



MARIPOSA
COMMUNITY
HEALTH CENTER

COMMUNITY HEALTH
SERVICES
Platicamos Salud

Learning Objectives:

- Describe Mariposa's clinical and community-based services
- Explain how to get more information and refer clients to Mariposa's clinical and community-based services

Mariposa: Your Community Health Center

- Founded in 1980
- Federally Qualified Health Center
- Community-based Board of Directors
- Who we serve:
 - Anyone who seeks services
 - Sliding fee discount program for uninsured
 - All insurance (Private, Medicaid, Medicare)
 - 48% of county residents receive care from Mariposa

Services We Provide:

- Medical Specialties – Pediatrics, Internal Medicine, OB/GYN, Family Practice
- General Dentistry
- Digital Radiology (mammography, x-ray, ultrasound)
- Lab
- Full Service Pharmacy
- WIC
- Care Coordination
- Telemedicine
- Anti-coagulation Clinic
- Behavioral Health
- EHR/EDR
- Eligibility/Enrollment
- Transportation
- Community Health Services (Platicamos Salud)

COMMUNITY HEALTH SERVICES

Platicamos Salud

- Established in 1991
- Nationally-recognized Promotora-based delivery model
- Health promotion and disease prevention based on model programs and best practices
- Adapted to the Spanish-speaking, Mexican American and Mexican immigrant community that we serve



In 2015, Community Health Services was recognized by the National Rural Health Association (NRHA) as the 2014 Outstanding Rural Health Program in the United States.



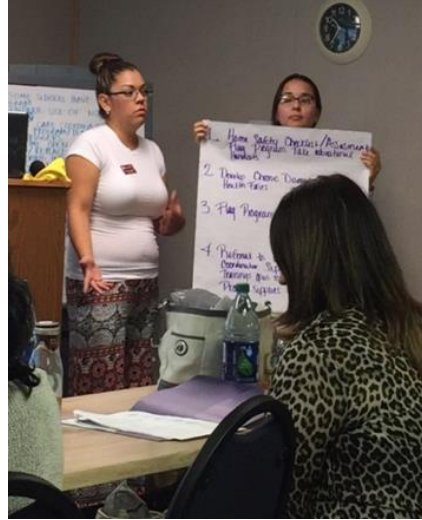
Maternal and Child Health



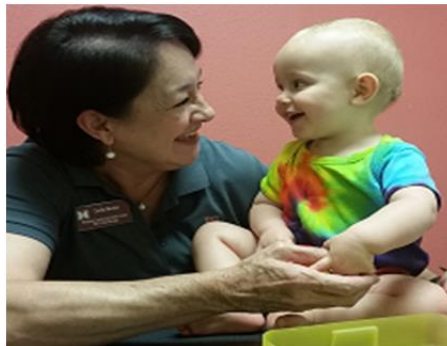
Health Start and Healthy Start

Funded by ADHS/HRSA-HIS

- Programs for pregnant and postpartum women, fathers, and children under 2.
- Case management, home visitation, breast feeding promotion, prenatal/postpartum care, men's health, parenting, car seat education, screenings, support and community referrals.
- Health Education Classes
- For participants of Health and Healthy Start classes include: Prenatal, Depression, Men's Wellbeing/Fatherhood, and Life Skills.



Home Visits



Life Skills Class

Mariposa Family Learning Center

240 N. Grand Ave

Free adult education classes to promote family wellness and success

- GED
- English
- Childcare Provided



Domestic Violence and Sexual Assault Services



Family Violence Prevention & Advocacy

Funded by ADHS & AACHC

- Crisis intervention, short term case management, support groups, and advocacy for victims experiencing domestic violence and sexual assault. Community outreach & education.

Santa Cruz County Sexual Assault Response Team

Funded by the Governor's Office of Youth, Faith and Family

- Improve consistency and coordination response to sexual violence by strengthening collaboration among law enforcement, prosecution, courts and victim's services systems. Community education and awareness on sexual assault.



Health Promotion

Juntos Contra El Cancer

- Provides breast cancer support, access to care, treatment dollars, patient navigation and survivorship.
 - Monthly support group
 - Prosthetics and undergarments



Well Woman HealthCheck

Funded by ADHS

- Free breast and cervical cancer screening and diagnostic program for uninsured or underinsured women in Arizona
- Eligibility criteria:
 - Women 40-64 years of age (breast and cervical cancer screening)
 - Women 21-64 years of age (cervical cancer screening)
- Services include, but are not limited to:
 - Mammogram
 - Case Management
 - HPV Testing
 - Clinical Breast Exam
 - Fine Needle Aspiration
 - Pap Test & Pelvic Exam
 - Biopsy



Happy Smile

Funded by First things First

- Oral health screening and varnishing for children 0-5
- Screening for pregnant women
- Scheduling of dental appointments



