

THUMB COMMUNITY HEALTH PARTNERSHIP

QUARTERLY UPDATE

Network Development

Welcome 2022 and our Newest Member!

In January TCHP Partners, approved Great Lakes Bay Health Centers as our newest member. GLRC is a Federally Qualified Health Center (FQHC) with locations in Huron and Lapeer Counties. TCHP covers the Thumb region of Huron, Lapeer, Sanilac, and Tuscola counties. Presently, the twenty TCHP members include all four public health departments, all four mental health agencies, all hospitals located in the region, a community action agency, an FQHC, and a private behavioral health provider.

Federal Spotlight- The Thumb Community Health Partnership was highlighted in the Federal Grantee Newsletter published by the Georgia Health Policy Center. [Read More](#) and listen to the interview with Kay Balcer, TCHP Director.

Winter Edition
February 18, 2022



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

Community Projects

Consistent Messaging

Awareness Months

February: American Heart Month

March: National Nutrition Month

April: Stress Awareness Month

We have 548
Facebook
Followers

Are you one of them?

www.facebook.com/ThumbHealth

Man Therapy

What's a Head Inspection? Over the past year, Man Therapy has provided 258 men an opportunity to "check-in" on their mental health through a free, anonymous 20-point head inspection. This screening helps men connect the dots between the physical symptoms they may be experiencing such as changes in energy, sleep patterns, and appetite with emotional issues. At the end of the head inspection, men receive tips and strategies to improve their mental health from Dr. Rich Mahogany. If you would like Man Therapy materials for an event or if you have questions, please contact Kari Granz, TCHP Program Coordinator at TCHPinfo@gmail.com. You can also send men and those who have a man in their life directly to the Man Therapy Head Inspection using this link in your emails and social media: <https://www.mantherapy.org/head-inspection/question>



Fall Focus on Agriculture

Harvest can be an extremely stressful and challenging time for everyone involved in Agriculture. It is important to recognize how farmers and the work that they do impact everyone. Show a farmer in your life you care by sharing this short clip! Join the 3000+ resident who have viewed our Man Therapy Farm Awareness Video.

Women 2 Women



For more information,
contact health coach,

Gail Innis

tchpinfo33@gmail.com

In October, TCHP launched a FREE 11-week online program for women. The five women who participated in the first program had chronic conditions including diabetes, heart disease, obesity, chronic pain, hypothyroidism, & asthma. Not only did these women have their own conditions to manage but three were also caregivers for people that have chronic conditions or special needs. Additionally, two of the five struggled with a number of financial barriers such as lack of health insurance and medical bills. The program consisted of virtual health coaching, five zoom sessions, and six weeks of on demand programming from Better Choices, Better Health. The second program started in January with 6 women participating. We are enrolling for future groups now. Register for this free group at <https://www.surveymonkey.com/r/WtoW>.

Coming Soon: TCHP is happy to announce a contract to provide Health Insurance Navigation Services has been secured. Thumb residents will have the support needed to obtain health insurance and access health care services. More information to follow!

What are participants saying?

"I have more hope for a better, healthier life"

"Loved the stress management and exercise lessons."

"The Health Coach was wonderful. Very caring with great ideas and suggestions."

Partner Services

Workforce Development

We are very excited about many efforts that are underway to strengthen the health and human service workforce in the Thumb.

- TCHP members presented information about healthcare careers to 127 high school students in the Thumb.
 - TCHP attended our first local Job Fair! We engaged with 7 people, referred two candidates to job openings at our partner organizations, and provided information to one person looking for volunteer opportunities.
 - Check out the TCHP [job bulletin](#) ! The bulletin is updated weekly. In addition to distributing on social media, we have added 33 potential job seekers to our distribution list. Our first edition with over 200 jobs reached over 2000 people!



Needs Assessment

TCHP is committed to making and encouraging partners to use data in their decision making process. Over the course of the past year, the Data Workgroup has developed a regional assessment process. Each step of the process includes reports and tools that can be used by our members and the public to better understand the community health needs of the Thumb. Visit our Community Health Data webpage for recorded data presentations for each county and new reports and updates. <https://www.thumbhealth.org/healthdata>

TCHP members also have access to the **DATA CHARTBOOK**. The Chart Book is an extensive data spreadsheet with health outcome data on a wide variety of health issues from access to care, chronic disease, social determinants of health, behavioral health, maternal child health, injuries, and much more! Partners can access the document by creating a Log In for the password protected page.

Meeting Corner!

- **Partner Workgroup Meeting – Virtual**
April 25, 2022 from 9:30 to 11:00
 - **Priority Workgroup Meetings – Virtual**
March 10, 2022 from 2:00-3:30 PM
 - **Data Workgroup Meeting – Virtual**
April 7, 2022 from 10:30 to Noon

Unsure who represents your agency on each workgroup? **Contact a Team Member**.

Minutes posted to the Partner Password Protected Page- [Sign up today at www.thumbhealth.org](http://www.thumbhealth.org)

Team Members

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Data to Action “SHOUTOUT”

We applaud our members on their efforts to move to action the results of the Behavioral Health Needs Assessment completed in March 2021. Over the course of multiple Priority Workgroup and Partner meetings, we have arrived at the following action step for TCHP.

Address the behavioral health of children by increasing awareness regarding behavioral health risks and program availability and addressing issues of stigma especially as it relates to access to services for children.



TCHP Partners

- Deckerville Community Hospital*
- Great Lakes Bay Health Center*
- Harbor Beach Community Hospital*
- Hills & Dales General Hospital*
- Human Development Commission*
- Huron Behavioral Health*
- Huron County Health Department*
- Lapeer County Community Mental Health*
- Lapeer County Health Department*
 - List Psychological Services*
 - Marlette Regional Hospital*
 - McKenzie Health System*
 - McLaren- Caro Region*
 - McLaren-Lapeer Region*
 - McLaren-Thumb Region*
- Sanilac County Community Mental Health*
- Sanilac County Health Department*
 - Scheurer Hospital*
- Tuscola Behavioral Health Systems*
- Tuscola County Health Department*