

# Neighborhood Health Initiative: A Key Community Partner in Ground-level Change

*The Neighborhood Health Initiative (NHI) has been a key Making Connections' partner in resident engagement and mobilization. NHI builds its efforts on authentic demand frame, listening to what the people who want assistance say the need and working with them to meet those needs – at the pace they set and within naturally-formed social networks where a comfort level and trust exist.*

## Some elements in its community-change strategy have included:

- **Peer-to-peer approach:** NHI employs people who reflect the diversity of people living the Making Connections neighborhoods. They are on the front lines, remedying the social and cultural disconnect that occurs in the delivery of services to those who are most at risk.
- **Cohorts:** (a united group of people). NHI has worked through groups of people with common interests or connections which can serve as a natural, informal support system to deliver services and information. NHI has also engaged cohorts on a community-level – groups such as faith-based organizations and local churches – to teach them how to use this approach within their own circles, sustaining this unique way of working and growing it to scale.
- **Family measurement.** This tool has helped individuals and families get a snap-shot of their overall “health” in categories representing the basic life components such as shelter, nutrition, health care, and employment. Each category contains three or four questions that when compared and contrasted can identify an individual or family’s strengths and weaknesses in terms of “at risk,” “safe” or “thriving.” The Family Measurement derives its strength from a fundamental belief that people generally have the capacity to solve their own problems – and in fact, know how to solve them. They sometimes need assistance in sorting things out.
- **Pathways.** Developed in collaboration with community partners, pathways – a series of prescribed steps – have helped individuals address the areas identified via the Family Measurement as the most needing attention. Less labor-intensive than a case management process, the person seeking help decides what actions to take and sets the pace for growth and change. It’s the individual who decides what to change, does the work, and assumes control.
- **Results-based accountability (RBA):** NHI has assessed its progress on turning the curve and helping to leave families “better off” by using the RBA process. This disciplined way of thinking and taking action focuses the work on results, uses data to inform the work, helps determine what other partners need to be included in the work, and assures accountability.

## Experience the Neighborhood Health Initiative Story

“Tapping the Power Within to Change a Community” is a recently released video produced by Making Connections resident Mahogany Palmer. In nine segments, it captures the stories of ordinary people living in Des Moines’ most-challenged neighborhoods who have discovered not only can they create a better life for themselves and their children, they have the innate power and capacity to do so. Persons affiliated with the Neighborhood Health Initiative (NHI) and its partners tell their personal stories of profound transformation and new hope and how sharing what they’ve learned with others is changing an entire community.

Palmer received support for her project from the Neighborhood Grants for Growth program and technical assistance from the Making Connections communications team.

Get a copy by calling NHI, (515) 309-4795, or view it online at [www.makingconnectionsdm.org](http://www.makingconnectionsdm.org).



**Neighborhood Health Initiative staff. Front (from left) Anna Dianas, Adriene Buchanan. Back (from left) Tony Wilson (outgoing coordinator), Boursy Quang, Lena Hoang.**

## About NHI

NHI was established in 2002 by the Health Access Partnership to improve access to health care in Polk County and support underserved individuals and families throughout the Des Moines area. Today NHI is part of the Iowa Health-Des Moines family. Through the generous support of community partners including Iowa Health-Des Moines, Making Connections Des Moines/Annie E. Casey Foundation, Polk County Health Department, and United Way of Central Iowa, NHI is able to offer access to a wide range of services to help families become healthy in all aspects of their lives.

NHI’s outreach workers, staff and volunteers reflect the diversity of the people living in the Making Connections neighborhoods. They serve individuals of all backgrounds, regardless of their age, race, culture, religion, sexual preference or criminal background. Help is available in English, Arabic, Laotian, Spanish, Tai Dam, and Vietnamese. Services are FREE and confidential.

**Find** the Neighborhood Health Initiative at 1801 16th St. (corner of 16<sup>th</sup> & Jefferson) on DART bus route #6

**Phone:** (515) 309-4795

**Fax:** (515) 309-4796

**Hours:** Monday-Friday, 8:30 a.m.-4 p.m.



## Services offered through the Neighborhood Health Initiative

### Overall Family Health

		On-site	Referral
<b>Assessment Services</b>	Family Measurement assessment	X	
<b>Supports &amp; Classes</b>	Family Team Meetings	X	X
	Health Realization (3 Principles) workshops and lunch & learns	X	X

### Physical & Mental Health

		On-site	Referral
<b>Dental services – adults &amp; children</b>			X
<b>Health Screenings - Adult</b>	Cholesterol (blood test)	X	
	Colon cancer (stool test)	X	
	Diabetes	X	
	High blood pressure	X	
	HIV/AIDS		X
	Pregnancy	X	
	Prostate cancer (PSA)		X
	Urinary tract infection	X	
<b>Health Screenings - Children</b>	Lead poisoning	X (Latino)	X (all others)
<b>Health Services – no cost/low cost</b>	Birth control/family planning services		X
	Condoms	X	
	Health and wellness classes		X
	Immunizations for children		X
	Mammograms		X
	Medical clinics – free or low-cost, including after-hours urgent-care clinics		X
	Prenatal care		X
	Prescriptions		X
<b>Health classes and supports</b>	Chronic disease management assistance (like high blood pressure, diabetes, cholesterol)	X	X
	Smoking cessation		X
	Support for victims of domestic violence/abuse		X
	Understanding common medical conditions		X
	Understanding your Medicare policy	X	
<b>Other</b>	Eye exams and glasses		X
	Hearing aid exams and hearing aids		X

