



2023

Annual Report

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# Our Team

# Board of Directors



**Jeannine McMillan**  
Executive Director



**Kimberly Roberts**  
Program Manager



**Allie Byers**  
Communications  
Coordinator



**Amy Bunn**  
Referral Coordinator



**Leann Lovejoy**  
Data Analyst



**Nan McNinney**  
Local Food  
Systems Coordinator

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- Alanna Wilson, Vice Chairwoman
- Susan Mann, Secretary
- Michael Alberts, Treasurer
- Scott Becker
- Jim Cascio, Esquire
- Oscar Cashaw
- Susan Williams, MD
- Barb Zablotney
- LaShae Jeffers
- Jeannine McMillan, Ex-Officio Member



# Community Care HUB Advisory Committee



**COMMUNITY  
CARE HUB**

- Flor Hernandez
- Christy Berzonski
- Carol Harding, RN,FCN
- Yvette Madison, MSW
- Gwen Msolomba, MEd

- Jes Phillippi
- Tammy Rhoades
- Bruce E. Duke, III, MD
- Josh Yoder

# Our Story

The Center for Population Health (CPH) was developed through funding and in collaboration with the 1889 Foundation as a population health resource center to benefit Cambria and Somerset counties.

Population health is a collaborative and comprehensive approach that addresses the many things in our communities that impact health. In population health, data is used to identify community needs, implement new strategies to address them, and measure the results.

CPH's work focuses on opportunities around disease prevention, reducing health disparities, and improving the health and well-being of individuals in the region.

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## Mission

Improving health through collaboration, outreach, and education

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## Vision

An empowered community where all people have access to equitable health opportunities

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## Values

- Empowering self-directed healthy living and improvement of quality of life
- Identifying whole-person and population health approaches to health improvement
- Utilizing research/data driven approaches to systems-level change
- Fostering a culture of inclusion and equity in our communities
- Serving as a community convener to encourage collaboration at every opportunity
- Advocating to local, state, and federal officials to address health and human service needs

## Dear Partners in Health,

On behalf of the Center for Population Health, we would like to welcome you to our 2023 Annual Report.

This past year has been one of exciting change. In July of 2023, our organization officially became an independent 501(c)(3) non-profit organization, adopting a new name and revised mission, vision, and values. We are grateful for the support of our funding partner, 1889 Foundation, and from Thomas Jefferson University during the transition.

If we could use one word to summarize the work in our communities over the past year, it would be collaboration. With challenging health and human service needs of many of our residents, organizations continue to come together to implement new or improved programming, identify best practice opportunities, and, most of all, break down silos to work together.

Over the past year, we have had the privilege of working on many initiatives that will have a positive impact in our communities for years to come. We are happy to share with you the progress of these initiatives in this report.

We know that this work is more important now than ever, and we are proud of the impact we have been able to make this year. A special thank you to our community partners, providers, agencies, and residents who have joined us in this work, serving Cambria and Somerset counties.

If you are interested in learning more and collaborating with us, we welcome the chance to speak with you.

We look forward to furthering our new mission of improving health through collaboration, outreach, and education...in 2024 and beyond!

*Jeannine McMillan*

Jeannine McMillan, Executive Director

# Community Care HUB

CPH launched the HUB in September of 2020. The HUB's goal is to improve the health outcomes of vulnerable populations in Cambria and Somerset counties. A HUB is an organized, outcome-focused network of Care Coordination Agencies (CCAs) who hire and train Community Health Workers (CHWs) to reach out to those at greatest risk. The HUB's CCAs are Alleghenies United Cerebral Palsy, Beginnings, Inc., and Community Action Partnership of Cambria County.

The HUB follows the nationally recognized and evidence-based Pathways Community HUB Institute (PCHI) model. CHWs meet with participants face-to-face and guide them through completion of one, or more, of 21 Pathways designed to address their needs. Pathways include connections to housing, transportation, medical and social services, and more.

The HUB received its Level 1 Certification from Pathways Community HUB Institute® (PCHI®).



Certified June 2022-March 2024



Alleghenies United Cerebral Palsy CHW Tracey Jones-Watts (front) reads her character profile during the poverty simulation held during the Cambria-Somerset Health and Human Services Summit.

