

Community Town Hall Mental and Physical Health

Hosted by Community Engagement Center at Sacramento State, August 19, 2009

What are the needs in the community?

Mental and Physical Health	<ul style="list-style-type: none"> • Accessibility of Affordable Medical Care • Accessibility of Affordable Dental Care • Alcoholism/Drug Abuse • Mental Illness/Emotional Health • Availability of Preventive Services • Health Insurance Coverage • Obesity • Suicide prevention • Maternal health • Healthy youth • Older adults access to doctors and health care • Domestic violence • Bullying • Re-examine mental health field • Adult dentistry – access to low-cost services
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Who is meeting the needs and serving as the Safety Net?

Mental and Physical Health	<p>CommuniCare Health – John. H. Jones Clinic Sacramento Food Bank & Family Services Project HELP Sacramento Crisis Nursery Wellspring Women’s Center Kaiser Permanente – Child Life Specialist Program Sutter Memorial Hospital – Child Life Specialist Program Strategies For Change NCADD National Council on Alcoholism and Drug Dependence, Inc. People Reaching Out In Home Supportive Services – Public Authority The Effort*</p>
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* Sources: CSPC Community Survey and Town Hall Forums – *Community Perspectives 2009*; United Way California Capital Region Community Impact Report; Capital Region Healthy Futures Project-CSPC

What are challenges and infrastructure barriers to meeting unmet needs?

Mental and Physical Health	<ul style="list-style-type: none"> • Transportation • Language barriers • Lack of knowledge about services by clients and advocates • Understanding organization (proactive behavior, red tape) • Cultural perspectives on health concerns – teach importance of health • Create community based University clinics to help overcome barriers – use relationships with the community
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How can University and Community partner to better support existing community assets and address unmet needs with a measurable impact?

Mental and Physical Health	<ul style="list-style-type: none"> • Create info sheets – how to eat, what individuals can do on their own to be healthy • Host free public health classes, education classes • Rethink student learning objectives • Networking • Offer department experience/internship/ tailored field placement • Develop list of needs for student research
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