### Economic Health & Success

		On-site	Referral
<b>Application assistance – government family support programs</b>	Child care assistance	X	
	FIP (Family Investment Program)	X	
	Food stamps	X	
	Section 8 and Anawim housing	X	
	Social Security benefits	X	
	WIC (Special supplemental nutrition program for women, infants and children)	X	
<b>Application assistance – medical care</b>	Charitable and discounted hospital care	X	
	Hawki (health insurance for children)	X	
	Medicaid/Title 19/Iowa Care	X	
	Medicare Parts A, B & D (prescription drugs)	X	
<b>Job placement assistance</b>			X
<b>Medical debt resolution assistance</b>		X	
<b>Transportation</b>	Cab vouchers for transportation to medical appointments	X	
<b>Work attire</b>	Access to proper work attire and other clothing		X

### Other Supports

		On-site	Referral
<b>Application assistance</b>	Social security number	X	
	U.S. resident card ("green" card)	X	
	Voter registration	X	
<b>Classes</b>	Born Learning, for families with children 0-5		X
	Computer		X
	ELL (English Language Learner)		X
	GED		X
	Parenting classes		X
<b>Supports</b>	Baby supplies		X
	Car seats (after completing a car seat safety class)	X	
	Car seat safety checks	X	
	Community resource room, including computer and internet access	X	
	Food, including SHARE Iowa		X
	Stork's Nest program, including points managers	X	X

## Servicios son ofrecidos por Neighborhood Health Initiative

### Salud Entera de la Familia

		En la oficina	Referido
<b>Servicios de acesoria</b>	Acesoria de la familia	X	
<b>Apoyo y clases</b>	Juntas Familiares	X	X
	Realización de la salud (3 Principios) talleres y almuerzos y aprendizaje	X	x

### Salud Fisico y Mentalmente

		En la oficina	Referido
<b>Servicios dental – adultos y niños</b>			X
<b>Pre- examen de salud</b>	Colesterol (examen de sangre)	X	
	Cancer del colon (stool test)	X	
	Diabetes	X	
	Alta preion	X	
	VIH/SIDA		X
	Emarazo	X	
	Cancer del Prostata (PSA)		X
	Infecion en el urine	X	
<b>Pre- exámenes -Niños</b>	Examen del Plomo	X (Latino)	X (otros)
<b>Servicios de Salud-no costo / bajo costo</b>	Servicios de Planificacion de Familia/anticonceptivos		X
	Condones	X	
	Clases del bienestar o Salud		X
	Vacunas para los niños		X
	Mamogramas		X
	Clinicas Medicas – gratis o bajo costo, incluyendo clinicas disponibles tarde y para cuidados urgentes		X
	Cuidado Prenatal		X
	Recetas Medicas		X
<b>Clases de Apoyo y Salud</b>	Asistencia para manejar enfermedades cronicas(como alta presion, diabetes, colesterol)	X	x
	Clases para dejar de fumar		X
	Apoyo para victimas de violencia domestica/abuso		X
	Entendiendo condiciones medicas comones		X
	Como entender su poliza del medicare	x	
<b>Otro</b>	Anteojos y exámenes de ojos		X
	Exámenes del oido		X

### Salud Economica y Logros

		En la oficina	Referido
<b>Asistencia en llenar aplicaciones – programas del gobierno para apoyo familiar</b>	Asistencia de cuidado de niños	X	
	FIP (cheque del gobierno)	X	
	Estampillas para comida	X	
	Secion 8 y Anawim housing	X	
	Beneficios del seguro social	X	
	WIC (progama de nutricion especial para mujeres embarasadas, y infantes y niños )	X	
<b>Asistencia en llenar aplicaciones-cuidado medico</b>	Descuento de cuidado de hospital o benefico	X	
	Hawki (aseguranza medica para niños)	X	
	Medical/titulo19/Iowa Care	X	
	Medicare Partes A,B y D (recetas medicas)	X	
<b>Asistencia para encontrar trabajo</b>			X
<b>Asistencia en como resolver sus deudas medicas</b>		X	
<b>Transportacion</b>	Cupones de transportacion para Taxi si tiene una cita medica	X	
<b>Ropa para trabajo</b>	Aceso a ropa apropiada para trabajar y otra ropa		X

### Otos Apoyos

		En la oficina	Referido
<b>Asistencia para llenar aplicaciones</b>	Numero de seguro social	X	
	Tarjetas para la residencia	X	
	Registrarse para votar	X	
<b>Clases</b>	Born Learning (para familias con niños de 0-5)		X
	Computacion		X
	ELL (English Language Learner) clases de ingles		X
	GED		X
	Clases para padres		X
<b>Apoyos</b>	Cosas para bebes		X
	Asientos de carros (despues de completar una clase de seguridad sobre los asientos de carros )	X	
	Chequeos de los asientos de carros	X	
	Un cuarto de recursos para la comunidad, incluyendo computadora y acceso al internet	X	
	Comida, incluyendo SHARE Iowa		X
	Programa de la Sigueña, incluyendo los puntos	X	X