## Current HUB Eligibility:

- ✓ Pregnant women living in Cambria or Somerset County and receiving or eligible for medical assistance
- ✓ Pregnant women living in Cambria or Somerset County and are diagnosed with gestational diabetes
- ✓ Parenting (0-18 months), living in Cambria or Somerset County, receiving or eligible for medical assistance
- ✓ Greater Johnstown Elementary School District and Somerset Area School District families with social determinant of health needs
- ✓ Individuals diagnosed with substance use disorder

# Community Care HUB Data

## 2023 HUB Highlights



327 participants served



1,093 visits from CHWs (914 in-person visits)



67 babies born



88% full-term (>5.8 lbs)

### Top learning pathways

- 1 Pregnancy
- 2 Safety
- 3 Diabetes

### Top medical referrals

- 1 Primary care
- 2 Vision
- 3 Specialty care

### CHW training topics



CHWs participated in over 30 specialized trainings to enhance their skills. Below is a sampling of CHW trainings:

- Boundaries and Ethics
- CHW Certification
- CHW Self-Care
- Diversity, Equity, Inclusion
- Early Head Start - Early Intervention
- Effective Documentation
- HIPAA – Protecting PHI/PII
- Home Visiting Safety
- Housing Support Programs
- Maternal Home Visiting - Best Practices and Clinical Standards

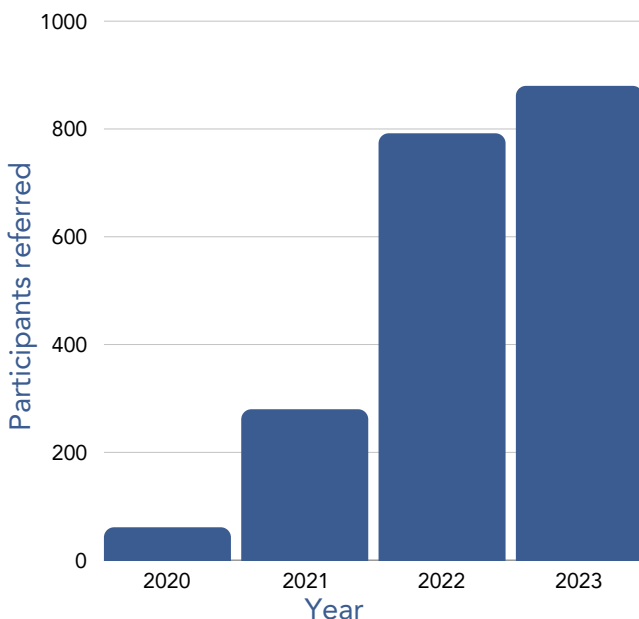
### Top social service referrals

- 1 Personal items  
(1. Clothing 2. Diapers 3. Baby supplies)
- 2 Household items  
(1. Furniture 2. Beds/mattresses 3. Appliances)
- 3 Identification  
(1. Birth certificate 2. Social security card 3. Personal ID)

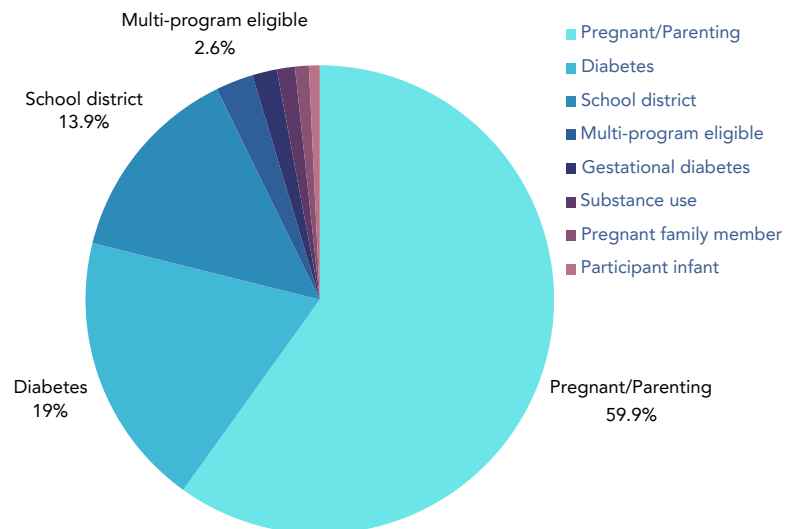


## HUB Data Since Inception

HUB growth



HUB participants by type



Below are snapshots of participants who were enrolled in the HUB, highlighting average enrollment time and health and human service connections the CHWs were able to complete.