FIRST THINGS FIRST

The right system for bright futures



Health Promotion

Ventanilla de Salud

Funded by the Consulado General de Mexico

- Education, screening and outreach services at the Mexican Consulate in Nogales, Arizona.
- Citizenship Class – 7 week preparatory class for citizenship exam in Nogales
- Workshops/Events – Monthly sessions covering a variety of topics (i.e. parenting, behavioral health, relationships)
- Yoga – 10:30 AM -11:30 AM and 5:30 PM - 6:30 PM every Tuesday



Chronic Disease: Heart Health & Prevention

Tobacco Prevention

- Cessation referral for adults 18+
- FREE English & Spanish ASHLine Quit Coaching
- Medication assistance available
- 800-55-66-222 www.ashline.org



Vivir Mejor Class



Vivir Mejor: MetaSalud

Funded by HRSA-FORHP

- Prevention of chronic disease risk
Heart Health & nutrition classes, physical activity, incentives, walking club
- Spanish-speaking adults ages 55-74
- Rio Rico: Wednesdays 9am-10am
- Nogales: Mondays 9am-10am

Chronic Disease: Pre Diabetes

Diabetes Prevention Program (DPP) *Funded by American Diabetes Association/CDC*

- Adults diagnosed with pre-diabetes
- National Diabetes Prevention Program curriculum to prevent Diabetes and its complications

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

WHY PARTICIPATE IN A DIABETES PREVENTION PROGRAM?

What is prediabetes?
A condition in which blood glucose or hemoglobin A1C (HbA1C) levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Compared to other people without diabetes, those with diabetes:

- 100% more likely to develop hypertension
- 80% more likely to be hospitalized for heart attack
- 50% more likely to be hospitalized for a stroke
- 70% more likely to die from heart disease or stroke

EAT HEALTHY. GET ACTIVE. LOSE WEIGHT AND PREVENT T2. JOIN OUR PROGRAM TODAY!

CALL US NOW
RUBY VEGA
520-375-6050

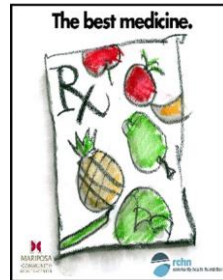
MARIPOSA Your COMMUNITY HEALTH CENTER
NATIONAL Diabetes PREVENTION PROGRAM

Chronic Disease: Diabetes

Comer Bien

Funded by RCHN Community Health Foundation

- Improve healthy eating and blood sugar control among patients with uncontrolled diabetes.
- Adults with uncontrolled diabetes (A1c>9)
- Fruit and vegetable prescriptions increase access to healthy food
- Care Coordination & cooking classes



MetaSalud Diabetes

Research project in partnership with U of A Health Sciences & El Colegio de Sonora

Interactive classes including social support to improve diabetes management

Spanish-Speaking Adults diagnosed with Diabetes

Rio Rico: Tuesdays 5:30pm-7:30pm

1:1 Chronic Disease Education

Diabetes Education

Adults, newly diagnosed or having difficulty managing their Diabetes

- CHW home visit
- Chronic disease management support & education

Asthma Education

- Ages 0-18, CHW home visit & education on asthma
- Keys to preventing exacerbations, trigger reduction
- Assistance with asthma action plan

Linking Individual Needs to Community and Clinical Services (LINKS)

In partnership with the University of Arizona Prevention Research Center

Funded by CDC

- 1:1 support from a Promotora de Salud
- Linkages to community activities
- Support for navigating other needs like housing & food

Nogales Cardiometabolic Health and Sleep (NoCHeS) Study

Research Project in partnership with U of A Health Sciences

Funded by National Institute on Minority Health & Health Disparities

- Coming this Fall
- Better understand the role of sleep in cardiovascular and metabolic disease risk among Mexican-Americans
- How acculturation and other factors influence this relationship

Community Coalitions & Partnerships

Community Coordinated Care

In partnership with Rio Rico Fire & EMS agencies Funded by ADHS/CDC

- Team-based care for chronic disease and high-risk patients
- Integrating CHW and Community Paramedicine models

Women's Behavioral Health Initiative

Funded by Women's Foundation of Southern Arizona/U of A Health Sciences

- Collaborative partnerships to improve women's behavioral health through community-based services and CHW training.

Commodity Senior Food Program

In partnership with Community Food Bank of Southern Arizona

- Federally funded food distribution program for income-eligible seniors including a once per month food package and nutrition education.

Santa Cruz County Elder Wellness Network

- Consortium of older adult serving organizations to address the health and wellness needs of senior adults

Contact us if your organization wishes to join!

