

Health Initiatives

United Way of the Midlands works to ensure access to and use of health care to promote wellness in the Midlands.

Results are Changes in People

Here are some of the changes United Way made in the lives of Midlands residents in Health in 2008:

- » Provided Living Well SC workshops, 8-week Arthritis Exercise Programs and Lifestyle University sessions for 120 seniors.
- » Enrolled 161 individuals in a low-cost membership plan to addressing chronic disease and primary care management for the uninsured.
- » Provided dental care (over 3,000 treatments) for 474 children.
- » Enrolled 377 uninsured individuals into CareLINK, linking them to a medical home and specialty care.
- » Provided dental care for 565 uninsured adults.
- » Provided 261 home delivered meals to seniors.
- » Provided 10,000 meals for seniors.
- » Provided social rehabilitation services to 840 clients.
- » Provided primary care and/or chronic disease management to 700 uninsured individuals.

United Way addresses pressing health and healthcare issues facing the Midlands. United Way of the Midlands targets childhood obesity, health insurance coverage, healthcare quality, childhood immunizations, substance abuse, family violence, oral health or other healthcare concerns voiced by our community.

We recognize that good health and wellness are essential not only to personal quality of life but also productivity and engagement in the larger community. United Way promotes health and wellness through two key strategies: increasing access to and use of health and dental care while minimizing the effects of unmanaged chronic disease and maximizing health and independence for seniors. Achieving this goal requires us all to become more aware of health risks and the potential effects they have on ourselves and others, starting from before birth. And working to change policies and practices, such as extending health care coverage, will enable more people to live healthier lives.

Tina's Story

Through a Community Impact grant, United Way provides supplies for 140 local volunteer dentists who freely give of their time to provide services at no cost to adults and children. Tina, a Lexington County resident, was a single mom searching for employment to help her family. She had applied for a job and was told as an aside that if she had a better facial presentation with her teeth, that she could be hired. She found out about the SC Dental Clinic and was able to get fillings for her front teeth and get the job.

The South Carolina Eye Care Initiative is a partnership of the South Carolina Optometric Association and United Way of the Midlands to provide vision care for low-income, uninsured adults.

How does it help people?

Patients receive complete eye exams and, if necessary, eyeglasses with single vision or bifocal lenses from a special collection for a fee of \$35.

How does it work?

Optometrists volunteer their time and agree to schedule a specific number of patients in their offices each month. The optometrists provide the examination, prescription for single or bifocal lenses, frame selection and the dispensing of the completed eyewear.



United Way Funded Health Programs	
Access to Healthcare and Chronic Disease Management	\$400,000
Senior Independence	\$352,500
Children & Adult Dental Care	\$350,000
United Way Special Initiatives	
SC Eye Care Initiative	\$35,000
Project Hope	\$251,803
2008-09 Health Total: \$1,389,303	

2008-2009 Community Impact Your Contributions in Action



United Way of the Midlands brings people and resources together to find new solutions to problems through the Community Impact model. The goal of Community Impact is to ensure community resources are targeted effectively to improve the quality of life in Richland, Lexington, Newberry and Fairfield counties.

Community Impact depends on engaged volunteers. Over 150 volunteers organized into community councils and committees work with staff to identify effective program strategies, monitor changing community conditions and identify opportunities for community improvement.

United Way of the Midlands:

- » competitively funds programs that can deliver results on issues the community councils are targeting.
- » engages in policy, advocacy and education to effect change.
- » initiates programs to fill gaps in services or resources.

Community Impact requires strong partners. United Way of the Midlands works with more than 80 agencies that have met national standards for nonprofit performance.

Community Impact is accountable. United Way of the Midlands evaluates Community Impact-funded programs to gauge and improve their effectiveness.

