

## this issue

**Texas A&M**

**Evidence-based  
Programs p.1-2**

**CCHD Welcomes New  
Clinical Director  
of the Telehealth  
Counseling Clinic p.2**

**The CCHD Family  
Continues to Grow p.3**

**Join Us at the  
2013 Regional  
Health Summit p.3**

**Grimes County Upcoming  
PACE Activities p.4**



*Photo: Evidence-based Program meeting*

## Program on Healthy Aging Establishes Texas A&M Evidence-Based Programs

Evidence-based programs (EBPs) are those programs that have produced positive results, been reviewed by experts in the field, and have been endorsed by a federal agency or respected research organization. These types of programs have the potential for significant health prevention and disease management as well as healthcare cost savings. Through partnerships between communities and clinicians, EBPs can be tailored to a variety of community health concerns and have the potential to improve health behaviors, health status, and overall quality of life for participants.

Through the 1115 Medicaid waiver, the Program on Healthy Aging has established Texas A&M Evidence-Based Programs (Texas A&M EBP) to facilitate the expansion of the types and locations of EBPs offered in the nine-county Regional Healthcare Partnership (RHP) 17 area. RHP 17 includes the seven-county Brazos Valley region (Brazos, Burleson, Grimes,

Leon, Madison, Robertson, and Washington) in addition to Walker and Montgomery counties. Having been actively involved in evidence-based program implementation for several years, Texas A&M EBP staff are able to provide training, licensing, and program oversight for several EBPs. Marcia Ory, faculty investigator, stresses, "the 1115 Medicaid waiver program provided the perfect opportunity to expand efforts in our region." Building on the Center for Community Health Development's community health assessments, we will be able to better track the dissemination and effectiveness of EBPs in our region."

Texas A&M EBP recently hosted two partner luncheons (one in Brazos County and one in Walker County) attended by over 30 individuals representing a variety of healthcare organizations and businesses. Successful partnerships are developing between local Area Agencies on Aging, a variety of hospitals, home health providers, nursing departments at both Texas A&M and Sam

*Continued on page 2...*



Houston State University, and federally qualified health centers (FQHCs) as well as the Brazos Valley Area Agency on Aging (BVAAA).

“The BVAAA is a strong advocate and partner of the activities and efforts of the Texas A&M EBP,” said Ronnie Gipson, Director of the BVAAA. “Texas A&M EBP’s efforts promotes our communities and region to work together to more fully address our residents’ needs for developing and implementing needed evidence-based programs throughout our region.”

Partnerships offer a way to spend limited resources more efficiently. Doris Howell, Texas A&M EBP program director notes that “though some organizations have the capacity to provide the space or personnel to host an EBP class, other providers or businesses may have the means to provide in-kind support for class materials. Texas A&M EBP helps connect each organization and its individual resources to other agencies to achieve the common goal of offering EBPs to a wider range of participants.”

Texas A&M EBP currently offers the following EBPs: Stanford’s Chronic Disease Self-Management Program and Diabetes Self-Management Program, Fit & Strong!, A Matter of Balance, Cancer: Surviving and Thriving, and Texercise. Through the duration of the 1115 waiver, Texas A&M EBP hopes to add the Community Stress-Busting Program and HomeMeds to its EBP assistance offerings.

Individuals or organizations interested in learning more about Texas A&M EBP are encouraged to visit the project web site at <http://srph.tamhsc.edu/pha/1115/>.

## CCHD Welcomes New Clinical Director of the Telehealth Counseling Clinic



**Carly McCord** is the new Clinical Director of the Telehealth Counseling Clinic (TCC), a partnership between the Center for Community Health Development and the Counseling Psychology doctoral program at Texas A&M University. The TCC currently provides low cost mental health services via telehealth to Leon, Madison, and Washington counties and will expand to Grimes and Burleson counties next year. Carly’s role as Clinical Director is to oversee the daily operations and long-term sustainability of the clinic, provide supervision to doctoral students in the Counseling Psychology Program, and deliver counseling services. Carly received a B.A. in Psychology from The University of Texas at Austin, a M.S. in Educational Psychology from Texas A&M, and a Ph.D. in Counseling Psychology from Texas A&M. Professionally, she is interested in expanding access to mental health care through telehealth, supervising and training students, holistic mental health, and positive psychology. In her free time, she loves to be with her family and dogs, spend time outdoors and host people in her home. Please join us in welcoming Carly!