## Pregnant

Enrollment Dates: May 2022 - September 2023

491 Days Enrolled

### Pathways Completed:

- Learning Modules
- Oral Health
- Postpartum
- Pregnancy
- Social Services
- Transportation
- Medical Referral
- Family Planning
- Food Security
- Adult Education



## <sup>3</sup>School District

Enrollment Dates: September 2022 - May 2023

238 Days Enrolled

### Pathways Completed:

- Employment
- Developmental
- Social Services
- Medical Referral
- Learning Modules (Positive Parenting, Managing Stress, Parent and Family Development)



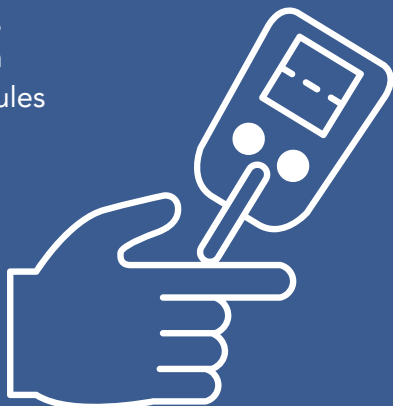
## Diabetic

Enrollment Dates: October 2022 - March 2023

155 Days Enrolled

### Pathways Completed:

- Food Security
- Medical Referral
- Social Services
- Transportation
- Learning Modules



## Substance Use Disorder

Enrollment Dates: February 2023 - July 2023

159 Days Enrolled

### Pathways Completed:

- Substance Use
- Medical Home
- Mental Health
- Social Services
- Transportation



# Data Analysis and Research

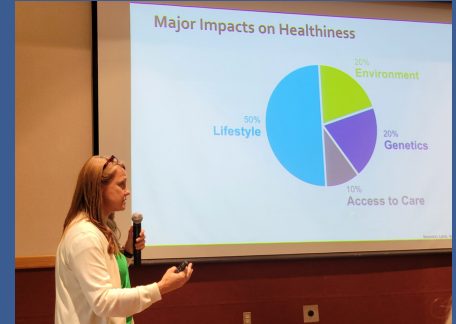
## Health and Human Services Summit

CPH, The United Way of the Southern Alleghenies, 1889 Foundation, Community Foundation for the Alleghenies, and Vision Together 2025 hosted the annual Cambria-Somerset Health and Human Services Summit in August.

The Summit began in the morning with a poverty simulation presented by Dr. Lynne Williams, Executive Director, Southwest PA AHEC. The simulation is an interactive and immersive experience that sensitizes community participants to the realities of poverty. Over the course of the simulation, participants were confronted with a series of challenges that mimic the complex obstacles millions of individuals are forced to grapple with daily. It is based on real life experiences, with a goal to build empathy for families living in extreme poverty and prompt strategic thinking about effective responses.

In the afternoon, priority health focus areas identified as part of the 2022 Community Health Needs Assessment were discussed. Updates were provided from agencies on new and innovative programs launched to address the seven priority community health needs, which include:

- Mental/Behavioral Health
- Access to Social Determinant of Health Needs/Healthcare
- Obesity/Healthy Living
- Substance Use
- Socioeconomics/Job Training
- Early Childhood
- Violence/Abuse/Safety



## Resource Page



Health Education and Data



Local Health and Human Services Resources

The CPH website now includes a resource page. This page provides a comprehensive list of local and national health resources, education, and data.

The goal of this site is to be a "go to" page for community-based agencies to find health data, which is integral to advancing their work, as well as a place for community members to find education and resource information to improve their health.