Community Impact Resources in the Midlands for 2008-09	
Education	\$1,442,383
Income	\$4,384,056
Health	\$1,389,303
Basic Needs	\$1,266,204
Organizational Development	\$1,047,486
Designations to Partner Agencies	\$2,111,028
Total: \$11,640,460	

United Way Funded Basic Needs Programs	
Eviction & Foreclosure Intervention	\$53,030
Disaster Relief	\$75,000
Shelter & Services	\$192,500
Domestic Violence Reduction	\$90,000
Basic Needs Assistance	\$115,000
Basic Needs Special Initiatives	
2-1-1	\$315,704
Emergency Food & Shelter Program	\$424,970
Basic Needs Total: \$1,266,204	

Organizational Development	
Organizational Excellence Awards	\$40,000
Volunteer Center	\$87,335
VISTA	\$252,398
Partners in Compassion Institute	\$667,753
Organizational Dev. Total: \$1,047,486	

United Way of the Midlands works to advance the common good in the areas of **EDUCATION, INCOME** and **HEALTH**. These are the basic things we all need for a good life: a quality education that leads to a stable job, income that can support a family through retirement, and good health. United Way of the Midlands is focused on lasting change, but realizes people in crisis also need immediate help to meet their **BASIC NEEDS**. United Way also uses its unique position in the community to promote volunteering through the Volunteer Center, promote organizational development for local nonprofits, and help people locate the services they need through 2-1-1.

Basic Needs Grants and Initiatives

- » Established new food pantry in Lexington County.
- » Helped provide 2,331 people with a total of 104,895 pounds of emergency food.
- » Court advocacy services were provided for 208 battered women.
- » 2-1-1 is United Way's 24 hours a day, 7 days a week information line that connects people with non-emergency human service needs such as community programs, counseling services, financial assistance, shelter, and child care resources.
- » The Emergency Food & Shelter Program consists of FEMA funding administered by United Way to supplement programs offering food, shelter and client rent/mortgage/utility assistance.

Organizational Development Initiatives

- » In 2008, United Way of the Midlands Volunteer Center placed 1,124 volunteers with 73 projects for a total of 5,411 hours of service.
- » VISTA is an AmeriCorps program in which members serve one year to help local nonprofits create and expand programs that bring low-income individuals out of poverty.
- » The Partners in Compassion Institute (PIC) is a collaborative effort committed to strengthening local nonprofits through capacity building. During 2008-09, PIC supported 20 organizations in the Midlands by providing training, technical assistance and \$260,000 in financial awards.
- » The Organizational Excellence Awards recognize high performing partner agencies in the Midlands and provide unrestricted funding to them.

Education Initiatives

United Way believes education is the cornerstone of individual and community success. It's essential to getting and keeping a job with a livable wage and health benefits. And it's fundamental to a community's economic prosperity: a well-educated workforce attracts world-class jobs. United Way works to increase quality child care, ensure that children are ready for school and that students graduate on time.

Results are Changes in People

Here are some of the changes United Way made in the lives of Midlands residents in Education in 2008:

- » Supported a one-on-one match for 386 at-risk youth with a caring volunteer and increased their immediate support system.
- » Provided tutoring to 3,942 at-risk students, after which 72% improved their grades and 76% were promoted to a higher grade or graduated.
- » Increased knowledge of child development and child abuse prevention for 51 families.
- » Helped 38 families improve parenting skills, decrease family conflict and decrease child abuse and neglect.
- » Helped more than 1,000 at-risk youth have access to a caring adult mentor through scouting and achieve success in school by advancing to the next grade level.
- » Provided 43 adults pre-employment training classes.
- » Increased parental involvement in school and extracurricular activities for 3,429 students.
- » Provided adult literacy training for 141 individuals, 70% of whom demonstrated an improvement in reading, writing and grammar skills over a 12-month period.
- » Provided access to high quality child care to 20 families at risk of school failure.

Christopher's Story

Christopher is a well-mannered, sensitive young student who is diagnosed with lower level ADHD. He was struggling in school. His mother worried that without positive role models he could fall further behind and fail in school. Because of a Community Impact grant from United Way of the Midlands, she found a volunteer mentor, Brett, and he has made a tremendous difference in Christopher's life. Brett helps him with homework, works with Christopher's mother to navigate school issues and spends time just being Christopher's friend. Mentoring can influence many outcomes in a child's life including improved grades, school attendance and attitude which helps keep a child on track to graduate.



