



# DOCTORS FOR CHANGE

Prescriptions for a Healthy Houston

## Fall Newsletter 2014

*Thank you for your continued support of Doctors for Change and all of our programs and events. It is your generosity that allows us to continue our work to improve health care for all people in the Houston community.*

***Because of you we have been able to improve the health of all Houstonians.***



### **We educated the health care community on how to best serve and advocate on behalf of our patients...**

- 1050 individuals attended our educational programs in 2013
- The DFC Access to Care and Community Resource Guide was compiled
- 57 health care trainees enrolled in our 2013-2014 Advocacy Mentorship Program
- The DFC Advocacy Curriculum for Texas Health Care Professionals was created

### **We provided the link between health care providers and local community organizations working to fight human trafficking, lower rates of obesity, and improve immunizations.**

### **We completed projects to improve health in our community...**

- The Access to Care Educational Campaign to teach the health care community about existing resources such as Patient Navigators and Community Health Workers
- Worked with local schools to improve wellness and developed a curriculum designed to empower teachers, parents, and school administrators to make changes at school to improve nutrition and increase physical activity
- “Celebrating a Healthy Mind and Body” annual art, creative writing, and media competition at local schools
- Anti-Human Trafficking CME curriculum to train health care personnel to recognize the warning signs of trafficking, utilize screening questions, and provide resources to begin restoration for survivors
- Mental health education at local schools which focused on identification of mental illness in the classroom and prevention of self-harm

### **What does DFC do with your donations?**

#### **A gift of \$100:**

- Funds an hour workshop on wellness promotion at a local school. We work with parents, teachers, and students to help them achieve their wellness goals.

#### **A gift of \$250:**

- Funds up to 3 training sessions on recognizing children in need of mental health services with local teachers.
- Sponsors a Doctors for Change student group event to empower future physicians at Baylor College of Medicine and University of Texas at Houston Medical School with the knowledge and tools for lifelong advocacy.

#### **A gift of \$500:**

- Funds a bus tour/ educational forum on human trafficking. We use these events to teach health care professionals and our legislators about human trafficking and what we can do to identify and aid victims.
- Funds one DFC member to go to Austin to talk face-to-face with policy makers about issues that directly impact the health of Texans.

#### **A gift of \$1,000:**

- Underwrites a Doctors for Change educational forum. Last year we hosted 12 forums for health care providers and the Houston community, each attended by 80-150 people. These forums are a great way for us to educate providers and the general public about major health care issues and how people can get involved!

#### **A gift of \$5,000:**

- Funds materials for a campaign for hospitals and clinics to educate their patients and providers about human trafficking – to raise awareness, help identify more victims so they can get help, and reduce demand.
- Underwrites one of our annual major fund-raising and awards events

#### **A gift of \$10,000:**

- Helps us maintain our Guide for Access to Care and Community Resources. This ongoing project is designed to allow health care providers to better help their patients with the socioeconomic determinants of health. We have already collected thousands of local resources!



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***Because of you, our committees are making a real difference in the lives of patients in the Houston area.***

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### **Access to Care Committee**

The Access to Care Committee is currently working on the launch and promotion of their Access to Care Resource Guide as both a website and a smart phone app. The guide helps health care professionals find social services, affordable health care options, and reduced cost prescription medications for patients, regardless of insurance status or the ability to pay. The committee is also in the process of creating a cost-effectiveness report that can be shared and utilized across the health care community to create a Texas solution to cover the uninsured.

Recently they have begun work with the Houston Public Library around the expansion of the Library's health based literacy initiative, Health LIFE (Literacy Initiative for Everyone). They will be partnering with the Texas Health Literacy network to train community health workers and individuals on their Health Literacy 101 curriculum.

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### **Anti-Human Trafficking Committee**

The Anti-Human Trafficking committee is continuing their Medical Education presentations on "Recognizing Victims in Health Care Settings" within the Memorial Hermann System. This CME presentation is geared towards health care professionals and gives them the tools and information necessary to recognize and respond to potential trafficked victims seen in the health care system. The committee is collaborating with the Baylor Psychiatry Department to help train psychiatry residents to recognize victims as well.

The committee is collaborating with both the Baylor Psychiatry Department and the UT Psychiatry Department to create a curriculum/presentation to be given to middle and high school students with content including healthy relationships and the dangers of running away from home. The goal of these presentations is to target youth before they become victims. Lastly, the committee is excited to be working closely with Council Member Gene Wu's office to bring awareness materials to his district, since it is one of the most highly populated with brothels in the city.

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### **Healthy Eating and Active Living (HEAL) Committee**

The HEAL Committee is designing their Advocacy Training Project along with accompanying toolkits. The toolkits will include resources as well as a how-to guide and will enable people to easily get involved in advocacy. As the 84<sup>th</sup> Legislative Session quickly approaches they are also drafting and editing their policy briefs to support increasing physical activity in schools and making obesity treatment and prevention services reimbursable. The committee is also creating Community Resource Guides that will focus on and target major areas around Houston. The Guides will serve as a resource to inform community members of the health and wellness opportunities available in their area.

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### **Mental and Behavioral Health Committee**

The Mental and Behavioral Health Committee recently developed a presentation, testing materials, and handouts of local mental health resources as part of a brief curriculum to educate teachers and other laypersons about red flags for mental illness in children, as well as how to refer those children to care. The committee has worked closely with charter schools on the identification of mental illness in the classroom and prevention of self-harm. They have helped educate health care providers about mental health resources in our community and about advocacy opportunities to improve mental health care.

The committee has been an integral part of providing research around the burden of mental health disease in pediatric inpatient hospitalizations for the Center for Child Health Research and Policy (CCHRP), which is a collaboration between DFC, CHILDREN AT RISK, and Rice University Kinder Institute. Lastly, the committee has partnered with other Houston organizations to expand education on perinatal mood disorders as well work towards increasing health coverage for postpartum women who qualify for Medicaid or CHIP.