

Washington County Community Health Improvement Plan: Mini-Grants to Build Community & Organizational Capacity for Trauma Informed and Equity Approaches in Washington County, 2018-2019

Description & Background

Washington County Community Health Improvement Plan (CHIP) is a strategic work plan that identifies how Washington County and community partners collaborate to address important health issues in the community. Equity and Trauma Informed Care (TIC) are guiding principles for the collaborative health improvement work. This year, with guidance from the CHIP Leadership Team and funded by Washington County, we provided grants to support ten organizations in building organizational capacity in TIC and equity and to advance the work of the CHIP. The CHIP Leadership Team is comprised of cross-sector partners including health systems, schools, and community-based organizations. On average grantees received \$15,000. These grants were provided to safety net clinics who serve Medicaid populations, school partners, and culturally specific community organizations. In addition, the CHIP Leadership Team guided development of an Equity and TIC Toolkit to support the Washington County CHIP committees and community partners. The toolkit includes TIC meeting guidelines, operationalizing equity examples, decision-making tools, charter templates and adopted TIC principles. The following describes highlighted impact and outcomes from these grant-funded projects.

“With this grant, (our organization) as a whole was able to engage in courageous conversations around many topics that require deep introspection, including racism, power and privilege, and our agency values and purpose, and we were able to reach out into the community to have similar conversations as well.”

-Quote from Grantee

2018-2019 Grant Projects

Sexual Assault Resource Center: Moving Towards Equity: SARC’s Three-Tiered Approach

Adelante Mujeres: Nourish the Community: Creating a Healthier, More Equitable Community

Tigard Turns the Tide: Raising Resilient Children and Families

Virginia Garcia Memorial Health Center: Trauma Informed Health Care Symposium

Boys and Girls Club (Inukai Club in Hillsboro): Trauma Informed Clubs: Our Model to Support the Future

Lutheran Community Services NW: Trauma-Informed Continuing Education for Refugee Mental Health

Sequoia Mental Health: Increasing Access to EMDR Treatment/Helping Teens Heal from Trauma

LifeWorks NW: Cultural Diversity/Trauma Informed Training

Beaverton High School: Trauma Sensitivity and Equity Movement

Mountain View Middle School: Wellness Support

“This funding has been critical to supporting the increased needs of the Latinx community to access opportunities for a healthy lifestyle. More importantly, to support participants who are actively looking for leadership opportunities to not only improve health equity within their family but their community.”

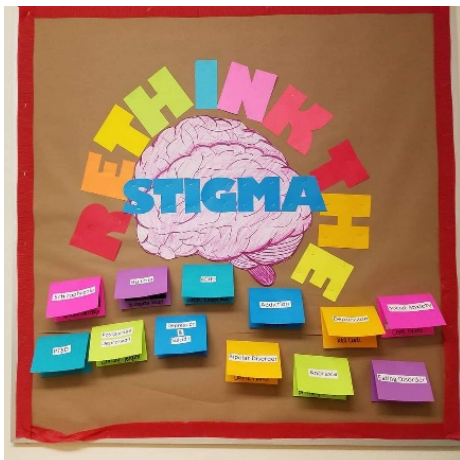
-Quote from Grantee

Highlighted Impact and Outcomes

- TIC training for over 70 teachers and administrators with potential to impact 900 students
- Over 500 community mental health clinicians and clinic staff participated in equity and TIC training



- 90 mental health clinicians and clinic staff trained in compassion fatigue and resilience
- Eye Movement Desensitization and Reprocessing (EMDR) training for 8 mental health clinicians with potential to impact over 400 clients



- 15 new family resiliency & TIC community trainers
- 12 Latinx community members engaged in culturally relevant health training and leadership opportunities
- Over 550 community members and youth participants in culturally specific chronic disease prevention programs including ProduceRX, nutrition classes and physical activity incentives
- Equity strategies incorporated into 6 organizational policies and procedures

- Over 400 cross-sector community partners came together to participate in vicarious trauma symposium
- Meals provided for over 350 families to reduce barriers for engagement in family resiliency events
- Over 50 students and youth participated in mental health awareness events
- Incorporating input from community members and clients, 20 staff and 5 board members from the sexual assault resource center participated in organizational equity planning
- Over 50 families attended workshops on trauma and family resilience

“We were able to create district-wide and community wide interest in this work and have built momentum that would have been otherwise slowed without the support of the grant.”

-Quote from Grantee

“The event served as a catalyst for organizations and staff to continue to learn and grow in their capacity to recognize the effects of trauma on the workforce and to build skills for resilience. This event created renewed interest in ... staff and leadership around developing strategies for self-care and organization support to prevent vicarious trauma.”

-Quote from Grantee

Successes & Lessons Learned

- Increased ability for grantees to prioritize equity & TIC work and integrate into organizational policies.
- Supported school-based social emotional learning and mental health goals and strategies
- Increased community capacity for culturally responsive & TIC mental health services
- Flexibility of grant allowed for creativity to meet specific needs and organizational culture
- Organizations are seeking funding to support capacity building in Equity and TIC
- Initial funding to advance equity and TIC can catalyze future investments in this work

Contact Information and Website

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Find Out More:

HealthierTogetherWashingtonCounty.com
www.co.washington.or.us/HHS/chip.cfm

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