Child Care Resource and Referral (CCR&R) helps parents take the guesswork out of choosing quality child care, improves the quality of child care, and builds the supply of child care in the Midlands.

- » **CCR&R gives parents referrals** to local child care providers, information on state licensing requirements, availability of child care subsidies, and other pertinent information. Through workshops, telephone assistance, a Resource Library, and newsletters, CCR&R reaches out to parents with trusted, local information that enables them to make informed choices about all aspects of care for their children.
- » **CCR&R improves the quality of child care** by providing professional development opportunities to child care providers and staff.
- » **CCR&R builds the supply of child care** by providing an entry to the child care field, helping providers meet licensing requirements and become informed on health and safety, business practices, and child development.

United Way Funded Education Programs	
Mentoring Programs	\$123,367
After School Programs	\$275,000
Youth Tutoring	\$75,000
Drop-Out Prevention	\$125,000
Scouting	\$105,578
Adult & Family Literacy Education & Employment Training	\$202,340
Early Childhood Care & Education	\$269,998
Health Education for Seniors	\$35,000
United Way Special Initiatives	
Child Care Resource & Referral	\$166,548
Vital Connections of the Midlands	\$64,552
2008-09 Education Total: \$1,442,383	

Income Initiatives

United Way of the Midlands focuses on financial stability to help lower-income individuals and families increase and maximize their income in order to meet daily expenses, as well as to begin the longer-term process of saving and building assets. As many as 70,000 people in the Midlands do not earn enough money to meet their basic needs. These individuals are walking a financial tightrope — they are barely able to get by, with no ability to save for college, a home, or for retirement.

Mrs. Smith's Story

Mrs. Smith and her two sons were referred to a Community Impact grant-funded program in 2006. She came to an emergency shelter to escape an abusive relationship.

Mrs. Smith was working and moved into transitional housing on-site at the shelter. While in the program, she met all requirements, such as employment, addressing personal credit, and maintaining a budget.

Mrs. Smith continued to work closely with her case manager to address her personal goals. She knew she needed to increase her income and began searching for new employment. In June 2007 she found a job that increased her wages and started taking classes at a local college; majoring in nursing.

In 2008 Mrs. Smith was referred to a faith-based permanent housing program that assists low-income families in obtaining permanent housing with an option to purchase.

How does United Way of the Midlands promote financial stability?

Volunteer Income Tax Assistance (VITA) & Earned Income Tax Credit (EITC) Outreach: Earned Income Tax Credit (EITC) is a federal income tax credit available to working individuals and families. It is the nation's largest and most effective program to raise individuals and families to or above the poverty line. However, it is estimated that up to 15-20% of eligible EITC refunds go unclaimed each year. In 2008, United Way of the Midlands managed the Volunteer Tax Assistance (VITA) program at sites hosted by community partners and returned almost \$1 million to the Midlands community.

Individual Development Accounts: This Community Impact grant will assist 28 low to moderate-income families in purchasing assets such as a home, business, or education by matching their savings 1:2. Participants must complete financial education and asset-specific training to be eligible for the program.

The Financial Education and Counseling Program is designed to assist individuals in improving their financial skills and knowledge through free individual counseling and four-week class sessions. This Community Impact grant will provide 1,100 hours of education and counseling to 360 people, resulting in increased financial stability in individuals and families.

What is the Workforce Investment Act?

United Way of the Midlands provided match funds to secure a grant contract from the Midlands Workforce Investment Board providing a \$23:1 return on investment. This program assists adults and dislocated workers eligible under the Workforce Investment Act (WIA) to achieve long-term economic self-sufficiency by gaining

United Way Funded Income Programs	
Achieving Financial Stability	\$330,000
Permanent Housing for People with Mental Illness	\$75,000
United Way Special Initiatives	
Workforce Investment Act	\$3,979,056
2008-09 Income Total: \$4,384,056	

and retaining stable employment. Community Impact provides supplemental funding for a variety of supportive services such as child care, transportation, emergency health care and job-related needs. In 2007-08 the program served 2,125 adults in Fairfield, Lexington and Richland counties.

