# AFRICAN AMERICANS REACH & TEACH HEALTH MINISTRY A A R

1111 Harvard ave Seattle, WA

Office: (206)850-2070

WWW.AARTH.ORG

AFRICAN AMERICANS REACH AND TEACH HEALTH (AARTH) MINISTRY, a non-religious 501c3 faith-based capacity building nonprofit organization established in 2002 to respond to HIV/AIDS and other major health issues affecting people of the African Diaspora living in Washington State and the federal Region.

# What is AARTH?

**AARTH WORKS TO** increase the capacity of faith and health institutions to provide equitable and culturally responsive wellness and community care systems for people of the African Diaspora.

### **AARTH values community by...**

- •Promotes affirming health practices
- •Focuses on strengthening the infrastructure of health ministries to provide services and effectively collaborate with health and social partners
- •Offers health awareness, education and training

### AARTH Founders & Executive Director







Mary Diggs-Hobson Co-founder

Reginald Diggs Co-founder

Kathleen Wilcox Executive Director

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us."

 Wilma Rudolph, Olympic track and field athlete



Kimberly Breland Accountant



Rena Cann Outreach Coordinator



Twanda Hill Consultant



Rev. Dr. Renee
McCoy

HIV/AIDS Program Manager



Angeilea' Yancey-Watson Lead Program Coordinator

### **AARTH Staff**

# PAST AARTH EFFORTS

### **COVID-19 Response**

### **Program Overview:**

- An agreement between AARTH & HMC for April
   2021 December 2021
- To create & provide a community scheduling porthole & community outreach for COVID-19 Vaccines
- Provide screening for vaccine eligibility
- Locate volunteers, vaccine locations, and CDC approved vaccine cards
- Collaborated with New Beginnings Christian Fellowship

# UW Medicine HARBORVIEW MEDICAL CENTER

- Improve covid-19 vaccination rates to vulnerable populations within King County
- Direct vulnerable populations to their PCP & other resources for post-event reactions
- 800 individuals will receive both doses of COVID-19 vaccination (over 5,000 served)

### AARTH & Harborview (HMC): Digital Equity

### **Program Overview:**

For many older adults, the concern about the pandemic and health impacts continues past the Stay Home, Stay Health directive was lifted.

AARTH & HMC will partner to provide tablets to older adults to stay connected with health care provides and the community

## **UW** Medicine

HARBORVIEW
MEDICAL CENTER

- Connect African American seniors to Wifi services
- Providing online & physical instructions on operating a Samsung Galaxy Tab
- Increase telehealth & other health related attendance rates
- Decrease isolation of seniors thru education on Social Media, Zoom, and other online social platforms

### AARTH & Harborview (HMC): Hypertension

- Program Overview: Community Health Navigators to Decrease Disparity in Hypertension Control for African Americans.
- Collaboration between July 2020 thru June 2021
- HMC and AARTH work together to identifying barriers to care to African American persons with hypertension

### **UW** Medicine

HARBORVIEW MEDICAL CENTER

- Provide three six(6) week workshop series for African Americans
- Identify & training up to six (6) lay leaders that are within the targeted audience to facilitate the series
- Increase health outcomes in the African American community
- Provide & Teach patient care with maintaining culturally relevant curriculum



Sharon Turner
Acting Director, Region 10, HHS
Regional Director, HRSA, Seattle
Featured Speaker



John Vassall, MD, FACP WSU Elson S. Floyd College of Medicine Featured Speaker



Dr. Michele Peake-Andrasik Principal Staff Scientist Fred Hutch



**Dr. Renee McCoy** AARTH, HIV Program Manager



Joycelyn R. Thomas, DNP Family Medicine,



Bessie Young, MD, MPH, FACP Nephrology

### THE INTERSECTION OF EFFECTIVE

CHRONIC DISEASE MANAGEMENT



# CURRENT AARTH PROGRAMS



### Current AARTH Programs: City of Seattle Human Services Department

### **Program Objectives:**

- increase the awareness and knowledge of African
   American elders and individuals 18 and above who are
   living with chronic conditions, their families and
   communities about HIV/AIDS and other chronic
   conditions that disproportionately impact them, thus
   providing them with the tools necessary to improve
   health outcomes.
- delivery of HIV/AIDS, chronic disease educational programs
- COVID-19 vaccine coordination
- delivery targeted to the African American diaspora in King County.

