years of collective expertise, MHP Salud works to build healthier communities by empowering FQHCs and other health centers, community-based organizations, CHWs and CHW advocates, and other professionals and entities to implement proven strategies to serve Migrant Seasonal Agricultural Workers (MSAWs), older adults and other vulnerable populations. Through virtual and in-person learning opportunities, MHP Salud provides trainings, resources and expert technical assistance throughout the nation.

We build healthier communities as we:

- Provide expert-driven learning experiences through local, regional and national conferences,
- Lead listening sessions at the national level,
- Deliver research-backed trainings and webinars addressing critical health challenges for vulnerable populations,
- Develop valuable resources for FQHCs and other health centers, community-based organizations, and other entities to help them reach vulnerable populations,
- Enhance the CHW workforce's capacity,
- Advocate for the CHW profession,
- Create and implement evidence-supported training programs for CHWs,
- Provide on-the-job learning experiences for Florida CHWs,
- And much, much more.

Select Outcomes

Workforce/Innovations

Capacity-Building
Assistance

50+

Technical assistance and learning
collaborative sessions

Audience: Organizations interested in creating or
enhancing CHW programs or knowledge; health
centers account for 25% of participants



Select Outcomes

CHW Training Program

- 95 CHWs trained
- 64 CHWs received on-the-job field placement experiences
- 17 CHWs earned certification
- 25 Organizations committed to be field placement sites
- 3 Employers expected to serve as apprenticeship employers

Big News!

MHP Salud received approval as an apprenticeship employer in Florida!

L.E.A.D. Training for CHWs and CHW Supervisors

- Trained nearly 60 CHWs, CHW supervisors and other professionals
Representing
- 6 External organizations
- 3 States (Montana, Oklahoma, Iowa)

4.66

Average rating from trainees (scale of 1-5)

Consulting

7 Contracts

Health Departments
Health Centers
Community-Based Organizations

Most in-demand services:
CHW program design
CHW evaluation
CHW program sustainability
CHW hiring/recruitment



Appendix A

COMMUNITY INITIATIVES

Program Summaries

ACCESS TO CARE

Navigator

Enrollment assistance and individual education regarding Marketplace insurance plans across South Texas.

TX; Hidalgo, Cameron, Willacy, Starr, El Paso, Hudspeth, Maverick, Val Verde, Webb, Zapata, Aransas, Atascosa, Bandera, Bexar, Comal, Duval, Jim Hogg, Jim Wells, Kelberg, Medina, Nueces, Refugio, San Patricio, Uvalde, Zavala, Victoria, Dimmit, Angelina, Caldwell, Harris, Karnes, Kerr, Potter

Silver Connections

Application assistance for older adults for public benefits such as SNAP or Medicare, and other needs (e.g. utility assistance).

TX; Hidalgo, Cameron, Willacy, Starr

Connecting Kids to Coverage

Application assistance for families seeking to enroll children, adult caregivers and/or pregnant individuals in Medicaid/CHIP

TX; Hidalgo, Cameron, Willacy, Starr

HEALTHY FAMILIES

Familias Saludables

4-week group education for SNAP-Ed-eligible parents/caregivers of children 2-13 years; focuses on healthy eating and physical activity.

TX; Maverick, Webb, Zapata

Ámate

Group education for youth ages 13-24 regarding HIV/STI and substance misuse prevention; also provides training for healthcare professionals.

FL; Orange

Parents as Teachers

Home-visiting (1-2x monthly) and case management for families with at least 1 child between 0-5 years. Includes monthly group connections for new and enrolled families. Long-term program with service eligible until the youngest child is 5 years.

TX; Hidalgo, Cameron, Webb, Zapata

Notes: All programs within Community Initiatives are CHW-led; all CHWs provide application assistance and resource referrals in addition to the main services provided through the program. Counties listed served at least 2 participants in 2023.



Appendix A

COMMUNITY INITIATIVES

Program Summaries

OLDER ADULTS

*Mentes
Fuertes,
Pasos
Firmes*

*Healthy
Steps*

*Esperanza
y Bienestar
Mental*

Home-visiting and education for older adults targeting healthy aging topics. For a subset of participants with self- or CHW-identified needs, medical equipment and/or home improvements provided by a partner agency.