The resource page can be found by visiting <https://www.centerforpophealth.org/what-we-do/resources/>



# Social Determinants of Health

## Food Systems

One of the major initiatives of CPH is to address social determinant of health needs, which includes food education and security. Nan McNinney was hired in early 2023 as the new Local Foods Systems Coordinator, with a goal of advancing local food systems through initiatives including:

- Developing food-related resource guides and educational materials
- Expanding nutrition and education
- Addressing food insecurity
- Using food as an economic driver
- Promoting and expanding farmer's markets
- Exploring grants and best practice opportunities

Major successes this year included the launch of the Adventurous Eaters program in partnership with the Cambria County Library, Blacklick Valley Community Garden initiative, Moxham Community Fair and Food Share events, and connections between area food pantries and the Hunters Sharing the Harvest venison food share program. Several additional food systems initiatives are planned to launch in 2024. CPH is grateful to food systems funding partners including Community Foundation for the Alleghenies, Greater Pittsburgh Community Food Bank, and United Way of the Southern Alleghenies.



9,000 pounds of fresh produce



125 SNAP referrals



2,000 pounds of venison delivered to pantries



## COVID-19

The Cambria-Somerset COVID-19 Task Force was created with community partners in early 2021. Since its inception, the Task Force has helped to coordinate vaccination and testing clinics, as well as provide education on Covid-19 and mitigation strategies.

Over the past year, the Task Force has also focused on addressing additional health and human service needs for individuals impacted by Covid-19. Alyce Palko, a graduate student at the University of Pittsburgh School of Public Health, joined CPH as an intern in the summer of 2023. Alyce coordinated public listening sessions to obtain feedback on programs and public health outreach to look for opportunities for improvement.



Approximately 1,000 mental health toolkits were distributed throughout the summer, providing vital health and human service information, as well as Covid mitigation tools, to community residents. Planning is also underway for an Emergency Services Wellness Retreat to benefit first responders.

Funding for these initiatives was provided through a grant from the Health Initiative for Rural Pennsylvania (HIRP), Pennsylvania Office of Rural Health at Penn State University. HIRP is funded by the U.S. Centers for Disease Control and Prevention and the Pennsylvania Department of Health.

# Social Determinants of Health

## Housing Security

A team of Johnstown leaders and organizations, including CPH, launched the “Quality Affordable Housing Task Force” in January of 2023. The Task Force’s goal is to address the challenges of affordable housing including persistent and concentrated poverty, blight, public safety, and the need for more market rate and workforce housing in Downtown Johnstown and the surrounding neighborhoods. In April of 2023, the Task Force hosted a roundtable discussion in Johnstown with Matthew Heckles, U.S. Department of Housing and Urban Development (HUD) Mid-Atlantic Regional Administrator, to discuss current housing challenges and brainstorm solutions.



### Goals:

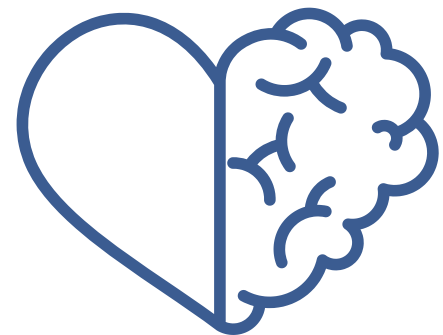
- ✔ Engaging the Johnstown community on effective pathways forward on the affordable housing issue
- ✔ Exploring technical assistance, strategic planning, and best practice models to address housing needs in our communities
- ✔ Continued support of housing rehabilitation, market-rate, and other quality housing initiatives in the community, and integrating these affordable housing efforts with broader economic development and community revitalization initiatives in Johnstown
- ✔ Exploring transformational grant opportunities related to housing choice neighborhoods and other areas of focus
- ✔ Supporting social service agencies to address urgent needs of at-risk individuals in the community

## Mental Health

CPH helped launch a Mental Health Consortium for behavioral health providers to meet and share challenges and opportunities for collaboration. One of the first initiatives of the consortium is the launch of a Project Echo educational series in collaboration with Penn State College of Medicine.

Project ECHO (Extension for Community Healthcare Outcomes) is an internationally-recognized, evidence-based approach to continuing education and tele-mentoring that leverages the power of sharing knowledge across miles and across disciplines.

The goal of the Psychiatry/Behavioral Health ECHO for Cambria and Somerset counties is to provide local practitioners with the knowledge and resources needed to meet the needs of patients with behavioral health disorders. Sessions connect a multi-disciplinary team of specialists with community providers on a variety of behavioral health related topics, with discussions of de-identified cases to develop recommendations and considerations for care.



