

# SÍ TEXAS: SOCIAL INNOVATION FOR A HEALTHY SOUTH TEXAS



A Methodist Healthcare Ministries of South Texas, Inc. project and Social Innovation Fund program



## BRINGING CARE TO OUR COMMUNITY

Methodist Healthcare Ministries of South Texas, Inc. (MHM) is a private, faith-based not-for-profit organization dedicated to providing medical, dental and health-related human services to low-income families and the uninsured in South Texas. These services include primary care medical and dental clinics, support services like counseling, case management and social services, family wellness and parenting programs and church-based community nursing programs.

“Since inception, MHM has provided more than \$600 million in health care services through its clinics and programs, as well as through community grants...”

The mission of the organization is “Serving Humanity to Honor God,” by improving the physical, mental and spiritual health of those least served in the Rio Texas Conference area of The United Methodist Church. The mission also includes MHM’s one-half ownership of the Methodist Healthcare System—the largest health care system in South Texas. This creates a unique avenue to ensure the Methodist Healthcare System continues to be a benefit to the community by providing quality care to all and charitable care when needed, and it provides revenue to MHM for its programs. Since inception, MHM has provided more than \$600 million in health care services through its clinics and programs, as well as through community grants to nonprofit partners that are creating access to care in their local communities.



## THROUGH SOCIAL INNOVATION

In 2014, MHM launched the Sí Texas: Social Innovation for a Healthy South Texas initiative (“Sí Texas Project”) with support from an unprecedented federal investment of \$10 million by the Social Innovation Fund (SIF), a program of the Corporation for National and Community Service. The grant to MHM marked the first time SIF has selected a faith-based organization to receive funding since its inception.

The SIF awards grants to organizations that are well-positioned within communities to identify the most promising programs and guide them towards greater impact and stronger evidence of success. The partnership with SIF aligns naturally with MHM’s strategy of building local capacity to create access to care, which MHM does through its strategic grant-making, community partnerships and the direct health care services it offers across South Texas.

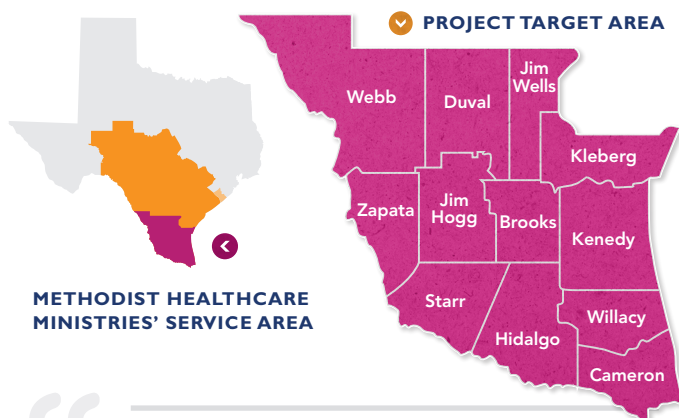
Through its partnership with SIF, MHM will mobilize federal and non-federal resources to fund local organizations in South Texas and the evaluation of the Sí Texas Project in order to build a portfolio of Integrated Behavioral Health (IBH) solutions that can be scaled and replicated nationwide. These local organizations or “sub-grantees” were selected through an open, competitive application process and demonstrated success related to specific criterion. Awards made to sub-grantees range from \$100,000 to \$2 million and must also be matched with non-federal resources to support and sustain efforts locally.

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## FOR A HEALTHY SOUTH TEXAS

The Project target area, which spans 12 counties along the U.S.-Mexico border, consists of predominantly Hispanic communities characterized by high poverty, low educational attainment and high rates of diabetes, behavioral health conditions and their risk factors. In some counties, the poverty rate is as high as 40 percent.



*“Additionally, behavioral-physical comorbidity—the co-occurrence of physical and behavioral health conditions—is a significant problem in South Texas.”*

Studies show Hispanics are at higher risk for depression, anxiety and substance abuse and are less likely to access mental health treatment. Additionally, behavioral-physical comorbidity—the co-occurrence of physical and behavioral health conditions—is a significant problem in South Texas. In 2008, the Journal of the American Board of Family Medicine reported the depression rate in South Texas among Hispanic patients with Type 2 diabetes was 39 percent. Similarly, according to the 2001–2003 National Comorbidity Survey Replication, 68 percent of adults with mental disorders also had at least one general medical disorder, and 29 percent of adults with medical disorders also had a comorbid mental health condition.

The Sí Texas Project will evaluate IBH models to identify the strategies that are effectively improving health outcomes in communities with high rates of poverty

and the co-occurrence of depression, diabetes, obesity and associated risk factors. While the Sí Texas Project focuses largely on the treatment of chronic disease and co-morbid behavioral health conditions, sub-grantees' funded projects will complement other regional prevention efforts through a collective impact framework.



## WITH LASTING IMPACT

MHM has contracted with Health Resources in Action (HRIA), a nationally known evaluation firm, to provide evaluation services for the Sí Texas Project. The evaluation will be integral to exploring and promoting promising solutions that can be replicated and scaled nationally for lasting impact. The evaluation encompasses a rigorous, multi-tiered strategy measuring:

- The effectiveness of each sub-grantee's IBH program;
- The correlation between changes in health outcomes and the increasing level of integration in each IBH model;
- The combined impact of the Project's interventions; and
- The components of collective impact that contributed to the Project's success.

Through the evaluation, the Project will build an unprecedented body of evidence and research regarding the impact of IBH approaches while leading to region-wide improvements in behavioral health and chronic disease. More importantly, the Sí Texas evaluation incorporates principles of Empowerment Evaluation, which goes above and beyond tracking and analyzing results, to build the capacity of each sub-grantee to conduct their own evaluations. Through this process, sub-grantees will build evaluation skills and infrastructure to develop vital evidence of the effectiveness of their models. These findings can be shared with other health care organizations, communities and investors across the nation for scaling and replication.



**TO LEARN MORE** about the Sí Texas Project or for more details about MHM's investments, programs and services, visit [www.mhm.org](http://www.mhm.org).



### ABOUT THE SOCIAL INNOVATION FUND

The Social Innovation Fund (SIF) combines public and private resources to grow the impact of innovative, community-based solutions that have compelling evidence of improving the lives of people in low-income communities throughout the United States. The SIF invests in three priority areas: economic opportunity, healthy futures, and youth development. To learn more, visit [nationalservice.gov/SIF](http://nationalservice.gov/SIF).



### ABOUT THE CORPORATION FOR NATIONAL AND COMMUNITY SERVICE

The Corporation for National and Community Service is a federal agency that engages more than 5 million Americans in service and champions community solutions through its AmeriCorps, Senior Corps, Social Innovation Fund and Volunteer General Fund programs, and leads the president's national call to service initiative, United We Serve. For more information, visit [NationalService.gov](http://NationalService.gov).