

Background

- The mission of the Tennessee Department of Health is to protect, promote, and improve the health and prosperity of the people of Tennessee.
- I worked with two local community health departments in Wilson and Trousdale Counties under the supervision of the County Director, Adalberto Valdez.
- Services offered by the departments ranged from primary care, community engagement, health education, WIC, CHANT, vaccinations, and breastfeeding education.
- Some of my roles at the health department consisted of helping community events that the department sponsored, building connections with community partners, building connections with state partners, and building my professional skills throughout all the tasks.
- Major needs in the county were in mental health and maternal health

Aims

Aim 1: To identify mental health resources for medical professionals and build a toolkit to be used with patients that need help connect medical professionals with these resources.

Aim 2: To help identify what resources new/expecting mothers need more knowledge about and connect them to resources offered in the county.

Methods

Mental Health Toolkit

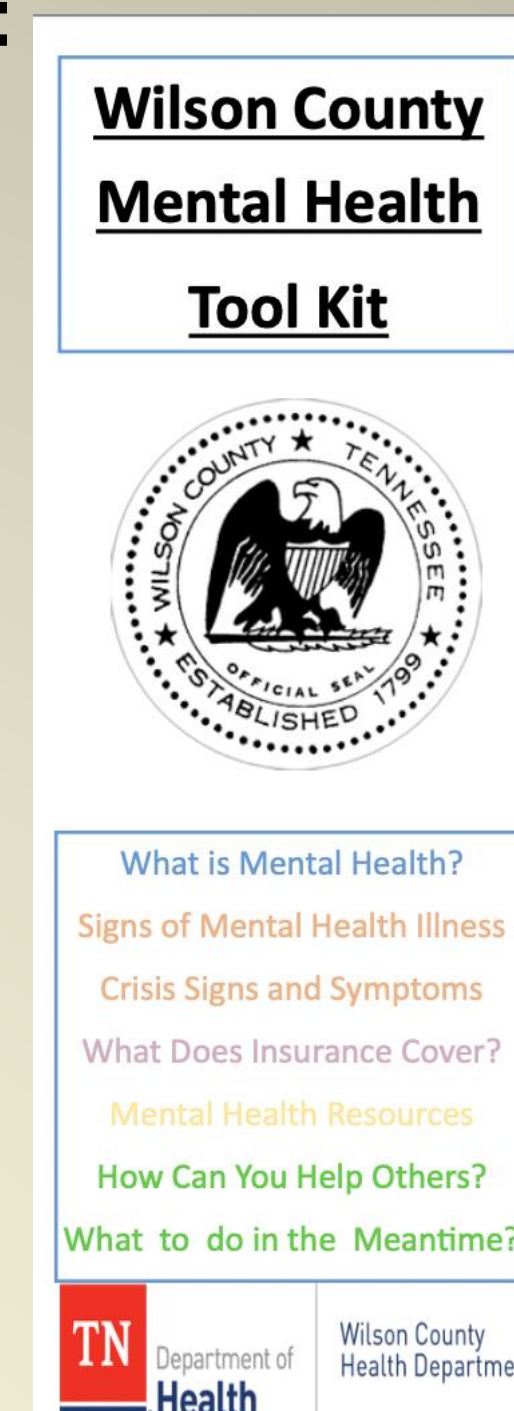
- Attended monthly health council meetings and a Mental Health subgroup meeting on a monthly basis.
- Examined prior work in other counties that assisted access to mental health resources and had informational interviews with mental health professionals in the county.
- Used Microsoft Publisher with the help of my fellow intern, Nathan Beuerlein, and the input from professionals in mental health to formulate a well-structured toolkit.