## The CCHD Family Continues to Grow



*The Wendel Family—Dielo, Monica, Ty, Shane, Grace and Orlando*

This year, several of the Center's staff members have welcomed new additions to their families. Center Director, Monica Wendel, and husband Shane recently welcomed home their two boys, Orlando and Dielo. Orlando, age seven, has already begun attending Pebble Creek Elementary alongside brother, Ty, and sister, Grace. Dielo, age three, is happy to stay home and play games before he begins daycare later this fall. Kelly Drake, Director of Special Projects, and husband Jerry, welcomed their first baby earlier this year. Kensington Paige Drake arrived on April 16<sup>th</sup>, weighing 6 pounds 10 ounces and 20 inches long. Julie St. John, South Texas Director, and husband Mathew, welcomed child number eight on August 15<sup>th</sup>. Mathias Parrish St. John was born weighing 7 pounds 14 ounces and 21 inches long. Please join us in congratulating the Wendel, Drake and St. John families on the blessing of their new family members!!



*Kensington Paige Drake*



*Mathias Parrish St. John*

## Join Us at the 2013 Regional Health Summit!

The Center for Community Health Development (CCHD) will host the 2013 Regional Health Partnership (RHP) 17 Health Summit on Thursday, September 12<sup>th</sup> from 9:30 a.m. - 1:30 p.m. The Summit will feature the release of the 2013 Regional Health Assessment findings as well as Keynote Speaker, Amy Elizondo, from the National Rural Health Association. The regional health assessment was conducted earlier this year through a random sample household survey, community discussion groups and analysis of existing "secondary" data. Previous assessments conducted in 2002, 2006 and 2010 were held throughout the Brazos Valley region including the counties of Brazos, Burleson, Grimes, Leon, Madison, Robertson and Washington. However, the 2013 health assessment and Regional Health Summit include two additional counties, Montgomery and Walker, in response to the recent creation of Texas Regional Health Partnership 17. The Center is excited to report the findings back to the communities for use in developing local partnerships to address key findings.





1266 TAMU  
College Station, TX 77843-1266

Phone: (979) 458-0937 | Fax (979) 862-8371  
E-mail: cchd@srph.tamhsc.edu

## CCHD Executive Committee

Principal Investigator  
**Kenneth R. McLeroy, Ph.D.**

Co-Principal Investigator  
**James N. Burdine, Dr.P.H.**

Director  
**Monica L. Wendel, Dr.P.H., M.A.**

Deputy Director and Brazos Valley  
Regional Director  
**Angie Alaniz, B.A.**

Budget Manager  
**Tiffany Bond**

Center Coordinator  
**Catherine Catanach, B.A.**

Director of Special Projects  
**Kelly Drake, M.P.H.**

Brazos Valley Regional Manager  
**Whitney Garney, M.P.H.**

Project Specialist  
**Katharine Nimmons, M.P.H.**

South Texas Regional Director  
**Julie St. John, M.P.H., M.A.**

Director of Communication & Training  
**Christopher Beaudoin, Ph.D.**

Co-Directors of Evaluation  
**Corliss Outley, Ph.D., M.S.**  
**Heather Clark, M.S.P.H.**

Director, TxHAN, TxBNOPREN and  
Principal Investigator, Core  
Project-Rural Food Environment  
**Joseph R. Sharkey, Ph.D., M.P.H., R.D.**

Director, CTxCARES, Falls Prevention  
and FETA  
**Marcia Ory, Ph.D., M.P.H.**

Director, Southwest Rural Health  
Research Center  
**Jane Bolin, Ph.D., J.D., R.N.**

Director, Transdisciplinary Center for  
Health Equity Research  
**E. Lisako J. McKyer, Ph.D, M.P.H.**

Non-Profit Org  
US Postage Paid  
Permit #215  
College Station,  
TX 77842



## Grimes County Upcoming PACE Activities

The PACE (Physical Activity and Community Engagement) Project is a joint effort between the Brazos Valley Health Partnership and the Center for Community Health Development to increase physical activity in rural areas of the Brazos Valley.

Grimes County initiated their PACE Project in May 2013 by establishing a local workgroup. The group established the following three goals for the project:

- Implement a coordinated exercise program;
- Increase access to physical activity options for seniors by coordinating and promoting existing activities throughout the county; and
- Organize and coordinate current physical activity programs in Grimes County.

With the assistance of Ms. Billie Castle, a practicum student from the Health Policy & Management Department at the School of Rural Public Health, the workgroup was recently able to brainstorm ways to increase access to physical activity options throughout the county. Beginning on September 16, 2013, the workgroup will co-host Zumba classes at the First United Methodist Church in Navasota. Beginning in October, the workgroup will also host a 10-week Texercise class at the Progressive Outreach Center in Navasota twice a week for senior residents who attend on a regular basis. Furthermore, the workgroup plans to host two additional Texercise sessions in other parts of the county in 2014. The Center is excited to be part of a local initiative to increase access to physical activity for rural residents within Grimes County.