

RIO ARRIBA COUNTY IMPACT REPORT 2020-2022



Northern New Mexico Regional Growth

In 2020, Presbyterian Community Health expanded the Community Health team and programs to Northern New Mexico. Since that time, the team has grown to six members supporting community health initiatives, including participating in local coalitions and committees, leveraging over **\$463,000** to expand and develop new and responsive programs and to support clinical-community partnerships.



Priority Area 1: **BEHAVIORAL HEALTH**

Presbyterian's behavioral health initiatives work to address mental health and substance use to include prevention and treatment.

Peer Opioid Project

Introduced in Española in October 2020, the Peer Opioid Project serves individuals who visit the emergency department with an opioid overdose or substance-related episode. A Peer Support Specialist, who is a person who at one time or another has been diagnosed with a substance use and/or mental health disorder, assists patients in finding appropriate substance use treatment and harm reduction programs.

- In 2020-2022, Peer Support Specialists interacted with **458** patients at PEH.

Partnership Spotlight:

Presbyterian Española Hospital (PEH) and Presbyterian Community Health partnered with the **Rio Arriba Health Council** to support behavioral health services and coordinate the Behavioral Health Task Force with a total investment of \$25,000.

**A TOTAL INVESTMENT
OF \$25,000**



Priority Area 2: **SOCIAL DETERMINANTS OF HEALTH (SDOH)**

At Presbyterian, we recognize that improving the health of our community means addressing their needs beyond the hospital or clinic. Priority initiatives aim to address unmet social needs through connecting individuals to community resources.

Northern Roots

Presbyterian Community Health was one of four programs selected by national non-profit Share Our Strength – No Kid Hungry to develop clinical and community partnerships that increase access to healthy food in Española and Santa Fe.



Presbyterian's produce prescription program, **Northern Roots: Where Families Eat, Learn and Grow**, provides families with 16 weeks of fresh fruits and vegetables, nutrition education and cooking demonstrations, and connections to local food resources through support from a Community Health Worker.

Since 2021, the Northern Roots program has had:

- **381** participants in the program, with an average household size of **4**; a total estimated reach of **1,524** household members
- Over **51** cooking and nutrition demonstrations in partnership with community partner Cooking with Kids
- **26** providers and **11** clinics referring patients to the Northern Roots program
- A total investment of **\$107,009** in local food and infrastructure in partnership with **MoGro Mobile Grocery Project**



// The Northern Roots program is an important resource to support families in accessing fresh fruits and vegetables, especially during the pandemic, where we are seeing food insecurity increase in our community. //

PEH pediatrician

Community Health Worker Program

Presbyterian Community Health established a Community Health Worker (CHW) position, located in outpatient clinics in Santa Fe and Española. The northern New Mexico CHWs specialize in basic health education, health-related social needs and connections to local resources.

Since the position was established in January 2022, providers have sent **221** referrals to the CHWs to provide patients with one-on-one tailored education and resource navigation.

At PEH, a new Blood Pressure Self-Monitoring Program was implemented, led by the CHW. The program also provides patients with a produce prescription in partnership with **New Mexico Farmers' Marketing Association**. In 2022, two program sessions were conducted with **15** total participants.

Priority Area 3: ACCESS TO CARE

Partnership Spotlight:

PEH is partnering with the **Española Healthcare Careers Pathways Project**, which integrates coordinated academic and social support services aimed at supporting local high school youth and adult community members with entrance and progression through healthcare careers. Additional partners include **Northern New Mexico College, Española Valley High School** and the **LANL Foundation**. Presbyterian provided \$17,000 in funding to support the program.



Presbyterian's Access to Care initiatives increase individuals' ability to manage their health and navigate health and social care.

Baby-Friendly USA Designation

PEH successfully achieved Baby-Friendly USA designation after four years of hard work. This designation means a maternity facility has successfully implemented the "Ten Steps to Successful Breastfeeding" that provide appropriate education to enable families to make informed decisions about infant feeding.



Advancing Health Equity

PEH was recognized as the **sixth** most racially inclusive hospital in the U.S. and the most racially inclusive in New Mexico by the Lown Institute, a nonpartisan healthcare think tank that examined how well Medicare patients at more than 3,200 hospitals matched the demographics of their surrounding communities.

Community Flu Shots

Every year, PEH holds a community flu vaccine event. From 2020 to 2022, this event provided a total of 1,225 flu shots from 2020-2022.



Priority Area 4: HEALTHY EATING, ACTIVE LIVING (HEAL)

Presbyterian's **HEAL** initiatives aim to prevent and manage chronic disease through improving access to local healthy food, health education and opportunities for physical activity.

Fresh Rx

Presbyterian Community Health invests in the local food economy in northern New Mexico through several initiatives and partnerships. In partnership with the New Mexico Farmers' Marketing Association, Community Health supports the Fresh Rx program, which provides vouchers to patients to shop for fresh fruits and vegetables at local farmers' markets. In addition to promoting the Española Farmers' Market through the Fresh Rx program, the PEH CHW piloted food and nutrition demonstrations at the market in 2022.



Partnership Spotlight:

PEH partners with the **Española YMCA Teen Center** to provide healthy meals and snacks Monday through Friday in a safe and caring environment.

Presbyterian also partners with **Cooking with Kids** to increase access to nutrition education for you and families in Española schools. From 2020 to 2022, Presbyterian provided \$35,000 in financial support to Cooking with Kids.

**\$35,000 TO
COOKING WITH KIDS**