### **Program Goals:**

 improve the capacity of individuals living with chronic conditions to better manage their health and partner with their providers to improve their health outcomes.



### **Current AARTH Programs: Community Living Connections**

### **Program Objectives:**

- AARTH, the City of Seattle Human Service
   Department/King County and faith houses,
   community organizations/clinics and institutions
   to provide:
- evidence-based best practice peer-led education and training within the African American unpaid caregivers 18+ living in South King County.
- variety of support group outreach and awareness activities
- Health and Equity trainings.

### **Program Goals:**

 improve the capacity of individuals living with chronic conditions to better manage their health and partner with their providers to improve their health outcomes.



### Current AARTH Programs: Chronic Disease Self-Management (CDSMP)

### **Program Goals:**

AARTH presents the six-week self-management phone conferencing workshop! We will work through the process, transition, and manageability of living with chronic disease.

- Dealing with difficult emotions
- Managing symptoms
- Better breathing
- Decision making strategies
- Action Planning & Problem solving
- Nutrition
- Understanding medications
- •Making informed treatment decisions
- Guided imagery

### <u>Participant Eligibility – Who is our targeted</u> <u>audience?</u>

- AARTH is intentional about prioritizing the African Diaspora community
- The Workshop is designed to help people with ongoing health problems manage them more effectively.
- Anyone with a chronic condition such as diabetes, arthritis, HIV/AIDS, heart disease, asthma, fibromyalgia, or any other on-going health condition should participate.
- Caregivers or family members who serve as caregivers are welcomed. Anyone looking to better their everyday lives are encouraged to attend.









### **Program Goals:**

VSHSL Result Areas DCHS' ASD, in its partnership with African American Reach and Teach Health Ministry, shares a commitment to contributing to community-level change and individual-level impact in the division's five result areas:

- 1. Financial Stability
- 2. Healthy Living
- 3. Housing Stability
- 4. Service System Access and Improvement
- 5. Social Engagement



**Veterans, Seniors & Human Services Levy** 

# ads Aging and Disability Services Area Agency on Aging for Seattle and King County

### <u>Participant Eligibility – Who is our targeted</u> <u>audience?</u>

- For VSHSL funds, eligible participants for services are seniors (persons 55 and older) who live in King County.
- For City of Seattle ADS funds, eligible participants are seniors 60 years of age or older, who live in King County.
- African American elders in south Seattle, as well as African American and African-born elders in south King County. Among African-born elders, the program will focus on serving seniors from Ethiopia (first language: Amharic, Oromo, Tigray), Eritrea (first language: Tigrigna), and Kenya (first language: Swahili).



# Office-Based Opioid Treatment (OBOT) program at Harborview

### **Program Overview:**

- Harborview OBOT clinic & AARTH will team up to provide in person CPR & Naloxone (Narcan) training to the community.
- Targeted audience: Caregivers, adults (ages 18 & up), community advocates (community health worker, case manager, etc.)

- Certify 50 individuals within King County by December 2023 in CPR & Naloxone
- Provide guided conversations around Opioid use
- Highlight relevant local resources



### **HIV/AIDS Education & Training**

### **Program Goals:**

AARTH partners with Mountain West Aids Education Training Center to improve access to care & quality of life for people with or at increased risk for acquiring HIV

### **Areas of Expertise:**

- •Organizational development and change
- •Cultural sensitivity consultation
- •Cultural Change
- •Systems assessment and development
- •Diversity, Equity, Inclusion training and consultation
- •Historical Trauma and the impact on Social Determinants of Health
- •Leadership Development, through an equity lens
- •Team & Trust building (staff retreats, conflict management and resolution, courageous conversations)
- •Healing and Reconciliation
- •Equitable Development
- Decolonizing frameworks
- Community collaborations

### Access to Equity & Inclusion in Healthcare systems

### **Program Goals:**

AARTH works with medical institutions, administrative service organizations, community-based organizations, and faith houses to facilitate the necessary processes needed to attain diversity, equity, and inclusion in the workplace

Our goal is to collaborate with organizations to ensure that the people for whom the system does not work for, due to institutional and structural racism, can be successful.

### **AARTH Provides:**

- guidance on shifting organizational culture, structure, goals, and policies that reflect a social justice and health equity lens
- With the support of AARTH staff, organizations will discover and solidify their own project description and goals which aligns with the mission and morals of the collaborating agencies.



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### THANK YOU!

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