



The *Camino/UNCC Communiversity*. A campus-community partnership for health

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“Equipping People to Live Healthy, Hopeful, and Productive Lives”

Camino Community Center has passionately served low-income families, individuals, and the homeless with respect and love.

Since 2004



WE SERVE



Making a difference

Providing holistic health, in body, mind and spirit, to over 20,000 people annually.



CENTER HOURS



Bethesda Clinic:

Tuesday, Wednesday, Thursday
9:00am to 6:00pm



Community Thrift Store:

Tuesday thru Saturday
10:00am to 8:00pm



Food Pantry:

Tuesday 3:30pm to 6:30pm
Friday 9:30am to 2:00pm



Homeless Ministry:

Every other Saturday
3:00pm to 7:30pm

Zumba Classes:

Monday & Wednesday 7:00pm
Tuesday & Thursday 10:00am

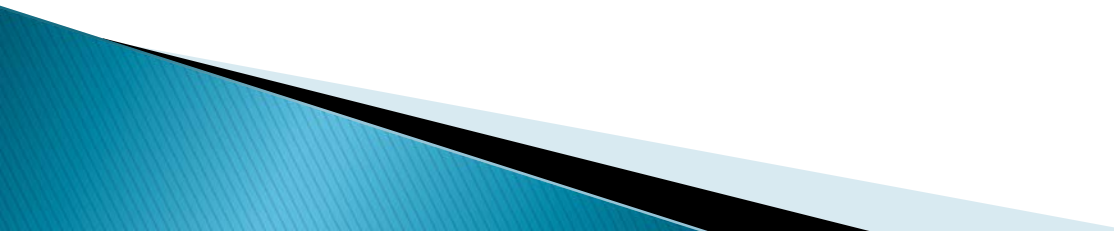
Promoting Fitness and Health Through Partnership



PARTNERS AND SPONSORS



3 points about health

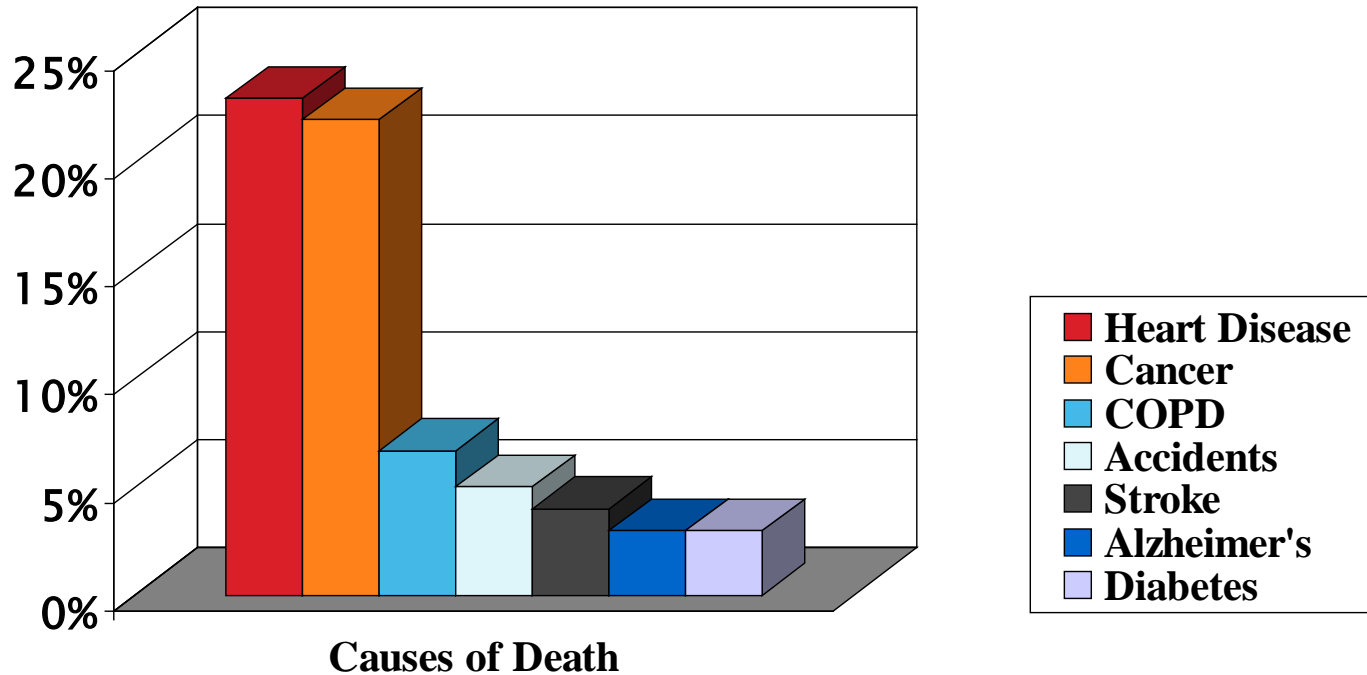
1. Health is normal – disease is preventable
 2. Health is a social outcome
 3. Students and faculty can directly improve community health
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1. Health is Normal, *(Disease is Not Normal)*

Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) estimate . . .

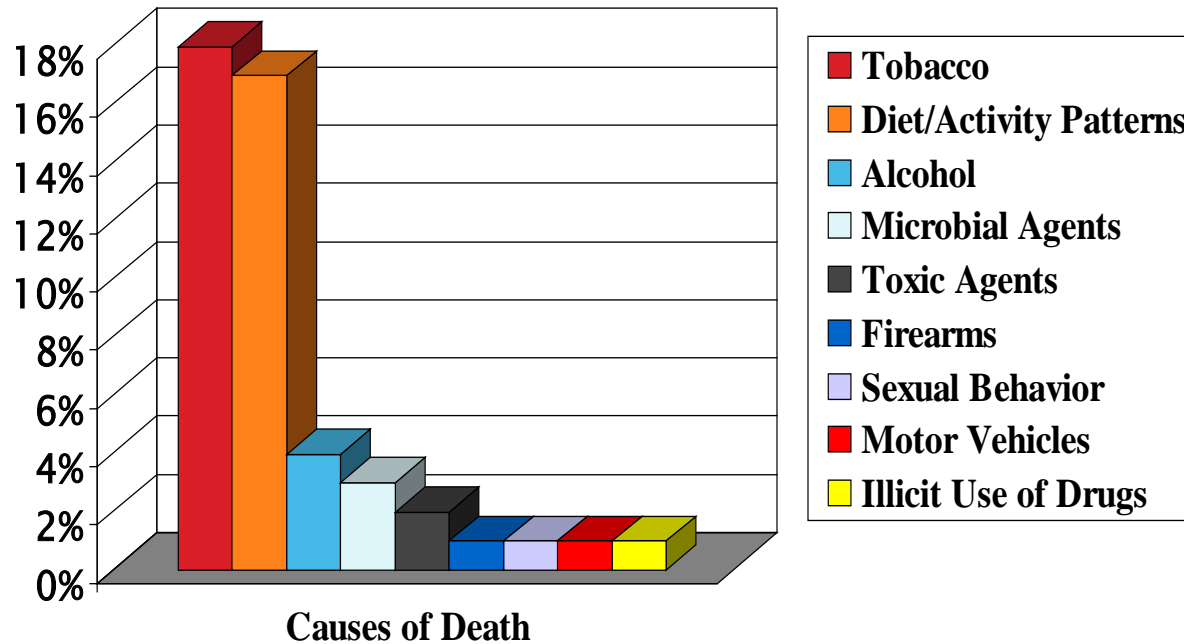
80% of chronic disease (e.g. heart disease, cancer, asthma, obesity, hypertension, diabetes, and mental illness) is preventable!

