



CHNCT FOUNDATION, INC.

GRANT-MAKING PROGRAM

As part of its continuing mission to advance, support, and promote programs and activities that fundamentally improve the health status of the residents of Connecticut; the Community Health Network of Connecticut Foundation, Inc. (CHNCT Foundation) awarded over \$27,500 in grants and in-kind Cooking Matters and KHAIR programming to Federally Qualified Health Centers (FQHCs) in 2015. Over the past ten years, CHNCT Foundation has awarded \$246,352 in grants and \$30,000 of in-kind programming to Connecticut's FQHCs.

Every year, CHNCT Foundation assesses the impact of these funds and programs on the overall efforts to improve health services at the FQHCs. We are committed to sharing with our many stakeholders how we have assisted these community health centers and made a difference to the people they help through these grants each year.

In November, three FQHCs were awarded between \$3,500 and \$4,000 in grant funding for behavioral health or nutrition education programming. Four additional FQHCs were awarded in-kind Cooking Matters or KHAIR programming valued at \$4,000 each. These grants will be used to implement programs in 2016 as follows:

Charter Oak Health Center

Cooking Matters

Charter Oak Health Center's (COHC's) Nutrition Department offers a wide variety of programs and services to patients. In-kind Cooking Matters programming provides a relevant, complimentary addition to these patient services. Counseling and education efforts at COHC are focused on adults who lack, or have gaps in, their nutritional literacy. A special emphasis is placed on working with individuals who have chronic diseases such as diabetes, hypertension, elevated cholesterol and obesity.

Cornell Scott-Hill Health Center

Nutritious Snacks for Children Served by Child and Family Guidance

Cornell Scott-Hill Health Center will use its grant to purchase healthy snacks for children who receive behavioral health services through its Child and Family Guidance Department. Many of the clients visiting the center for services are

hungry when they arrive – most are from families with income below the federal poverty level and are enrolled in Medicaid or uninsured. Behavioral health staff report that young people are routinely more attentive and learn more during their sessions after they have eaten a snack. Also, to help combat the food insecurity these children face, the Cornell Scott-Hill Health Center will provide their parents with information and materials on available resources for food, including the Supplemental Nutrition Assistance Program (SNAP), Women, Infants and Children (WIC), food pantries and school meals. Families who choose to apply for additional services will be offered assistance by onsite SNAP and WIC enrollment staff.

Fair Haven Community Health Center

Behavioral Health Programming for Youth and Adolescents

Fair Haven Community Health Center is developing a more robust program of evidence-based group therapies for pediatric and adolescent populations within its Behavioral Health Department. Funds will be used to develop curriculum materials, community awareness, and attendance incentives. They will also be used to provide nutritious refreshments for participants. New group therapies will be developed for the treatment of psychiatric disorders including depression, general anxiety, social phobia, and substance abuse.

Generations Family Health Center

Cooking Matters

Generations Family Health Center has opted to add in-kind Cooking Matters programming for patients identified with nutrition-related risk factors and illnesses, including obesity and chronic diseases such as diabetes and heart disease. The need for nutrition education, particularly for patients living at or near the federal poverty level, is significant and this programming is intended to address that need.

Staywell Health Center

KHAIR

Staywell Health Center (SHC) will implement the in-kind KHAIR program at its school-based health centers located at Wallace Middle School and Crosby High School in Waterbury. Of the 238 students enrolled in services at SCH for the current school year, 86% are from low-income families and are more likely to suffer from low self-esteem. The life skills offered through the KHAIR program will provide selected at-risk students with the necessary knowledge, skills and guidance to help them gain self-confidence and make better life decisions.

Optimus Health Care, Inc.

Cooking Matters

Optimus Health Care will use in-kind Cooking Matters programming to support the continued successful efforts of the Cooking Matters program in Bridgeport and to expand their reach into Stamford. The program provides help and support for patients struggling with obesity and chronic diseases by teaching them how to prepare healthier meals for themselves and their families. This approach has helped patients realize both short- and long-term positive health outcomes.

Southwest Community Health Center

Healthy Meals for Kids

Southwest Community Health Center (SCHC) will use its grant to hold weekly clinics designed to combat childhood obesity. This funding will provide 50 families with a crock pot, measuring cups, personalized water bottles, and a book of easy, healthy recipes provided by SCHC nutritionists. A Stop & Shop gift card will be offered to each family at their first nutrition visit to encourage participation and an additional gift card will be provided as an incentive for families to continue in the program and achieve success for their children. During each visit, SCHC nutritionists will provide cooking instruction and advice on proper eating. SCHC believes that this program will have a significant impact helping families transition from poor dietary habits to making healthier meal and snack choices on a limited budget.

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