

Organization: Advocate Health

Name of Applicant: David McDermott

Project Title: Supporting McHenry Food Pantries: An Infrastructure Investment

Proposed Funding Amount: \$110,000

Health Priority: Obesity and Active Living

Proposed Project Summary:

The Community Health team works to address community health priorities including food insecurity, obesity, and active living. The Northern Illinois Food Bank identified 29,800 McHenry residents who were food insecure (2022). The food needs for these individuals are served, in part, by 20 food pantries. This project will assess at least 10 food pantries using the Nutrition Environment Food Pantry Toolkit (NEFPAT). Following the assessment, grant funds will support pantry improvements.

Access to healthy, nutritious food is a key element to any community's health. The goal of this project is to work with existing resources (food pantries) to improve local infrastructure related to healthy food distribution. There are 20 pantries in McHenry County. The goal is to assess 10 pantries using the NEFPAT tool and then to work with each pantry individually to plan and make capital or process improvements at their site.

Organization: Warp Corps

Name of Applicant: Andrew Turner

Project Title: Warp Corps Transportation Grant

Proposed Funding Amount: \$70,000

Health Priority: Access to Care

Proposed Project Summary:

This funding would allow Warp Corps to purchase a van exclusively used for transport of Warp clients and supplies. Warp Corps currently provides transport to our outreach clients, when able, to doctor's appointments, job interviews, food pantries, the Community Resource Day in Crystal Lake, etc. Many of these individuals are low income, food insecure, or are unsheltered. Currently, these trips are made using personal vehicles, limiting flexibility. This would allow Warp to better serve this population.

The one-time investment in this purchase of a vehicle would serve Warp Corps and its clients for years to come. Since its inception in February 2022, Warp's Street Outreach program has transported 120 unduplicated individuals, most of which have utilized this service many times. We expect to see this number rise as time goes on. This acquisition would address multiple McHenry County health objectives, including Behavioral Health, Obesity, and Active Living, and primarily, Access to Care.

Organization: Cycling Without Age

Name of Applicant: Gregory Glover

Project Title: Feel the Wind in Your Hair

Proposed Funding Amount: \$43,000

Health Priority: Behavioral Health

Proposed Project Summary:

Cycling Without Age McHenry County (CWAMC) provides free, recreational rides for seniors on three wheeled cycles called trishaws. Our mission is to reduce social isolation and loneliness among older adults in McHenry County, Studies have shown that chronic loneliness shortens life expectancy even more than being overweight or sedentary. To maintain our 42% annual growth in elders served, we are seeking \$43,000 for additional equipment, plus associated insurance and maintenance.

CWAMC currently serves 13 long term care facilities, along with weekend rides to seniors not in a facility. We want to expand our program to 6 more care facilities by the end of 2026, representing 420 additional rides annually. CWAMC is a well-established non-profit, now with 60 trained volunteers and over 2,200 trishaw rides since inception. Our program is a proven and cost-effective way to help isolated seniors feel engaged and celebrated, rather than forgotten or ignored.

Organization: Veteran's Path to Hope

Name of Applicant: Laura Franz

Project Title: Veteran Obesity Project

Proposed Funding Amount: \$93,000

Health Priority: Obesity and Active Living

Proposed Project Summary:

A Marine approached Veteran's Path to Hope (VPH) with her coach, stating the coach's program focusing on obesity, exercise, healthy eating, and healthy thinking had helped her lose a significant amount of weight. She indicated that she sees many other veterans, especially older veterans, struggling with the same issues and that this type of support would be a major assistance, for this purpose VPH would be happy to either subcontract with or hire the coach to deliver this service to veterans in need.

Veterans will be assisted via this grant over the course of the 3 years to lose weight, engage in healthy eating/exercise, and come to understand the factors contributing to their obesity status and lack of self-care.

Organization: Advocate Health

Name of Applicant: David McDermott

Project Title: McHenry County Narcan Training Crew Network

Requested Dollar Amount: \$27,000

Health Priority: Behavioral Health

Proposed Project Summary:

Advocate Community Health staff currently work with many partners to increase Narcan training and increase access to Narcan in the community. The proposed project will train Advocate Good Shepherd Hospital health care workers to serve as Narcan Instructors. Participants will complete one hour of training, followed by two hours of shadowing. A total of 30 healthcare staff will be trained. Funds are also requested for supportive materials for training and community overdose prevention work.