Youth



- Peer educator training to become certified as Teen Health Facilitators through a multidisciplinary approach
- Youth ages 14-18
- Seven-week Summer Program includes:
 - Leaderships skill building
 - Fitness/Nutrition
 - Mentorship/Job Shadowing
 - Personal/Career Development
 - Self Esteem/Body Image
 - Public Speaking Skills
 - Sexual Health

Santa Cruz County Adolescent Wellness Network

Funded by HRSA-FORHP

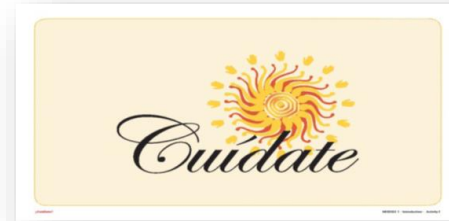
- Coalition of youth-serving organizations including school districts
- Improving the system of care for youth, including improved referral and follow-up among primary care, schools and behavioral health
- Reducing stigma and increasing awareness about mental health
- Positive Youth Leadership Team leadership and service program for high school students.



¡Cuídate! Personal Responsibility Education Program

Funded by ADHS

- Abstinence Plus Education
- Sexuality, Pregnancy & STD Prevention
- Financial Literacy, Healthy Relationships, & Life Skills
- Teens 12-19



La Vida Buena

Funded by Office of Minority Health

- Youth-focused healthy eating/active living class
- Families with children ages 5-8 & Overweight or Obese



Nogales "Little" Mercado



- Weekly year-round farmers market
- La Mesa Cooperativa Cooperative Table & Nogales Community Garden
- Accepts SNAP, Double-up Food Bucks, & Farmer's Market Nutrition Program
- Part of Cosechando Bienestar Harvesting Wellbeing food system development
- Every Friday October-April 3pm-6pm
May-September 4pm-7pm



**Nogales "Little" Mercado
Farmers Market**

We have **Está Ubicado Temporalmente
Temporarily Relocated**

EVERY Friday/ TODO los Viernes

**250 N. Grand Ave
Nogales, AZ 85621**

Old Foxworth Building
Nogales Family Learning Center/
Nogales Community Development



WE TAKE SNAP/EBT
AT NOGALES "LITTLE" MERCADO FARMERS MARKET

DOUBLE YOUR DOLLARS

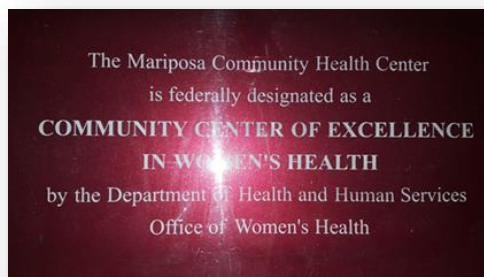
- 1. GO**
To the Friday & Saturday Farmers Markets & Visit the Market Info Booth
- 2. SWIPE**
Your SNAP/EBT Card to Receive your SNAP Dollars
- 3. DOUBLE**
Your SNAP/EBT Dollars (Up to \$20 Match per person per Market)
- 4. SHOP**
For Fresh Fruits & Vegetables

Logos for SNAP, Double Up Arizona, and the market logo are included.



Achievements

- The US Department of Health and Human Services (DHHS) Office of Women's Health designated MCHC as a Community Center of Excellence in Women's Health in 2002, making it one of the first three organizations to receive this recognition nationwide.
- The US-Mexico Border Health Commission designated Mariposa Community Health Center as a Border Model of Excellence in 2003.
- The Latino Influencer Network sponsored by Aventis recognized Mariposa Community Health Center through an ¡Adelante! Diabetes Community Excellence Award in 2001, making MCHC one of four organizations recognized.
- Platicamos Salud was awarded the 2014 Outstanding Rural Health Program by the National Rural Health Association



Mariposa Clinical & Community Health Services

Who are We? Who do we serve?

- Clinical Services: Anyone seeking services
- Community Health Services: Free to the community

Contact Us!

- Appointments
- Medical 520.281.1550
- Dental 520.375.5032
- WIC 520.287.4994
- Community Health Services
520.375.6050
- www.mariposachc.net
- www.facebook.com/MariposaCHC/

Get the
FLU  **SHOT**
not the flu!

“Flu Shot-Only” visits are currently available to adults on Walk-in OR Appointment basis at all Mariposa locations.

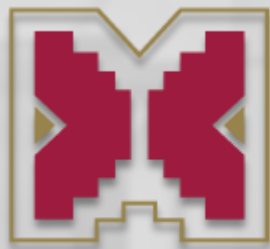
As soon as ADHS designates enough vaccines for our community, we will open up availability for children as well.

Our Locations!



MARIPOSA
COMMUNITY
HEALTH CENTER

Thank you!



MARIPOSA
Your
COMMUNITY
HEALTH CENTER