

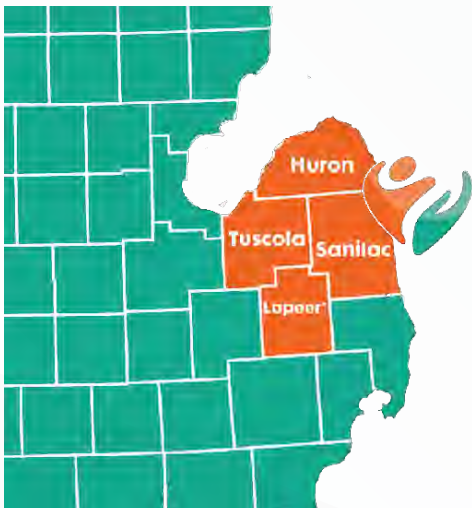


THUMB COMMUNITY
Health Partnership

Together for Lifelong Wellness

IMPACT REPORT
2022 - 2023





together

for lifelong wellness

Mission

The Thumb Community Health Partnership will provide an integrated approach to identify key issues and establish a coordinated response to regional community needs.

Vision

To provide a coordinated regional effort to identify, plan for, and provide interventions that will lead to a healthier community

Goals

We will identify community needs and gaps in services and use this information to guide our selection of the focus priorities.

Values

- We approach issues with a commitment to promoting community health.
- We endeavor to meet community health needs collaboratively.
- We make decisions through consensus, based on data, research, and evidence-based practices
- We believe in empowering residents in their own journey of health and wellness.
- We respect the role that all partners play in the partnership.
- We value the importance of various perspectives.

This network was developed using funds from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$900,000 with 0% financed with other resources. The contents of documents created through the project are the work of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

Message from TCHP Team



Kay Balcer
NETWORK DIRECTOR



Kari Granz
PROGRAM COORDINATOR



Allison Stein
PROJECT ASSISTANT



Karolyn McEntee
PROGRAM SPECIALIST

The Theme of our 2022-2023 impact statement is- "Together For Lifelong Wellness!" This phrase embodies the purpose of the Thumb Community Health Partnership (TCHP). A community where everyone can live well is important to all TCHP Partners and Team members.

Living in a rural community is often perceived as idealistic. Rural Michigan is where many families go to play, relax, and enjoy the beauty of the Great Lakes. However, the tranquil rural setting in the Thumb area of Michigan can mask significant health problems and social needs. There are many factors that make health disparities worse including poverty, lower education levels, and limited income opportunities.

Chronic diseases and behavioral health are significant issues. Untreated and uncontrolled, these conditions are compounded by limited services and barriers to accessing services and social needs. These circumstances interfere with health and wellbeing in our rural community.

Since forming in 2018, our multi-sector partnership has embraced the opportunity to join our neighbors, family, and friends on the journey to optimal personal and community health. Partners recognize that our collective resources and collaboration are critical to effectively address the persistent barriers and conditions that prevent all individuals from achieving health and wellness. We are privileged to be working with grassroots organizations and people in our community with lived experience through the CARE Connect Task Force which was formed in 2022. We thank the individuals who are part of the task force, TCHP workgroup members, and employees of the TCHP partner organizations for their leadership, time, and support of the TCHP Mission.

Members of the Thumb Community Health Partnership are ready to empower our community on the journey of health and wellness. We invite you to join us on this journey.

together we achieve more

Partners of the Thumb Community Health Partnership

Deckerville Community Hospital
Great Lakes Bay Health Centers
Harbor Beach Community Hospital
Hills & Dales Healthcare
Human Development Commission
Huron Behavioral Health
Huron County Great Start Collaborative
Huron County Health Department
Lapeer County Health Department
Lapeer County Community Mental Health
List Psychological Services
Marlette Regional Hospital
McKenzie Health System
McLaren Hospital-Caro
McLaren Hospital- Lapeer

McLaren Hospital-Thumb Area
MI Dept. of Health & Human Services- Huron
MI Dept. of Health & Human Services- Lapeer
MI Dept. of Health & Human Services- Sanilac
MI Dept. of Health & Human Services- Tuscola
Northeast Michigan 2-1-1
Sanilac County Community Foundation
Sanilac County Community Mental Health
Sanilac County Great Start Collaborative
Sanilac County Health Department
Scheurer Healthcare Network
Tuscola Behavioral Health Systems
Tuscola Great Start Collaborative
Tuscola County Health Department

PRIORITY AREAS

Behavioral Health

There are a number of residents in the Thumb Area who have unmanaged behavioral health conditions which impacts quality and length of life and results in co-morbidities.

