



CHNCT FOUNDATION, INC.

GRANT-MAKING PROGRAM

Every year, CHNCT Foundation assesses the impact of our funds and programs on the overall efforts to improve health services at the Federally Qualified Health Centers (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, Four FQHCs were awarded \$4,000 in grant funding for behavioral health or nutrition education programming. Three additional FQHCs were awarded in-kind Cooking Matters programming valued at \$4,000 each. These grants will be used to implement programs in 2016 as follows:

The following FQHC's will receive In-kind support from our Cooking Matters Program:

- Charter Oak Health Center
- Staywell Health Center
- Optimus Health Care, Inc.

The following FQHC's will receive grants to further their programming in the following areas:

Cornell Scott-Hill Health Center

Nutritious Snacks for Children Served by Child and Family Guidance

Cornell Scott-Hill Health Center will continue a project that focuses on behavioral health for people younger than age 18. They will purchase nutritious, healthy snacks for children who receive behavioral health (mental health and/or substance use) assessment and treatment services from our Child & Family Guidance Department (C&FG) which provides services in three locations in the City of New Haven, Connecticut. Also, to help with the children's and the families' food insecurity in general, we will provide parents, guardians, and foster parents with lists of on locally available sources of food such as food pantries and soup kitchens and free/reduced cost meals in many schools. As appropriate, we will link families with our SNAP (Food Stamp) outreach and enrollment workers and our WIC program.

Fair Haven Community Health Center

Training in Evidence-based Therapies for Substance Use Disorders, including for Youth

FHCHC will use the funds to pay for the training of their BH clinicians in these evidence-based treatments for SUDs, including among the youth they treat. They are planning to provide training in CBT-SA, MBSR, and relapse prevention. It is our expectation that, after these trainings, the BH clinicians at FHCCCH will begin to offer CBT therapy groups for clients ready to start treating their SUDs as well as relapse prevention therapy groups to help clients already sober to remain stable. MBSR strategies will be used in both types of therapy groups as these stress reduction skills can be helpful at all stages of recovery. The SBHC clinicians seeing adolescents in Wilbur Cross High School and Riverside Academy will be expected to start similar CBT-SA and relapse prevention groups for youth with SUDs and to use MBSR methods interwoven into their therapy groups.

Generations Family Health Center

Nutrition Education and Counseling Services for Patients with Chronic Conditions

To expand upon an on-going nutrition and care management program currently provided to GFHC's diabetic patients, we are proposing a more comprehensive nutrition education program to serve all patients diagnosed with chronic conditions. The program would be available to the general public, all of the agency's 22,500 patients and some 200 employees, but focused on the estimated 8,700 patients with chronic conditions (diabetes, hypertension, heart disease, etc.) who could greatly benefit from more healthy nutrition and eating patterns. Many of these patients are economically disadvantaged, are either under or uninsured. As a result they are not able to afford, nor will insurance provide resources to pay for nutrition services or counseling.

Southwest Community Health Center

Fresh Friday Fruit Program

Southwest Community Health Center (SCHC) will use its grant to target women and children at risk who receive WIC nutritional vouchers by initiating the "Fresh Fruit Friday" program. WIC has proved to be effective in improving the health of pregnant women, new mothers and their infants and is an ideal venue to provide fresh produce to this population and reinforce the importance of this food group as a necessary nutritional staple of one's diet. On one Friday each month, Southwest nutritionists at WIC would distribute a bag of fresh produce to women in addition to food vouchers and the routine nutritional counseling

provided. This bag of fresh produce would not only provide necessary nutrients to WIC recipients, but also provide a way to introduce new types of fresh fruits and vegetables that some young women may not have had an opportunity to try.

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