Factual Causes of Death



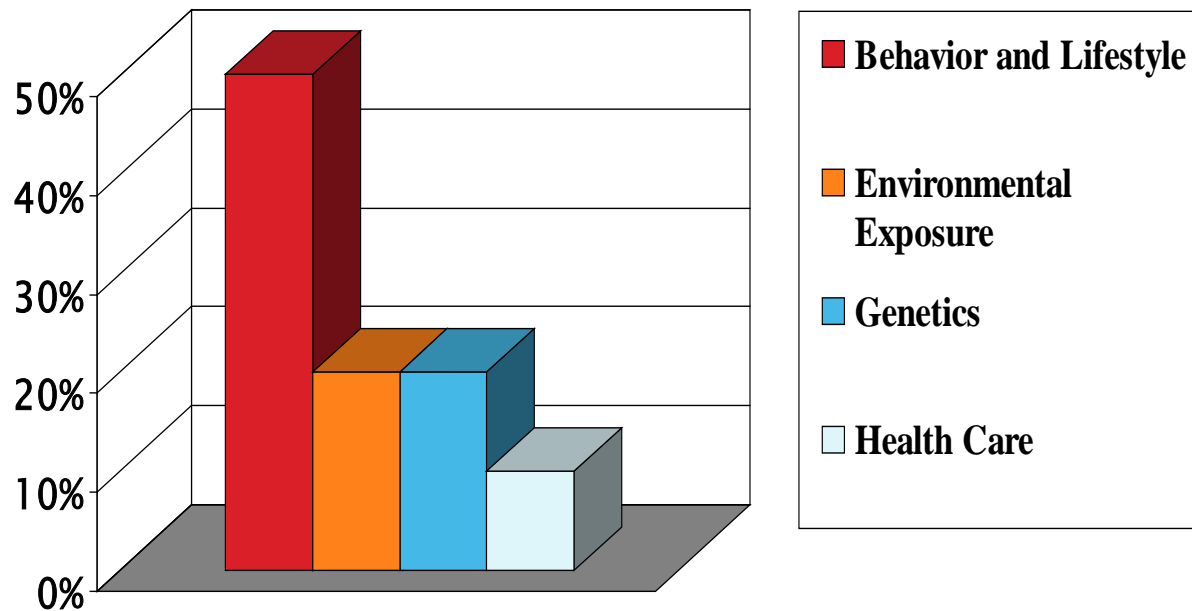
Leading Causes of Death, 2015; www.cdc.gov.

Actual Causes of Death



Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA 2004; 291(10): 1238 – 1246.

