

IMPACT SPOTLIGHT: HEALTH & WELL-BEING

Staying healthy both physically and mentally is essential to living a great life. Without good health, people face roadblocks around employment and education and ultimately struggle to reach their full potential. Healthy communities are strong communities, so United Way works toward improving overall health and wellbeing in Mower County by investing in programs that ensure everyone in our community has the opportunity to live happily and healthily.



UNITED WAY OF MOWER COUNTY PARTNER AGENCIES & PROGRAMS



- Ambulance Service (Adams Area Ambulance)
- Special Olympics (LIFE Mower County)
- Preventative Care (Children's Dental Health)
- Restorative Care (Children's Dental Health)
- Community Mental Health (Gerard Academy)
- Victim Services (Crime Victims RC)
- Therapy Program (Cedar Branch)
- Children's Mental Health (IMS)
- Adult Mental Health (IMS)
- Medical Equipment Lending (MCH)
- Health & Wellbeing (CLUES)
- Senior Transportation (Mower County Seniors)
- Youth Memberships (YMCA)
- After School Childcare (YMCA)
- Financial Assistance (YMCA)

IMPACT IN ACTION: MENTAL HEALTH MATTERS IN MOWER COUNTY

"A 17 year old boy was referred to Gerard's Community Mental Health program by the Mayo Clinic. This young man had been hospitalized three times with suicidal and homicidal thoughts. He had completed the Child and Adolescent Integrated Mood Program (CAIMP), which is two weeks of group-based outpatient psychotherapy for youth operated by Mayo Clinic. Mayo referred him to Gerard for continued progress and addressing the ongoing mental health symptoms he experiences. His problem areas were depression, anxiety, poor social skills, and psychosis. He lashed out and was in trouble with the law for assault and property destruction. After working with a Gerard therapist he has developed skills to identify mood and behavior changes that caused downward spirals before. He now is enjoying improved connections with others including family, classmates and peers. He is also now taking ownership of basic life responsibilities and is completing school assignments, and he even held a summer job. He started coming to Gerard once or twice a week and is now only coming once every three weeks due to his outstanding progress."



IMPACT IN ACTION: TRAVELING DENTAL CARE ELIMINATES BARRIERS FOR MANY

"Children's Dental Health Services (CDHS) collaborative hygienists saw twin brothers Jerece and Jerrell at their Head Start location in Austin to provide preventative care services, including a dental cleaning and oral health education. Jerece and Jerrell are seen through our school-based program as access to dental care in their community is limited. The number of local dental providers accepting Jerece and Jerrell's insurance is few and far between, and those accepting have wait lists between 4 and 6 months for patient appointments. At the time of their preventative care services, both boys received a dental exam from a dentist who identified they had extensive urgent restorative needs that needed to be treated as soon as possible. CDHS staff worked with teachers and family to schedule appointments and were seen by our dentist to have all decayed teeth treated. Now that Jerece and Jerrell have healthy mouths free of dental cavities, they don't have to worry about missing any of the estimated 51 million school hours other students miss each year in the United States due to dental pain. Without our school based preventative program traveling to Jerece and Jerrell's school, both boys would likely have not received the cleaning, education, and exam, leaving both boys at risk of infection as the cavities continued to grow."

IMPACT IN ACTION: FRIENDLY FACES AND RELIABLE RIDES FOR LOCAL SENIORS

"One of our Senior Transportation clients has been going to dialysis with us for over 5 years. He always raves about how happy he is to be receiving transportation from our service. He is now 93 and cannot drive, and says that without the program he does not know if he would still be around today. The particular client is very thankful for our services. This client must go to dialysis three times per week regardless of the weather and it takes on average 5 hours each visit. This client tends to panic when his routine is disrupted, so we make our very best effort to ensure the same driver picks him up so he can be as comfortable as possible. His wife is very appreciative of our services and taking care of him due to her limited abilities. When she has doctors appointments, she uses our services as well. Often the driver for this client will come in the office with a big batch of egg rolls letting us know he sent them for all of us as a thank you."



Great things happen when we Live United!