Chronic Diseases

In the Thumb Area, chronic disease is prevalent and has an impact on the quality and length of life and cost of health care. Many chronic diseases are impacted by nutrition and physical activity.

Social Determinants of Health

In the Thumb Area, the health and well-being of residents is impacted by various factors including access barriers, limited resources and local environment.



ACTIVITIES

Monitor Health Indicator Data and Conduct Assessments

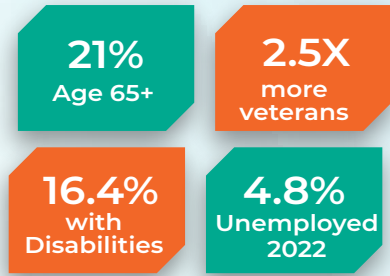
Implement projects and strategies that improve community health

Create a plan for the Partnership's sustainability and viability

Driven by Data and Prioritized Needs

Driven by Data and Priority Needs

The Thumb Region- Over 200,000 people live in the rural region of the mitten-shaped state of Michigan, commonly referred to as the Thumb. The median income in the Thumb is only \$56,275- \$7125 less than the Michigan income of \$63,400. The Thumb population has some unique characteristics related to age, veteran status, disabilities, and unemployment.

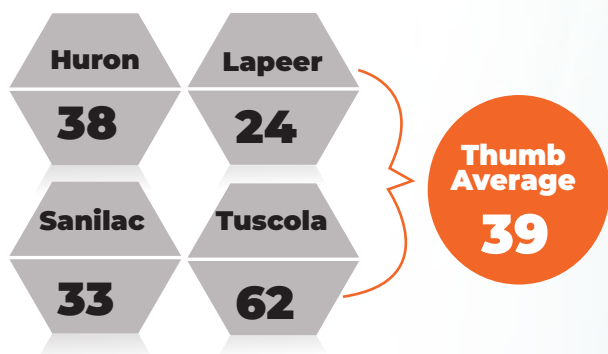


The Thumb Community Health Partnership collects and reviews data regularly. Health assessments allow the partners to understand the strengths of the community, health protective factors, and health risks experienced by residents. Of residents completing the Michigan Behavioral Risk Factor Survey, 9% reported foregoing healthcare due to cost. The overall health ranking and tracking health indicators are ways to measure progress toward a healthier community.

Health Indicator Data

	INDICATOR	MICHIGAN	Thumb Region	Getting Worse	Getting Better
General Health	Years of Potential Life Lost Rate	7883	7600		-.33% ↓
	Death from Suicide Rates	14.2	15.8		- 7% ↓
Behavioral Health	Ever been told they have depression %	21.2	19.9		+9% ↑
	Mental Health Provider Rate	320	555		-12% ↓
	Middle & High School reporting depression %	NA	39-46%	+14% ↑	
Chronic Disease	Diabetes Mortality Rate	25	28	+33% ↑	
	BMI Rates over 85th percentile- Youth	NA	38.5	+ 4% ↑	
	Adequate Physical Activity- Youth	NA	63.5		+ 5% ↑
	Healthy BMI Rates- Adults	28.5	20.6	-30% ↓	
	No leisure time Physical Activity- Adults	23.1	25.8		- 3% ↓

County Health Ranking (#1 is the best rank)



Social Determinants of Health

Research shows that social needs have a major impact on health outcomes. In the Thumb Region, there are many social needs as depicted in the figure to the right



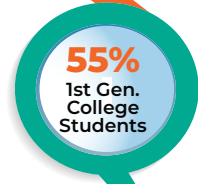
STRENGTHENING THE LOCAL WORKFORCE

Youth Programs

In collaboration with the Mid Central Area Health Education Center (AHEC), our organization has successfully initiated youth programs tailored for middle and high school students. These programs aim to expose students to health and human services careers through engaging, hands-on learning experiences. Local guest speakers from our partnering organizations played a pivotal role. As a result of the programs, 95% of the participants said the program influenced their HHS goals, 100% increased awareness of local careers, and program satisfaction was 4.84 out of 5.



Since October 2022 we hosted 5 programs



What are students saying?