Special thanks to the 1889 Foundation for their generous funding support for this initiative.

# Outreach Events

## Wellness Wednesdays



Wellness Wednesdays started as a partnership between CPH and the Cambria County Drug Coalition (CCDC) in September of 2022. The original idea was to bring resource information directly to communities with vulnerable populations using mini health fairs. After holding nearly 30 health fairs in late 2022 into mid-2023, the focus shifted to educational sessions.

CPH enlisted help from subject matter experts on topics including fall prevention, tobacco cessation, local drug trends, transportation, financial literacy, safety, medical adherence, senior resources, resources, early childhood, and ordering groceries and medication online.

These sessions were held in Johnstown Housing Authority community rooms and senior centers across Cambria County, with plans to expand to Somerset County in 2024.



CPH helped organize a Back-to-School Health Fair at Westmont Hilltop Elementary School on September 21. Over 200 people attended to learn about available community resources.



CPH attended National Night Out on August 1 in Downtown Johnstown's Central Park. While there, mental health kits were handed out.



CPH coordinated a Health and Social Services Fair at a Johnstown Mill Rats baseball game on July 14. Over 20 organizations attended the event to provide resource information and children's activities.

# Outreach Events

## Vision 2025



CPH supports Vision Together 2025 efforts as a co-leader of the Health and Wellness Committee. Over the summer, CPH also attended Hope 4 Johnstown community outreach events.

## WalkWorks



This year, CPH continued to promote WalkWorks Johnstown, a 1.8 mile walking route in Downtown Johnstown. Those working, living, or visiting the City are encouraged to attend.

## Community Health Fairs



CPH communications coordinator Allie Byers was a co-organizer for the Trick or Treat Yourself to Wellness Health Fair held at the Johnstown Galleria Mall on October 21. Over 30 groups attended with health resources and education. The event was also a trick or treat event for kids. Over 200 children and nearly 200 adults attended.

The event was sponsored by the Cambria County Health and Welfare Council.



CPH worked with the Pennsylvania Department of Health to hold two health fairs in conjunction with World Hepatitis Testing Day. The Somerset County event was held May 19 at Georgian Place and the Cambria County event was held May 20 at PNG Park.

The events featured health and human services resource information, Hepatitis A and B vaccines, Hepatitis C and HIV rapid tests, Hepatitis and HIV educational materials, and COVID-19 vaccinations and boosters.

# Advocacy

## Visit to the Capital

Jeanne McMillan and 1889 Foundation President Sue Mann traveled to Harrisburg in December to meet with staff from Governor Shapiro's office. They shared challenges and successes to address health and human service needs in Cambria and Somerset counties.



## State Legislative Hearing

In August, Jeannine McMillan presented during a Center for Rural Pennsylvania legislative hearing. She shared challenges rural health and human service providers are experiencing in the region. The Center for Rural Pennsylvania is a bipartisan, bicameral legislative agency that serves as a resource for rural policy within the Pennsylvania General Assembly.

## CHW Advocacy

CPH Program Manager Kimberly Roberts serves on a variety of CHW committees across the Commonwealth including the PA CHW Collaborative, CHW Community of Practice Workgroup, and CHW Statewide Task Force. The groups share best practices, exchange resources, and strategize about sustainable funding for the workforce.



## Health Leadership Institute

Center Data Analyst Leann Lovejoy was accepted into the inaugural class of the "Soaring to New Heights: MAR-PHTC Public Health Leadership Institute." The 6-month project-based Mid-Atlantic Regional Public Health Training Center (MAR-PHTC) Public Health Leadership Institute is for professionals who want to grow in leadership roles in either the public health or primary care setting. The Institute will focus on bridging disciplinary boundaries between public health and primary practice with the goal of improving population health. The Institute runs from October of 2023 through May of 2024.

## HEAT

CPH serves on the Pennsylvania Health Equity Action Team (HEAT), a commonwealth-led committee for strategic health planning for the southwest Pennsylvania region. The committee provides a community-led approach to implement the planning and coordination of activities that address regional social determinants of health needs, reduce health disparities, and promote health equity and value in health care.





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