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Madison Health Resource Commission's Camilla Viator participates in a telehealth session in Leon County

Madison County Receives Rural Health Services Outreach Grant

The federal Office of Rural Health Policy (ORHP) has awarded Madison County a three-year \$450,000 Rural Health Services Outreach grant which will begin on May 1, 2012. The grant will fund the activities of the Madison Outreach and Service through Telehealth (MOST) Network which will work towards improving access to mental health and substance abuse services by offering those services through telehealth. In addition to establishing the infrastructure for telehealth, the grant will support the training of community health workers who will focus on community health outreach in Madison County's Latino communities. Organizational members of the MOST Network include: Madison County, the Madison County Health Resource Commission, the Center for Community Health Development (CCHD), the Counseling and Assessment Clinic (CAC) administered through the Texas A&M Educational Psychology Program, the Brazos Valley Council on Alcohol and Substance Abuse (BVCASA), and St. Joseph Madison Health Center.

The 2010 Brazos Valley Health Assessment identified unmet needs related to both mental health and substance abuse in Madison County. During this assessment, Madison County residents identified alcohol and illegal drug use among the top ten community issues, and depression was one of the top six chronic diseases. Through this grant,

the MOST Network will expand mental health and substance abuse services by using telehealth technology that was first piloted at the Leon Health Resource Center through an ORHP grant-funded collaboration between Leon County and the CAC in 2007. By adapting the successful telehealth program, residents can go to the Madison Health Resource Center where both CAC and BVCASA can provide intake, assessment, screening, counseling, referral, and education services in Madison County through the telehealth video connection.

This telehealth network allows for residents to access services in their hometown rather than driving to the CAC or BVCASA facilities which are both located in Bryan. From the perspective of the CAC and BVCASA, both organizations can extend their services to rural communities without the cost of physically locating the community. In terms of direct services, the CAC will expand their general counseling services via telehealth in Madison County through one doctoral student who will offer counseling at least two days per week. BVCASA will provide weekly screenings and monthly drug and alcohol prevention educational classes via telehealth.

Since the 2010 Brazos Valley Health Status Assessment, the county-appointed citizen health advocacy group, the Madison County Health Resource Commission, has identified a need to provide more health focused outreach in Madison County's Latino communities. The grant will support the training of

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The Center for Community Health Development is a member of the Prevention Research Centers Program.

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community health workers who will aid in the health outreach and educational efforts in local Latino communities which have traditionally been underserved in Madison County.

CCHD and Madison St. Joseph Health Center will also be key members of the MOST Network. CCHD faculty and staff oversee evaluation activities, supply technical assistance, and train community health workers. Dr. Monica Wendel will serve on the MOST Network Executive Committee and will be the lead evaluator for the project. Ms. Angie Alaniz will lead coalition and program development assistance along with Ms. Monica Diep, and Ms. Julie St. John will oversee the implementation of the community health worker program. Madison St. Joseph Health Center, along with Madison County, the City of Madisonville, and the Brazos Valley Council of Governments, are long time supporters of the MHRC. Madison St. Joseph contributes facility space and utilities to the Madison Health Resource Center and Administrator Reed Edmundson will serve on the MOST Network Executive Committee.

With the ORHP funding, the MOST Network is positioned to build upon each member's existing resources and services to increase the availability of mental health, substance abuse, and community health worker programming that is locally sustainable and will significantly impact the community.

Photo below: The new Madison Health Resource Center location

Announcing CCHD's New Community Health Worker Instructor Certification Course



ÉPICO staff and promotoras (from left to right) - Back row: Dinorah Martinez, Letty Gutierrez, Julie St. John, Gabby Robinson, Lupita Garza. Front row: Aracely Garibay and Paula Saldana.

CCHD South Texas collaborated with the East Texas Area Health Education Council, Coastal Region, to utilize its Community Health Worker (CHW) curriculum as part of *ÉPICO—Education to Promote Improved Cancer Outcomes* (a Cancer Prevention and Research of Texas funded grant). *ÉPICO* staff translated and tailored the 160 contact hour CHW Instructor course curriculum to ensure cultural appropriateness for Hispanic populations. Ms. St. John, who is the Principal Investigator on the project, taught the course to six *ÉPICO promotoras* January 23-February 29, 2012, via online webinars and Black Board, in addition to face-to-face classes. The course included 20 hours of training for each of the eight DSHS CHW core competencies: teaching, communication, advocacy, service coordination, interpersonal skills, capacity building, organization, and knowledge base. The instructor trainees attended 60 hours of in-class training, and completed an additional 100 hours of outside assignments, tasks, and training events. Cancer prevention, treatment, and

