



CHNCT FOUNDATION GRANT-MAKING PROGRAM

Over the past ten years, the CHNCT Foundation has awarded \$234,850 to Federally Qualified Health Centers and \$14,000 in-kind to Cooking Matters programming.

We are presently in the process of assessing the impact of these funds on the overall efforts to provide health services to the health centers. Part of the Foundation's commitment is to convey to our many stakeholders how we have assisted the community health centers and made a difference through these grants. Each health center was awarded \$3,500 in 2014.

Cornell Scott-Hill Health Center

PowerUp New Haven

Cornell Scott-Hill Health Center will utilize these funds to help pay for the development of a comprehensive nutrition curriculum that will be used in the PowerUp New Haven program. PowerUp New Haven is a comprehensive program designed to improve the health status of children through five interactive components: nutrition, education, exercise, confidence building, and research. The program duration is six months, with opportunities for extension, based on results. The goal of the program is to address and improve obesity rates and self-confidence issues in children and adolescents throughout greater New Haven. The program is designed to effectuate significant behavior change in the participants, leading to improved lifestyle practices and habits.

Fair Haven Community Health Center

Behavioral Health Department Program

Fair Haven Community Health Center will utilize these funds for the Behavioral Health Department (BHD) at their center. BHD is presently focused on developing a more robust program of group therapies for their adolescent and pediatric populations. They believe that using these group therapies will increase their ability to provide quality care to more of their young patients. BHD will market their therapy groups in order to make patients and other providers aware of the array of groups being offered. They will also provide provisions, incentives, and curriculum materials to their populations.

Staywell Health Center
Nutrition Education

Staywell Health Center will utilize these funds to provide nutrition education sessions to patients referred by their PCPs at their main facility. There will be up to 300 sessions provided each year. Nutrition plans will be based on patient preferences and areas of change that will have the greatest impact on their health goals.

The following centers will receive our Cooking Matters programming, valued at \$3,500:

Charter Oak Health Center, Inc.

Generations Family Health Center

Optimus Health Care, Inc.

Southwest Community Health Center

These centers have selected to use the program opportunity offered by CHNCT Foundation to implement a 6-week Cooking Matters program at their locations. Share Our Strength's Cooking Matters National program connects families with food by teaching them how to prepare healthy, tasty meals on a limited budget. Cooking Matters utilizes professional chefs, nutritionists, and volunteers who give their time and expertise to lead hands-on courses that teach adults, teens, and children how to purchase and prepare nutritious foods. In addition to the 6-week program, the centers will receive additional nutrition sessions and recruitment support.

We thank you for your continued support of our mission here at CHNCT Foundation!