

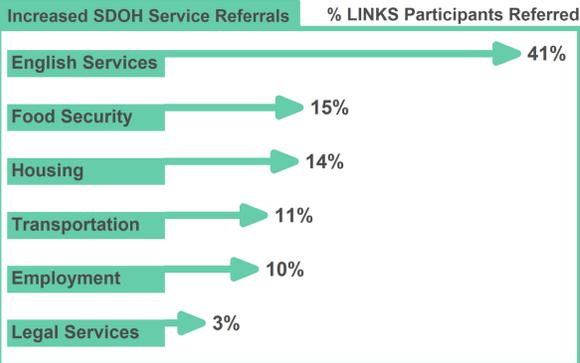
# 2017-2019 Executive Summary



MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH  
**Arizona Prevention  
 Research Center**



## Championing Community Health Worker Effectiveness in Arizona and Beyond



The AzPRC core research project **LINKS** began in 2014, leveraging the ways in which CHWs strengthen communication and collaboration between clinics and county-level services. We call this approach **community-clinical linkages (CCL)**, or connections between community and clinical sectors to address the clinical, social, and economic needs of participants. During the six month intervention the clinic based CHWs referred adults with chronic disease risk to CHWs based at the county based health department. These community based CHWs worked with participants to assess their emotional well-being and social determinant needs and provided resources. They contacted participants at least monthly to check-in to provide support and resources.



# LINKS

LINKING INDIVIDUAL NEEDS TO COMMUNITY  
 AND CLINICAL SERVICES

## PROJECT OUTCOMES

### PROJECT OBJECTIVE

- Work collaboratively with community health centers and their respective health departments to develop and evaluate LINKS, a CHW-led community clinical linkage program.

### PARTICIPANT DESCRIPTION

- CHWs recruited **189 participants** of whom 145 (77%) completed 3 emotional well-being questionnaires
- Majority of participants completed at least **5 follow up visits (70%)**
- Majority of participants **identified as Hispanic (95%)** and were born in Mexico (82%)

### CHW Facilitated Social Support In the Links Intervention

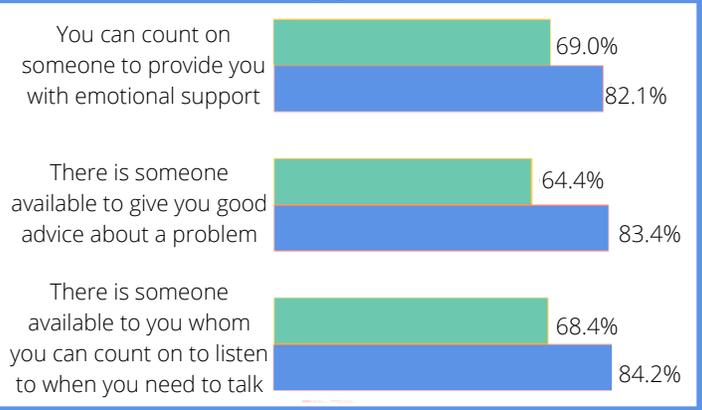
Emotional	Appraisal	Informational	Tangible
Listen to the challenges the participant is experiencing in a non-judgemental fashion.	Assist participants in a process of specific problem they want to work on and identify next steps.	Identify resources related to a participants goals and provide resources on how to access them.	Provide concrete assistance to a participant to ensure they access a resource.

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**Using the results from our emotional well-being and social determinant needs assessment, we found that in LINKS, a CHW-led CCL, participants are**

- ➔ Better able to manage their chronic disease
- ➔ Have improved emotional well-being
- ➔ Have more access to social determinant of health resources.

## Increased Social Support



**“I think this particular program has given them that ability [to seek social support], there are people on both sides, on the community side and the clinical side that are not making them responsible but are following-up and offering those resources and that support so I think that for that reason they are being more self-managers, better self-managers.”**

-LINKS CHW Supervisor

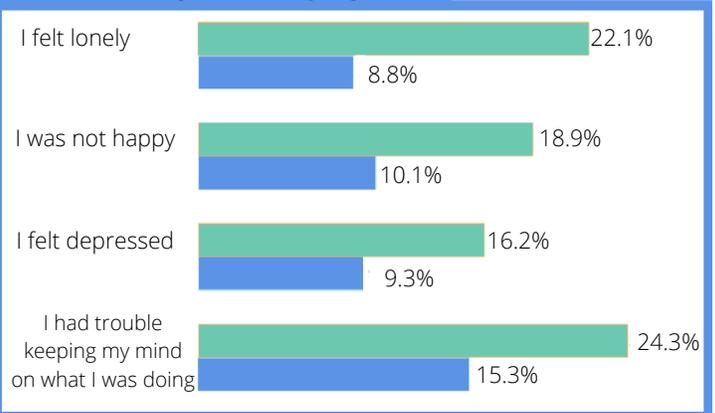
## Increased Quality of Life



**“[LINKS has changed my life] because I have someone to motivate me. When I first started the program, I was not doing any exercise at all. A few months after I signed with the program, I felt motivated and started walking at the park and going to the gym a few days a week. I lost 10 pounds.”**

-LINKS Participant

## Decreased Depressive Symptoms



**“[LINKS] has helped me find the positive side of life and now I want to make progress, be more active. I’m willing to do more things for myself like continue computer classes and maybe join an adult literacy program.”**

-LINKS Participant