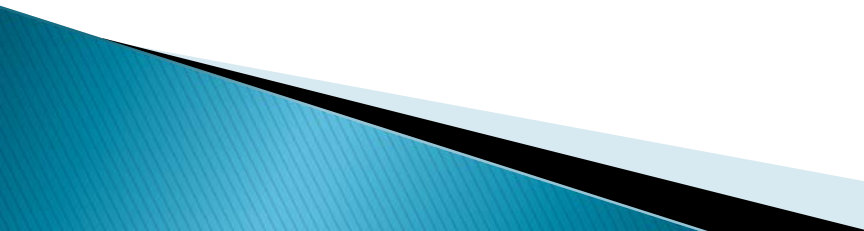
Determinants of Health



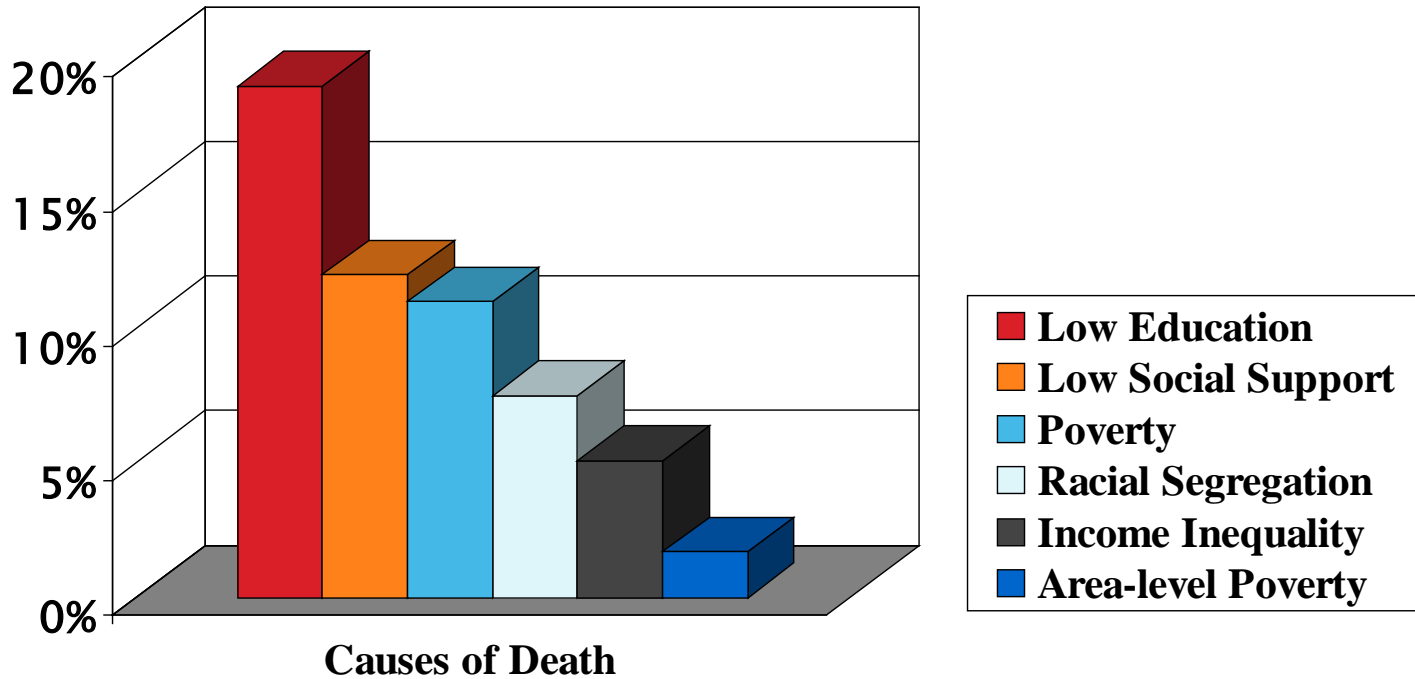
Lee and Paxman. "Reinventing Public Health." *Annual Review of Public Health* 18: 1-35, 1997.

2. *“Minorities and those with low socio-economic status (SES) suffer from social inequities that lead to health inequities”*

(DeHaven and Gimpel, Reaching Out to Those in Need: The Case for Community Health Science. Journal of the American Board of Family Medicine, 2007.)

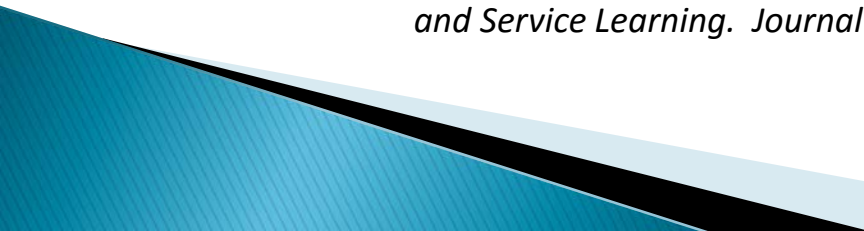


SES Causes of Death



3. Students and faculty benefit from “hands-on” research and education *in partnership with communities . . .*
. . . and the community’s health also improves