TX; Hidalgo, Cameron, Willacy

10-week group education using Bingocize © curriculum for older adults surrounding fall prevention and physical activity.

TX; Maverick

Group education and case management for older adults targeted at improving healthful behaviors and quality of life.

FL; Orange

Notes: All programs within Community Initiatives are CHW-led; all CHWs provide application assistance and resource referrals in addition to the main services provided through the program. Counties listed served at least 2 participants in 2023. Mentes Fuertes, Pasos Firmes ended Q1 2023; additional programmatic findings shared in previous summaries.



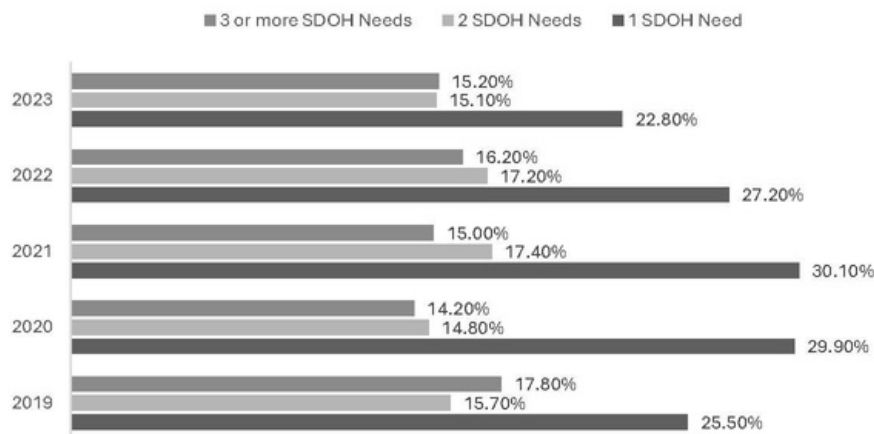
Appendix A

COMMUNITY INITIATIVES

Year-Over-Year Client Demographics

	2023	2022	2021	2020	2019	2018
Hispanic/Latino Ethnicity	96.6%	98.4%	98.7%	98.8%	98.6%	99.1%
Gender, Female	73.9%	73.4%	75.3%	83.4%	84.3%	81.4%
Average Age, Mean (SD)	44.21(21.07)	40.53(22.61)	39.5(20.43)	44.41(16.82)	47.63(15.82)	46.46(15.34)
Highest Education < HS Diploma/GED	50.5%	56.7%	57.7%	54.6%	59.4%	56.1%
Household Income < \$25,000	76.6%	82%	80.2%	77.9%	79.9%	80.6%

Year-Over-Year Comparison: Self-Identified Health and Social Needs





Appendix B

WORKFORCE/INNOVATIONS

Summary of Services

GRANTS

Capacity-
Building
Assistance

Service Type

Audience; Topics

Modalities

Technical assistance

FQHCs; The role of CHWs and other enabling services professions in FQHCs, esp. those with migrant populations. Related topics: SDOH, diabetes/chronic disease mgmt., and ROI of CHW programming.

- Virtual: Synchronous learning events (e.g., webinars, learning collaboratives, technical assistance)
- Face-to-Face: Conference presentations, in-person meetings

Strengthening
Aging
Services

Technical assistance

Organizations and caregivers; The role of CHWs in improving Hispanic older adult health.

- Virtual: Synchronous learning events (e.g., webinars, learning collaboratives, technical assistance)
- Face-to-Face: Conference presentations, in-person meetings

CHW
Training
Program

Training

CHWs; Training on CHW competencies using L.E.A.D. curriculum; where applicable, case management, CHW certification, and/or field placement. Organizations; Serve as field placement sites.

- Virtual: Synchronous training and case management
- Face-to-face: Field placement (i.e. on-the-job learning experience)

GRS

L.E.A.D.
Training

L.E.A.D. Training for CHWs, CHW Supervisors

External Organizations; Core competencies of CHW profession aligned with C3 Project. Also covers foundational and supplementary skills.

- Virtual: Synchronous

Consulting

Expert Consulting

External Organizations; 2023 topics included CHW Program Planning and Design; CHW Program Evaluation; Sustainability Planning; CHW Medicaid Reimbursement; CHW hiring.

- Virtual: Synchronous and asynchronous