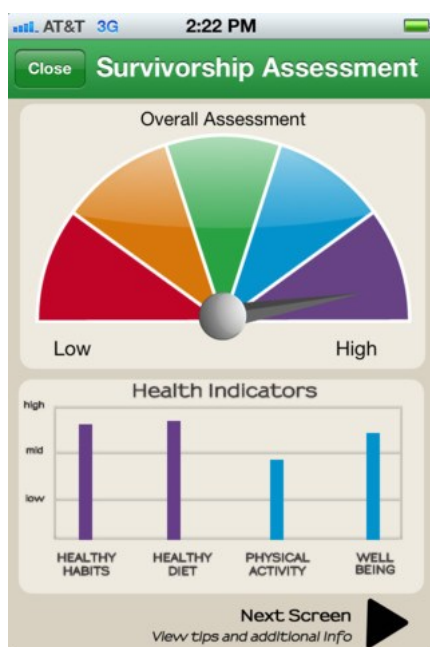
survivorship topics for breast, cervical, and colorectal cancers were incorporated into the training and assignments. The six *ÉPICO promotoras* completed and graduated from the course and submitted their applications to the DSHS CHW program office and received approval as DSHS certified CHW Instructors in March 2012. Congratulations to Aracely Garibay, Lupita Garza, Letty Gutierrez, Dinorah Martinez, Gabby Robinson, and Paula Saldana. The instructors will train outside agency *promotoras* beginning in May 2012, with the *ÉPICO* CHW training modules. In addition, CCHD submitted an application to DSHS to become certified to offer the full 160 hour CHW Instructor course, which was approved March 30, 2012, during the DSHS CHW Advisory Committee meeting.



International Conference Focuses on Advancing Population Health Research

On March 26 and 27, CCHD and the Canadian Institutes for Health Research co-sponsored an international conference in Montréal, Quebec, centered on population health interventions and research—the third in an ongoing series of conferences. Funded largely by the Centers for Disease Control and Prevention through a conference grant to CCHD, the conference attracted 87 attendees from nine countries around the world. Participants discussed different perspectives on community and research methodologies. Presentations from the conference are currently available on the CCHD website, and conference proceedings will be published soon and also will be available on the website.

Launch of Healthy Survivorship Phone App



The Adolescent and Young Adult (AYA) Healthy Survivorship phone application (app) was launched on March 30, 2012 at the “Care Beyond Cancer: An Adolescent and Young Adult Cancer Summit,” which was sponsored by Seton HealthCare Family in Austin, Texas. The AYA phone app is available online at iTunes (<http://itunes.apple.com/us/app/aya-healthy-survivorship/id513642187>). Deborah Vollmer Dahlke, chair of the Cancer Alliance of Texas and a doctoral student at the Texas A&M School of Rural Public Health (SRPH), helped design the phone app, which targets cancer survivors from 15-39 years in age.

The AYA Healthy Survivorship phone app assesses health habits, using an interactive assessment tool that includes a Body Mass Index (BMI) calculator. The assessment gives a score for lifestyle, physical activity, diet and nutrition, and well-being. The phone app also offers personalized tips to help people be more active, eat better, and live a healthier life. It also provides current guidelines on cancer prevention screening, with links for childhood cancer

survivors via the CureSearch for Children’s Cancer. Most importantly, the phone app links subscribers to the secure Healthy Survivorship website where a cancer survivorship plan can be developed (<http://www.healthysurvivorship.org/>).

SRPH notes the importance of such an app for adolescent and young adult cancer survivors who often lack clear guidance about cancer follow-up care and what can be done to foster healthy survivorship by engaging in health promoting lifestyle behaviors and establishing a survivorship plan. According to Regents Professor Dr. Marcia Ory, “Drawing on evidence-based guidelines and practices, this app has the potential to reach a large number of adolescent and young adult cancer survivors and make a difference in the quality of their post-treatment lives.”

The development of the AYA Healthy Survivorship phone app was supported in part through the Communities of Texas: Cancer•Activity•Research•Education•Support (CTxCARES) program, a project funded through the Center for Community Health Development. Dr. Ory serves as principal investigator of the CTxCARES program.



Leon County Hosts Health Fair at Buffalo Middle School

Leon County held its 5th Annual Health Fair at Buffalo Middle School on February 28. More than 30 health care providers, non-profit human services organizations, and fitness instructors participated in the event, which nearly 601 students attended. The other four school districts in Leon County – Centerville ISD, Leon ISD, Oakwood ISD, and Normangee ISD - bused their students to the health fair throughout the day.

For many, the highlight of the day was the students “getting their groove on” while dancing to Zumba lessons led by local Zumba instructor Yesenia Almaraz. Leon County Judge Byron Ryder was pleased with the health fair and stated, “This is a very useful event that our county does that hopefully shows and teaches people the proper way to live healthier.”

Leon County held its first county-wide health fair in 2008 with the support of a Health Resources and Services Administration grant. Since then, the county, local businesses, and health care providers have sponsored the event, which focuses on health education and promotion.



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CCHD Gets a New Look!

As you know, 2011 year marked the 10th anniversary of the Center for Community Health Development (CCHD), which we celebrated every way we knew how! As 2012 began, we decided that it was an appropriate time to re-create our logo marking the start of what comes next. On March 1st, we unveiled our new logo.



The Center's focus is on building capacity through research and practice that yields ongoing, sustainable benefits for communities, colleagues, and students. The spirit of this focus is captured in the infinity symbol suggested by the first C and the D in the logo. We also wanted to utilize the acronym for the Center in the visual of the logo as this is how most of our partners identify us—as "CCHD."

We will be transitioning to the use of this new logo over the next several months as we have new promotional items printed and designed our new website. Stay tuned...more to come.