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## 2021-2022 YEARS IN REVIEW

# Keeping Our Clients Safe and Growing Our Place

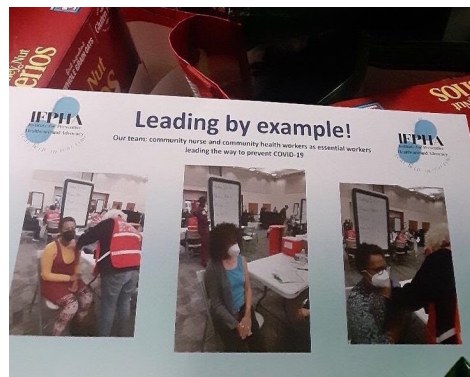
**COVID response** gave IFPHA a huge push-start as we began our first year of operation in May 2020, and it has kept *us* pushing ever since, as we keep pace with the virus variants and cycles and figure out workarounds to deliver key **preventive healthcare support** one client at a time while also building a sense of community.

Our basic core activities, Wellness Checks and Healthy Food Outreaches, serve both goals—keeping people safe and well in the pandemic and working at **improved health for everyone** in our region, especially those who are most vulnerable—those with chronic conditions or disabilities, the elderly, the poor.

**Throughout most of 2021** much of our Health Education was **one-to-one, door-to-door** and focused on the coronavirus, personal protective measures, emerging vaccines and their availability, and testing. We also provided smoking cessation counseling, supported clients in weight-loss efforts and diabetes management, simplified access to needed services and diagnoses, stabilized housing situations, and supported a number of individuals with cognitive changes manage to stay safe in their homes, or transition to higher levels of care when necessary.

Pandemic emergency funding was more readily available in 2021 and did allow us, within limits, to increase subcontracted community health workers and expand our reach into five counties. We are, however, constantly working at securing financial backing and staffing that will sustain IFPHA for the long haul, with the ultimate goal of **renewable dedicated funding**.

That would allow us to subcontract and train more **CHWs**, who, **supported by a community nurse** and ties to the wider medical community, are the prime movers in what IFPHA does daily: **Real Help in Real**



**2021: Vaccine Hesitancy Listening Campaign to more than 500 homes, 3,000+ PPE & Food Drop-offs, and First Dose Outreaches @ Tried Stone, bag tags, @ Black Mountain, Greensboro mega site, Hendersonville, Emma United, among the weekly vaccine clinics and education efforts during spring and summer 2021.**



**Time** in promoting the health and mental and physical well-being of individuals of low-wealth, or other situations of need throughout Asheville, Buncombe County, and our surrounding area. We are working hard to diversify funding and partnering opportunities, reaching out to state, regional and national sources.

In 2021 we secured funding from Dogwood Health Trust, Community Foundation WNC, Tzedek, CoThinkk, BCHHS, NCDHHS (via funding received from Curamericas Global), and HRSA (the Healthcare Resources Services Administration) as we worked to fight COVID and achieve a key goal of **sustaining and rehoming HELP**, a three-year pilot project fostered through \$315,000 in Robert Wood Johnson Foundation Clinical Scholars funding that ended in October 2022.

As of the end of fiscal year 2021-22, on Sept. 30, that had been accomplished, so that **HELP—Health Engagement Leading to Prevention**—can continue at Arrowhead Apartments where it was piloted with its 116 residents and be expanded to other low-wealth housing communities in Asheville helping residents avoid falling through the cracks of traditional health and social services approaches.

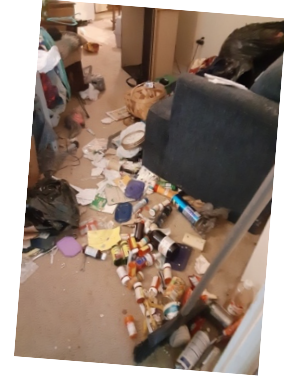
Now called **HELP2Day**, and IFPHA’s signature initiative, it is operating in five housing locations, including Klondyke, where it was replicated in the pilot to test its effectiveness in a public housing setting. The idea is to improve the health of vulnerable residents of subsidized and public housing and senior living facilities and to help them avoid unnecessary and preventable eviction, hospitalization, and other elevated, more costly levels of care.

This is done through **supported community health worker services**, first providing direct services and **health**





**HELP pilot project at Arrowhead spawns IFPHA and its HELP2Day initiative:** CHWs setting up healthy food outreach, assisting a resident; residence services manager stocking food pantry she established; CN providing resident quit-smoking aids; residents enjoying community garden established in 2021; interventions rather than eviction for violating smoke-free, cleanliness standards.



**education to the residents** and, for sustainability, training of embedded community health workers who are actually part of the facility community.

The CHWs, overseen by a community nurse, are supported by an interdisciplinary team including medical providers, social workers, and housing managers. And all are working to achieve a **safe, healthy environment where seniors, disabled, and formerly unhoused individuals can live and work together** in community in a safe, respectful way that allows everyone’s mental and physical health issues to be effectively addressed and managed. The emphasis is on preventive healthcare that considers the social determinants of health as well as effective chronic disease management and quickly addressing other assessed health needs to improve the likelihood of aging in place and other housing stability. Ongoing COVID concerns means focus on crisis care and infection prevention will continue as well.

An additional grant in 2022 from American Rescue Plan Act funds allocated through the City of Asheville will help further stabilize IFPHA’s financial situation for a few more years. But as we have quickly found, the **health needs in our region are many and growing** and were exacerbated by the pandemic as one of its many consequences. **For much of 2022**, then, IFPHA’s COVID response was to promote self-testing and access to boosters, and we devoted a lot of hours and miles to reaching people in more isolated areas of our region, undertaking wellness outreaches in eight WNC counties, forging new partnerships as we went.



**Regional Outreach 2022:** to Flat Rock, Henderson County. Test kits supplied through fire stations and home drop-offs. Enlisting WNC nursing students’ help at a back-to-school vaccine booster event in Sylva, Jackson County, in late August.