“I never knew all the things I could really do in the health field until the program.”

“I came into the program wanting to be a florist. I’ve found that I am interested in a path that would allow me to help children in bad situations.”

Employer Led Collaborative



Addressing workforce shortages in the health and human service (H&HS) field

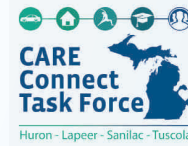
With collaborative funding, we are working towards five main objectives.

- Implement the Talent Pipeline Management System
- Develop Training and Employment Pipelines
- Reduce Barriers for Students
- Increase Apprenticeship Programs
- Increase Awareness

As the ELC continues to make strides in addressing workforce challenges, we look forward to sustained success and positive impacts on the health and human service sector in the Thumb region.

SOCIAL NEEDS ARE HEALTH NEEDS

Care Connect Task Force



Social needs like food, transportation, and housing play a key role in someone's health. These needs are often referred to as Social Determinants of Health (SDOH). In November 2022, a listening session was held with residents and grassroots organizations to obtain input on social needs. Interest from this initial meeting grew into the CARE Connect Task Force which meets every two months.

Residential-led Mini Projects

- Country Christian Church
- First Congregational Church of Christ
- Habitat for Humanity
- Immaculate Conception
- Lapeer Interfaith Community Association
- Love in the Name of Christ of Greater Lapeer
- Good Samaritan Churches of Tuscola County
- Hispanic Services Center
- Human Development Commission Thumb Area Assault Crisis Center
- Michigan House of Hope
- Sanilac Area Violence Elimination Council
- St. Paul Lutheran Church
- Sanilac Child Abuse Prevention Council
- Sanilac County Great Start Collaborative
- Sanilac County Prevention Network
- The Refuge Homeless Shelter of Lapeer

Mission

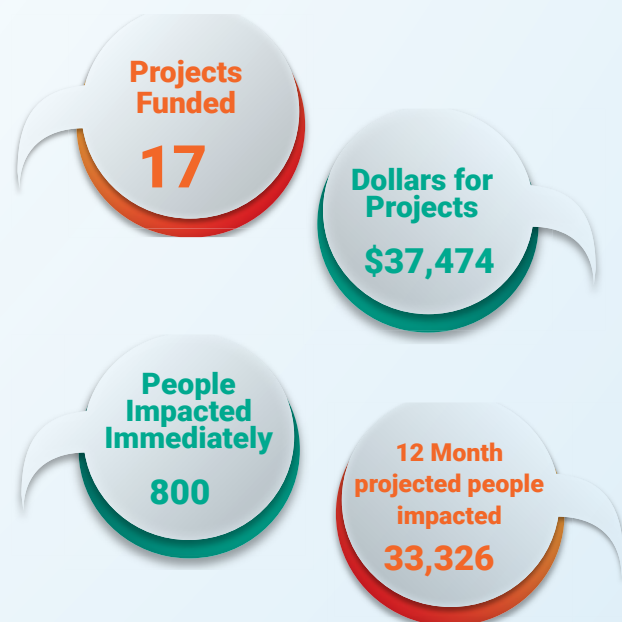
Empower and engage residents to strengthen and expand the capacity of SDOH services and supports.

Vision

A community where all people are knowledgeable of and have access to affordable quality health services and social supports.

The Task force provides a voice for the community related to social needs and has resulted in development of a resident led mini project program

Impact of 2023 Projects



Man Therapy -Pilot Projects

In response to the alarming rates of suicide in the Thumb region, we launched Man Therapy in 2021. This online resource is specifically designed to meet the mental health needs of men, recognizing the unique challenges they may face. Man Therapy adopts an evidence-based and upstream approach to address men's mental health. Man Therapy uses humor and a proactive strategy that aims to intervene early, focusing on prevention and awareness rather than solely responding to mental health crises. Throughout the last two years, we have reached men on all fronts. Whether they're sitting in a tractor, out on the golf course, or reading the newspaper, there is messaging about supporting their mental health. Through these unique outreach approaches, we got men thinking and talking about their mental health.

