



## Selected Highlights of NHIS Work Within Community Schools



Community Care Coordination		
NHIS Recommendation	Strategies	Key Accomplishments
<p><u>Early Childhood Development and Family Supports</u>: Ensure that all children and families have the early developmental support that they need for a healthy start, including intensive programs that promote healthy child development, school readiness and parental skill development.</p>	<ul style="list-style-type: none"> <li>- Initiated <b>home visits for high-risk expectant mothers</b> who are patients of the Manchester Community Health Center as an extension of the Center’s clinical team</li> <li>- Provide <b>free childbirth education</b> classes to all prenatal patients</li> </ul> <p>**Primary Partner: Manchester Community Health Center</p>	<p><b><u>Ensuring a healthy start</u></b> via 238 visits for 54 patients since January 2016</p> <ul style="list-style-type: none"> <li>✓ 100% of newborns are born at a healthy weight and 86% are full term births</li> <li>✓ 100% of newborns are attending their 1st well child check visit after delivery, and 100% of mothers are attending their postpartum follow-up visit</li> </ul>
<p><u>Community Care Coordination</u>: Strategically align and connect the health care delivery system with community and public health services to improve individual outcomes and overall neighborhood health through care coordination/case management in the elementary school environment.</p>	<ul style="list-style-type: none"> <li>- Implemented a <b>Community Health Worker approach</b> by adding full-time staff to four elementary schools.               <ul style="list-style-type: none"> <li>o Provide <b>navigation support for families</b> to community resources – connecting the school, medical, and neighborhood homes.</li> <li>o <b>Address barriers</b> to accessing services, such as language/literacy, affordability, accessibility</li> </ul> </li> </ul> <p>**Primary Partner: Manchester Community Health Center</p>	<p><b><u>Assisted 362 families</u></b> from September 2016 through June 2017</p> <ul style="list-style-type: none"> <li>✓ Approximately 25%* of the families needed assistance in connecting or reestablishing with a medical home and/or health insurance</li> </ul> <p>*Estimated ROI for averted uncompensated medical expenses in high cost care points (such as emergency rooms)</p> <ul style="list-style-type: none"> <li>o \$2,000 per average ED visit x 90 families</li> <li>o (3) 1.0 FTE CHWs with benefits = \$110,000</li> <li>✓ Total potential averted costs (after CHW salary) = \$70,000</li> </ul>
Behavioral/Mental Health Systems Integration		
NHIS Recommendation	Strategies	Key Accomplishments
<p><u>Mentoring</u>: Provide intensive community services and programming for at-risk elementary-aged youth and their families to prevent truancy and promote attendance.</p>	<ul style="list-style-type: none"> <li>- Facilitated <b>Pro-Attendance Campaigns</b> (daily phone calls home, referrals for follow-up, importance of attendance)</li> <li>- <b>Bolstered social worker capacity</b> to provide:               <ul style="list-style-type: none"> <li>o <b>Mentoring</b> students who are missing 10% or more of school and/or experiencing trauma</li> </ul> </li> </ul> <p>**Primary Partner: Manchester Community Health Center</p>	<p><b><u>Improved attendance and classroom behavior</u></b> among 72 students at Beech Street and Gossler Park Elementary Schools (SY '16-'17)</p> <ul style="list-style-type: none"> <li>✓ Nearly 1100 visits total (~15 visits/student)</li> <li>✓ 42% improvement in daily attendance</li> <li>✓ 72% improvement in classroom/school behavior</li> </ul>
<p><u>Comprehensive School Behavioral Health</u>: Strengthen the focus of behavioral/mental health care by co-locating providers in the elementary school environment.</p>	<ul style="list-style-type: none"> <li>- Initiated <b>family intake assessment services</b> in elementary schools to facilitate better access to the Mental/Behavioral Health Services</li> </ul> <p>**Primary partner: Mental Health Center of Gtr Manchester</p>	<p><b><u>Increased access to behavioral/mental health services</u></b></p> <ul style="list-style-type: none"> <li>✓ 127 Intakes completed and 136 Consultations at Beech and Gossler (Sept. '14-June '17)</li> </ul>