Wilson County Baby Shower Survey

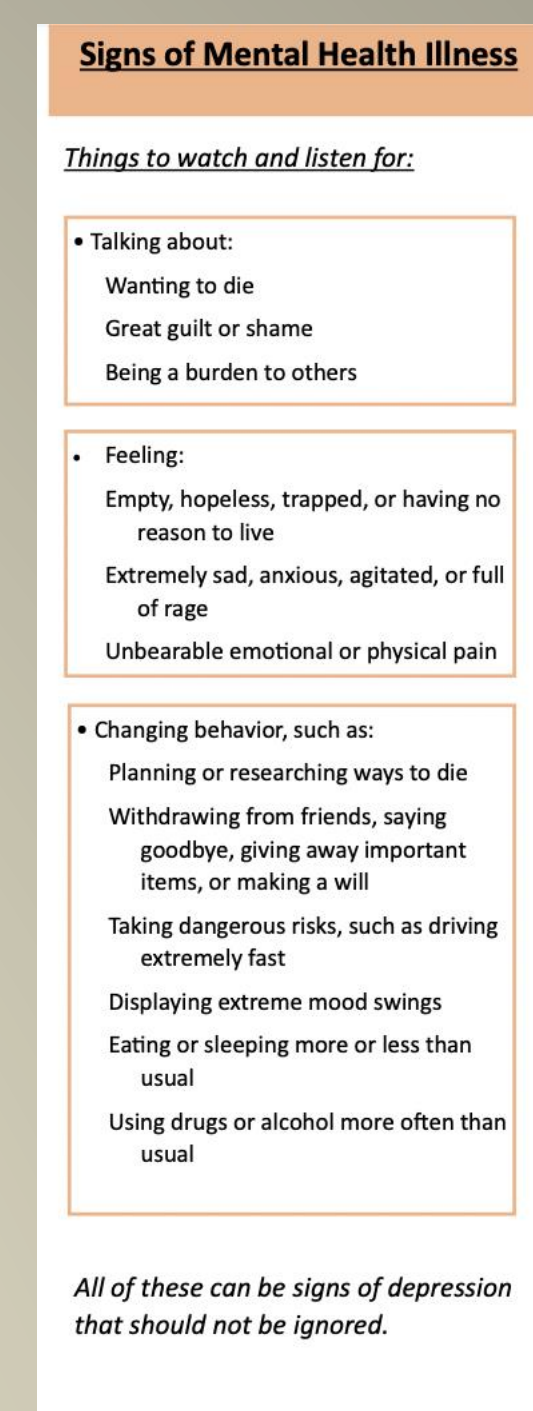
- Attended weekly check in meetings with the Wilson County Director, Adalberto Valdez, and the Wilson County Health Educator, Colin Simmons.
- Received insight into which questions were needed for the Wilson County Health Department from the WIC team, The CHANT team, Colin Simmons, Adalberto Valdez, Darlene Brown, and some other experts in the county,
- Created the survey in Google forms while using examples from other counties and with skills I learned in Qualitative Research Methods class.
- Developed a Spanish-language version with translation assistance from TDH.

Results

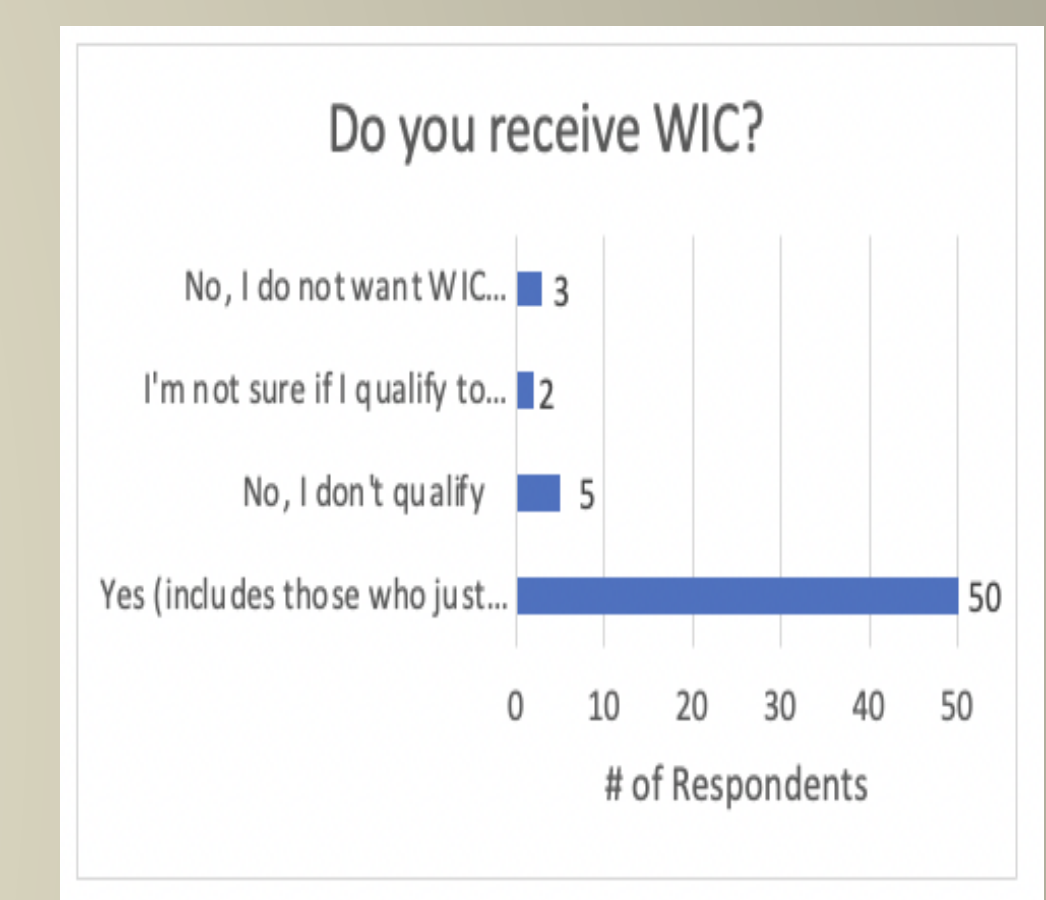
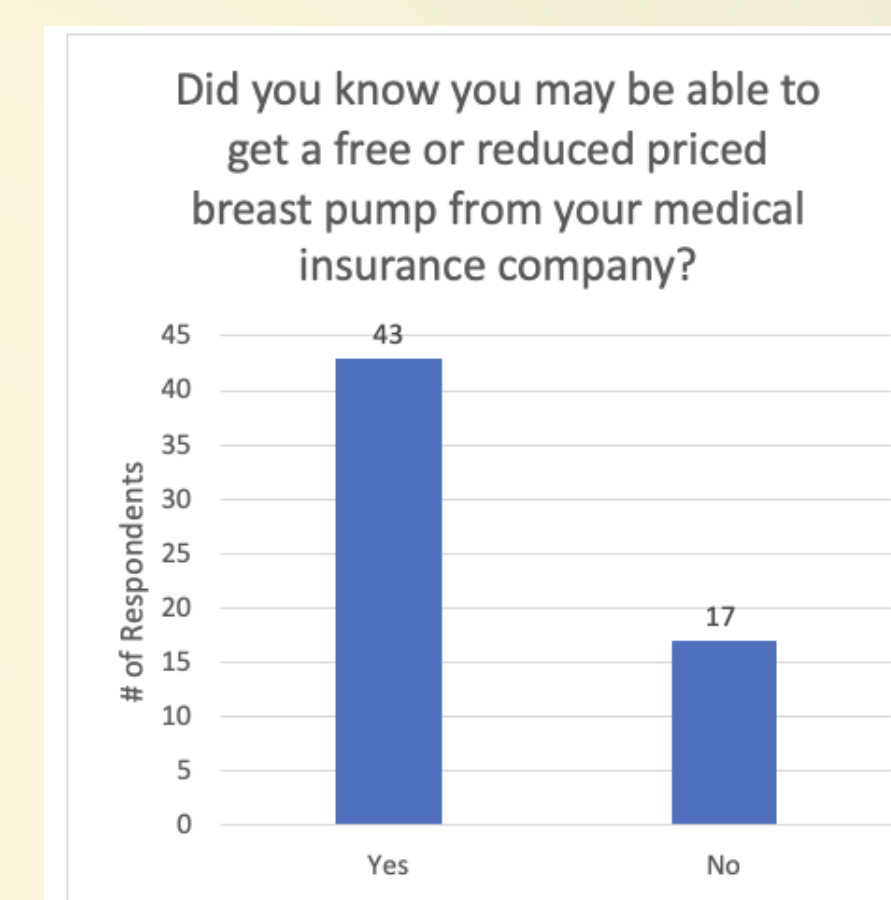
Mental Health Toolkit:



Mental Health Resources	
Food/Shelter	
Bridge House	615-470-8003
Nashville Rescue Mission	615-255-2475
Heaven House/Men	615-496-9610
Brook's House/Women & Children	615-444-8882
Domestic Violence Shelter	
Home Safe	615-453-5439
Canon County SAFE	615-563-6690
Rest/Utility	
HART Hotline Rent Assistance	844-556-7626
Mid-Cumb. Community Action Agency	615-742-1113
Adult Education/Job Search	
American Job Center of Tennessee	615-444-9355
Adult Learning Center	615-443-8731
Operation Hope	615-481-0803
Veteran Services	
Wilson County Veteran Services	615-444-2460
Veteran Crisis Hotline	800-273-8255
Operation Stand Down TN	615-248-1981
Medical	
Champion Healthcare	615-547-4205
Neighborhood Health	615-227-3000
Pregnant	
CHANT	615-650-7000
Pregnancy Care Center	615-773-4673
Wilson County Recovery Programs	
We Do Recover	615-680-2715
The Hope Society	615-426-3965
Addiction	
Tennessee REELINE	800-889-9789
Drug Free Wilco	919-698-2306



Wilson County Baby Shower Survey:



Conclusions

- The mental health toolkit was a 16-page pamphlet that described what mental health is, why it is important, symptoms of mental health illness, how to find out what your (Private and TennCare) insurance covers, resources to call, and how you can help the mental health of people around you.
- The baby shower survey collected information from 60 new/expecting mothers within the county and provided insight to how many mothers knew about resources
- Major findings of the survey included approximately 30% of the mothers not knowing they could receive a free or reduced priced breast pump through their insurance, and that 33% of the mothers did not know that the state of Tennessee has a breastfeeding hotline.

Recommendations

- For the continuation of the mental toolkit project, I recommend distribution of the pamphlets when they are approved by the health councils and find ways to include similar toolkits in other counties.
- For the continuation of the mother survey, I would focus any interventions on improving access to WIC and Breastfeeding information within the county.

Acknowledgements

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