Over 5,700

Thumb residents visited mantherapy.org

"I enjoyed the humor involved; this may help men feel comfortable with something new to them"



Reaching men where they are: Golf Outings, Radio Ads, Google Ads, Newspapers, Men Focused

84% of deaths by suicide in the Thumb in the past 10 years have been men

More than 1,000 of the Thumb users completed the 20-point head inspection

Women 2 Women



Over the past 2 years, the partnership has piloted an online program to help women address chronic conditions. This program included an at your own pace online curriculum. The curriculum was supported by a health coach that encouraged and motivated using virtual group office hours, meetings, and individual contact. Of the 53 participants, the top five chronic conditions were:

**Obesity | Chronic Pain
High Cholesterol | High Blood Pressure
Diabetes**

Self reported data shows a great impact of the program! Most of these changes were still present at a 3 month follow up.



*This started out as a just see "what it's about". It ended up with me marking my book, and setting goals and incorporating my year old granddaughter into my exercise (we March in place, stretch, and dance)! So many things I learned!
Thank you!*

—Post survey comment

*Hey there Gail! I thought I would pop in and let you know that since "our" class. I have upped my steps by 1500 a day and my A1C went from 7 to 5.2. Thanks my friend for "poking" (lol) me into changing.
Blessings, Linda*

—Email to health coach-six months after program ended

WE MAKE A DIFFERENCE

Health Insurance Navigation

In May 2022, the Health Insurance Navigator Project kicked off as a subrecipient award from Arab Community Center for Economic and Social Services (ACCESS). Our mission is clear: empower individuals in the community to understand their insurance options and seamlessly enroll in coverage, whether it's Medicaid, Medicare, or Healthcare.gov Marketplace plans. Across seven partner organizations, we've assembled a team of 10 navigators.



Navigators conducted outreach across the Thumb region. They attended events like Project Connect, Senior Fairs, and county fairs to help spread awareness. Other outreach has included doing radio interviews, press releases, partnering with libraries to distribute materials, and social media.



Children's Behavioral Health Awareness Campaign

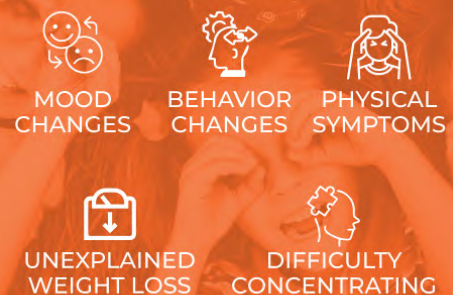


The campaign "We're in this Together! Take the first Step." was initiated in response to findings from the 2021 Health Needs Assessment. This assessment revealed a significant gap in awareness and knowledge of available mental health services within the region, especially for children and adolescents.

Goals

1. Raise awareness of mental health services
2. Provide information to empower adults to start talking about mental health with children.

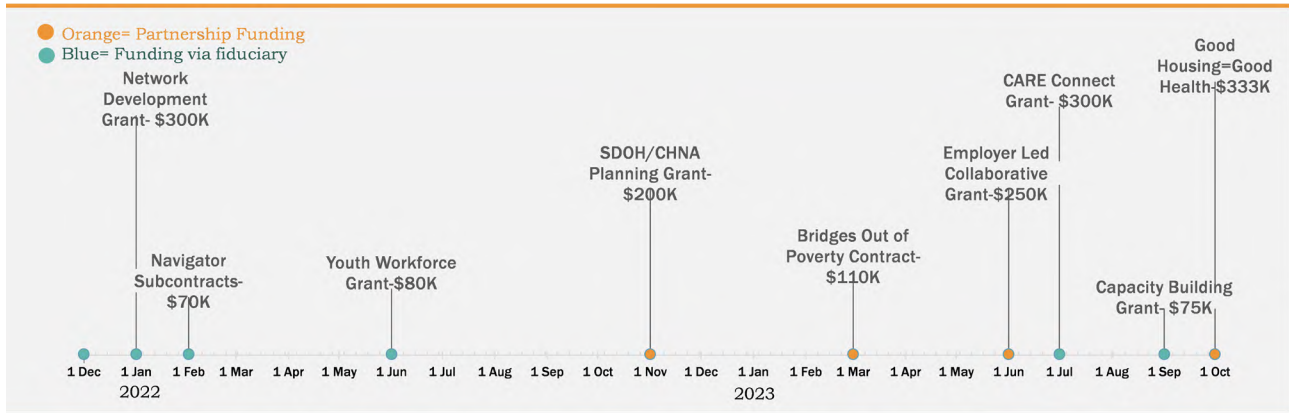
WHAT TO WATCH FOR



45,000
Education materials distributed

local schools | healthcare facilities
mental health agencies | 4-H clubs
libraries | county fairs | golf outings

Funding Timeline



Total Funding
2022 - \$721,028
2023 - \$759,923

Network Development- July 2020- June 2024
Fiduciary: Huron County Health Department
Funder: Federal Office of Rural Health Policy, HRSA
 The project goal is that a sustainable cross-sector network will be positioned to identify community needs and gaps in services and use this information to respond to focus priorities: Two pilot projects have emerged from this grant. Women 2 Women and Man Therapy.