**Child/Family Resiliency & Wellbeing**

NHIS Recommendation	Strategies	Key Accomplishments
<p><u>Resident Engagement and Empowerment</u>: Create resident leadership training opportunities for youth and families to be engaged and empowered to lead/participate in efforts to improve neighborhood safety and overall quality of life.</p>	<ul style="list-style-type: none"> <li>- Implemented programming to increase <b>skill development in children that fosters resiliency and leadership</b>, such as The Leader in Me and Dovetail Toolbox</li> <li>- Created opportunities for children to demonstrate leadership skills, such as an <b>Earn-A-Bike Program</b></li> </ul> <p>**Primary partner: QC Bike Collective</p>	<p><b><u>Establishing culture change to support youth leadership development</u></b></p> <ul style="list-style-type: none"> <li>✓ Nearly 1100 elementary school children impacted at Beech and Gossler</li> <li>✓ Since SY '15-'16, approximately 300 refurbished bike packages were earned by 4<sup>th</sup> and 5<sup>th</sup> grade students.</li> </ul>
<p><u>Employability and Financial Literacy</u>: Reduce barriers to improving employability and financial literacy by developing capacity to coordinate/ provide intensive community services and programming for families directly within neighborhoods.</p> <p><u>Resident Engagement and Empowerment</u>: Create resident leadership training opportunities for youth and families to be engaged and empowered to lead/participate in efforts to improve neighborhood safety and overall quality of life.</p>	<ul style="list-style-type: none"> <li>- Initiated school-based <b>programming to increase employability, financial literacy, parenting skills, and resident leadership</b> to improve accessibility and affordability             <ul style="list-style-type: none"> <li>o Free Volunteer Income Tax Assistance</li> <li>o Free Hi-SET preparation programs</li> <li>o Financial workshops (Common Cents in Uncommon Times)</li> <li>o Parent/Caregiver support groups and classes, as well as family nights</li> <li>o Resident leadership development programs and groups</li> </ul> </li> </ul> <p>**Primary partners: Easterseals NH and NeighborWorks Southern NH</p>	<p><b><u>Increased employability</u></b></p> <ul style="list-style-type: none"> <li>✓ 82 Hi-SET participants with 25 successfully completing the exam (since April 2016)</li> </ul> <p><b><u>Increased financial stability &amp; literacy</u></b></p> <ul style="list-style-type: none"> <li>✓ Over \$14,000 in refunds in 2017</li> <li>✓ Nearly \$10,000 in EITC funds or Advanced Child Tax Credits in 2017</li> <li>✓ 5 school-based financial literacy programs offered (2 in Spanish) for approximately 30 residents in SY '16-'17</li> </ul> <p><b><u>Improved resident engagement and leadership</u></b></p> <ul style="list-style-type: none"> <li>✓ Newly established Center City Neighborhood Group in the Beech Street area conducting improvement projects</li> <li>✓ Little Library Initiative launched in June '17 led by a neighborhood resident</li> </ul>
<p><u>Enhanced Places for Physical Activity</u>: Invest resources in improving municipal parks/ trails/school playgrounds and indoor recreational facilities to increase year round access to safe and affordable places for physical activity for residents of all ages.</p>	<ul style="list-style-type: none"> <li>- <b>Constructed new Playground facilities</b> at Beech Street Elementary School with funding support from Elliot Health System</li> <li>- <b>Constructing new Playground facilities</b> at Gossler Park Elementary School with funding support from an anonymous donor at NH Charitable Foundation, City of Manchester School District, and NRPA/Disney grant award</li> <li>- <b>Implemented Playworks</b>, an evidence-based recess model to increase physical activity and prevent bullying</li> </ul> <p>**Primary partner: City Year New Hampshire (Playworks)</p>	<p><b><u>Increased physical activity time</u></b> during daily recess at Beech Street Elementary School</p> <ul style="list-style-type: none"> <li>✓ From 12 minutes to 17 minutes of active play time during a 20 minute daily recess</li> <li>✓ Beech currently runs a 30 minute recess for 27 minutes of active play time daily</li> </ul> <p><b><u>Improving inclusive play</u></b> at Gossler Park Elementary School</p> <ul style="list-style-type: none"> <li>✓ Playground construction (Oct 2017) includes equipment to support play for all</li> </ul>

For more information about the Manchester Community Schools Project, please contact the City of Manchester Health Department at 603-624-6466 or visit the MyManchester website at [www.MyManchesterNH.com](http://www.MyManchesterNH.com).