The goal of this project is to increase the number of active Narcan Trainers in McHenry County. Currently, the MCDH receives requests for Narcan training from schools, farmers markets, social service agencies, and health care organizations, among others. Not all requests can be met due to limited trainers. A broader network of trainers will increase the capacity for training in the community, particularly if new trainers with clinical experience can be added to the pool.

Organization: NAMI-Suicide Prevention Task Force

Name of Applicant: Abbey Nicholas

Project Title: Suicide Prevention in McHenry County

Requested Dollar Amount: \$98,000

Health Priority: Behavioral Health

Proposed Project Summary:

In 2022 and 2023, suicides in McHenry County hit an all-time high; the county's suicide rate is two times higher than neighboring counties and the State of Illinois. The McHenry County Suicide Prevention Task Force seeks to change this trend through a large-scale advertising campaign, a significant increase in suicide prevention training across the county, a dedicated staff, and new opportunities to support survivors.

Project Goals: 1) Reach 50% of the county residents with a suicide prevention advertising campaign. 2) Train 1,500 high risk individuals, and those who work closely with high-risk individuals, in QPR Suicide Prevention Training. 3) start a new support group for individuals who have attempted suicide. 4) hire a dedicated staff. 5) increase membership of the McHenry County Suicide prevention task force from 20 to 40. The project outcome is lowering the suicide rate in McHenry County.

Organization: Advocate Sherman Hospital

Name of Applicant: David McDermott

Project Title: McHenry County Community Based Love Your Heart Program

Requested Dollar Amount: \$20,500

Health Priority: Obesity and Active Living

Proposed Project Summary:

Advocate Sherman Hospital has an evidence-informed community-based health heart program called 'Love Your Heart' that has been shown to decrease blood pressure in low-income populations. With the proposed project, Advocate Health will pilot this program in McHenry County. Staff will leverage mobile health visits to local food pantries to outreach to 500 individuals with information on the program. At least 150 will enroll in the six-month program (three cycles of 50 each).

The goal is to improve the blood pressure levels of participants. An additional goal is to increase participants' adoption rate of Self-Measured Blood Pressure (SMBP) monitoring. Advocate Sherman will track several biometric measures including blood pressure control and weight. Additional information will be tracked for those with other health conditions. Outreach will be conducted to ~500 McHenry County residents accessing food pantries with 150 participants recruited.

Organization: Family Health Partnership Clinic

Name of Applicant: Suzanne Hoban

Project Title: Care Management Program

Requested Dollar Amount: \$182,386

Health Priority: Access to Care

Proposed Project Summary:

This project utilizes a Nurse Care Manager to work with patients who have complex diagnoses, with an emphasis on diabetes as a co-morbidity. This nurse would have significant patient contact to reinforce health education, check on medication adherence, and help patients connect and navigate with specialists. Studies show that 20% of patients can utilize 80% of a clinic's resources, and more complex patients do not have the same access to care as more routine patients.

This project aims to serve 100 complex patients each year, for a total of 300 patients over the course of the grant. The goal of the project is to provide patients with two or more comorbidities with intensive care planning and care management to stabilize and improve their health. Each patient's outcome will depend on their care plan including measurements like A1C over a six-month period, reduction in blood pressure, or a reduction in emergency room visits.

Organization: Harvard Community Senior Center & Cultivating Health Ministries

Name of Applicant: Lynda Rohe

Project Title: Cultivating Health Ministries

Requested Dollar Amount: \$145,342

Health Priority: Access to Care

Proposed Project Summary:

Cultivating Health Ministries (CHM) is a partnership of organizations who bring health and wellness screenings to faith communities in McHenry County. The programs' goal is to reduce the prevalence of diabetes, hypertension, obesity, and mental health issues by providing screenings to the populations most likely to be affected. The CHM team also provides participants with the tools and education needed to continue to monitor their health and assists in connecting them to healthcare providers.

It is anticipated that during the 2 ½ years of this program approximately 2,000 individuals will receive the medical screenings for diabetes, cholesterol, and hypertension provided by the program. Approximately 750 will be new participants in the program with the remaining receiving ongoing monitoring. In addition, approximately 9,000 participants will attend educational workshop/classes/trainings.