Health Insurance Navigation - Feb. 2022-Aug. 2024
Fiduciary: Sanilac County Community Foundation
Funder: CMS through ACCESS
 Funding supports ten navigators that can help assist Thumb residents with Medicaid and Health Insurance Marketplace (healthcare.gov).

Youth Career Exploration- June 2022- May 2024
Fiduciary: Sanilac County Health Department
Funder: Michigan Health Endowment Fund
 This grant was applied for in partnership with the Mid-Central Area Health Education Center to support health and human service career pipeline programs.

Social Determinants of Health Planning - Nov. 2022- Sept. 2023
Fiduciary: Sanilac County Health Department
Funder: MI Department of Health & Human Services
 This grant is a partnership with Michigan Thumb Public Health Alliance (MTPHA) with Sanilac County Health Department as fiduciary. Project included regional Community Health Needs Assessment, formation of the CARE Connect Task Force to empower the community, community information exchange, and strengthening referral system.

Bridges out of Poverty - March 2023- Aug. 2026
Fiduciary: Sanilac County Health Department
Funder: HRSA, RCORP-Behavioral Health
 Project aimed at addressing social determinants of health which impact substance use disorders.

Capacity Building- Sept. 2023- Aug. 2025
Fiduciary: Sanilac County Health Department
Funder: Michigan Health Endowment Fund
 Project aimed at increasing financial diversity of the collaboration and adopting systems and technology to advance collaboration and coordination of services.

Rural Health Network Development Grant/ CARE Connect Project - July 2023 to June 2027
Fiduciary: Sanilac County Community Foundation
Funder: Federal Office of Rural Health Policy, HRSA
 Care Connect Project is to improve community and population health through cross-sector solutions that address health related social determinants of health (SDOH).

Health and Human Services Employer Led Collaborative (ELC)- June 2023 to Sept. 2025
Fiduciary: GST MI Works!
Funder: Michigan Department of Labor and Economic Opportunity
 The Thumb Region Health and Human Services Employer-Led Collaborative will provide an opportunity for employers to collectively address workforce challenges while simultaneously providing workers with new skills and career pathways.

Good Housing=Good Health- Oct. 2023 to Sept. 2024
Fiduciary: Sanilac County Health Department
Funder: Michigan Department of Health and Human Services and Michigan State Housing Development Authority
 This grant is a partnership with Michigan Thumb Public Health Alliance (MTPHA) and includes a substantial subcontract with the Human Development Commission.
 Contributions: Additional local monetary and in kind contributions are critical to the success of TCHP projects and collaboration.



The work of the Thumb Community Health Partnership would not be possible without the contributions of many organizations and individuals across the Thumb Region. Specifically, we want to thank the following:

- Each of our TCHP partner organizations and their dedicated staff.
- Community agencies that attend TCHP workgroup and employer-led collaborative meetings.
- Individuals with lived experience who participated in the CARE Connect Task Force and needs assessment activities.
- The grassroots organizations that submitted applications and completed Resident Led Projects in 2023.
- The many consultants for their time and talent. They are an instrumental part of the TCHP team.
 - ◇ Aaron Anderson, Pulse Media
 - ◇ Gail Innis, Women 2 Women Health Coach and Coordinator
 - ◇ Gretchen Tenbusch, Data Assistant
 - ◇ Joan Nagelkirk, Facilitator
 - ◇ JoAnn Hall, Facilitator
 - ◇ Julia Flanagan, Youth Project Assistant
 - ◇ Kait Miller, Graphic Design; and the entire Clear Ideas team.

J O I N U S

For inquiries, collaboration,
or to get involved:

 www.thumbhealth.org

 <https://linktr.ee/tchp>

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"In Unity, We Identify.
In Harmony, We Respond."



Huron Behavioral Health



Huron | Lapeer | Sanilac | Tuscola