Organization: Home of the Sparrow, Inc.

Name of Applicant: Kristin Miller

Project Title: On-Site Mental Health Therapy for Homeless Adults and Children

Requested Dollar Amount: \$50,000

Health Priority: Behavioral Health

Proposed Project Summary:

Home of The Sparrow's (HOS) Mental Health Therapist provides on-site counseling, de-escalation, crisis intervention, and conflict resolution services in the Transitional Shelter. Residents enter with significant trauma and barriers to self-sufficiency- from experiences of homelessness, domestic violence (86% of adults served in 2023), and mental health disorders (71%) among others. This staff addresses Community Health goals pertaining to improved mental health and improved access to care for homeless populations.

HOS's on-site Mental Health Therapist will improve mental health and functionality among clients in the HOS Transitional Shelter. HOS anticipates through their service, 60% of adults served in the Transitional Shelter will maintain or increase levels of functioning as measured by the DLA-20 evidence based tool. Further, the Mental Health Therapist will serve 20-35 adults with experiences of homelessness per grant year (1,250-\$1,714 dollars per client over two years).

Organization: Community Health Partnership of Illinois (CHP)

Name of Applicant: Jina Ramirez

Project Title: Diabetes Self-Management Education Program

Requested Dollar Amount: \$52,932

Health Priority: Diabetes

Proposed Project Summary:

CHP seeks funding to launch a Diabetes Self-Management Education Program (DSMEP) at its Harvard Health Center. This program will enable patients to successfully manage their diabetes and improve their quality of life by providing them with knowledge, tools, and services. CHP will offer 4 group classes per year, each compromised of 6 weekly sessions on key topics, including diabetes self-management, cooking, exercise, medication, and stress management.

Our goal is to assist diabetic patients in achieving and maintaining blood sugar control. CHP will offer DSMEP with the goal of serving four groups of 12-18 patients or 72 patients per year. Our DSMEP offers patients guidance on nutrition, active living, medication, and coping strategies to improve blood sugar control, reduce complications, and enhance their quality of life. DSMEP represents a beneficial investment that leads to improved diabetic control and lower healthcare costs.

Organization: New Directions

Name of Applicant: Nichole Learman

Project Title: Connect to Recovery Expansion: Bridging Overdose Crisis with peer Support and Harm Reduction

Requested Dollar Amount: \$52,840

Health Priority: Behavioral Health

Proposed Project Summary:

This is a two-year project that aims to expand our "Connect to Recovery" (C2R) program in local hospitals, addressing substance use disorders (SUD) and overdose prevention. It includes hiring 1 FTE of staff. Allocating \$2,000 annually for transportation, and \$3,000 annually for outreach and promotional materials. This aims to enhance support for individuals struggling with SUD by increasing program reach, facilitating access to services, and raising awareness within the community.

The proposed project aims to expand the C2R program, increasing support for individuals' post-overdose. Goals include enhancing access to treatment, harm reduction, raising community awareness, and reducing stigma. Measurable outcome tracked for A Way Out (AWO) and C2R are 1,415 individuals served and 361 placed in treatment in 2023. Anticipated outcomes for C2R are expected to be similar to recent AWO numbers once capacity is expanded

Organization: Youth and Family Center of McHenry County (YFC)

Name of Applicant: Guadalupe Ortiz

Project Title: Increasing Access to Wellness for Marginalized Communities

Requested Dollar Amount: \$270,000

Health Priority: Access to Care

Proposed Project Summary:

YFC's case management and navigation services offer personalized support, reducing barriers and enhancing resilience for clients and communities. Expanding our mental health programming for youth and adults is crucial. Our specialized focus is on closing service gaps, particularly for Hispanic/Latinos and the low-income population. This funding will enable us to address primary health needs and increase access to culturally and linguistically appropriate mental health care.

Expanding access to navigation services and enhancing participants proficiency in utilizing community resources and navigating complex mental health and substance abuse systems will bolster client and community resilience. From July 1, 2024, to December 31, 2026, over 700 adults will benefit from these services, leading to improved knowledge, community engagement, resilience, and overall functioning.