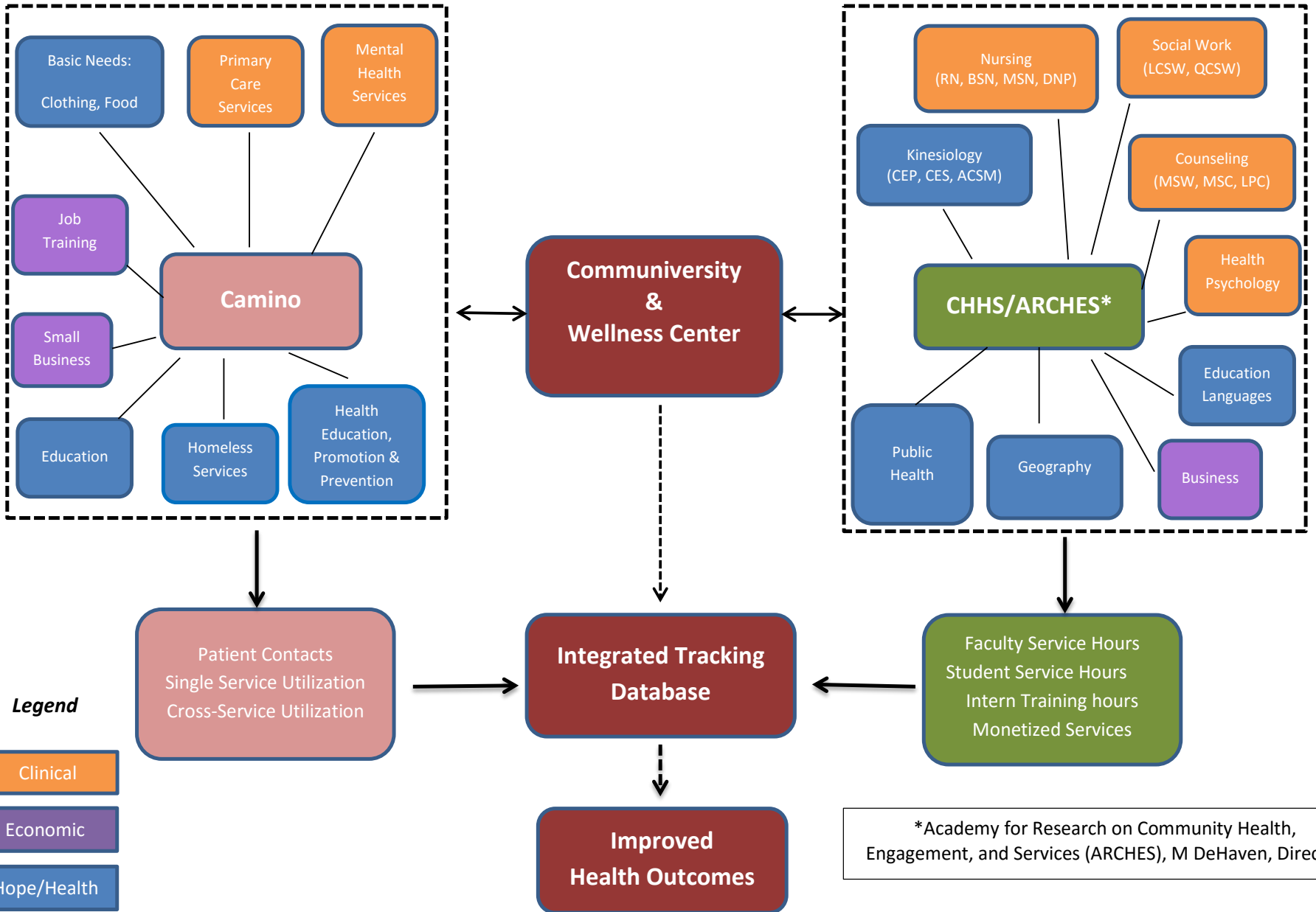
(DeHaven M and Gimpel N, Reaching the Underserved through Community-Based Participatory Research and Service Learning. Journal of Public Health Management Practice, 2011)



Camino/UNCC Communniversity & Wellness Center

“Improving Community Health and Wellness Outcomes”

PHASE I



Tu no estás solo (You are not alone)

- 14 week Spanish–language mental health counseling program
- UNCC counseling, health psychology, social work students and faculty supervision
- Pilot study (N=79) – only 20% discontinued (most family, work, travel)
- Depression Anxiety Stress Scales (DASS):
 - stress improved – from 11.4, “severe” to 6.5, “normal”
 - depression improved – from 7.6, “moderate” to 6.1 “mild”
 - anxiety improved – from 8.8, “severe” to 5.5 “moderate”



ARCHES Communiversity Community Action Research Scholars (CARS) “Driving Community Compassion”

- *Undergraduate and graduate student training in the social determinants of health*
- *Complete community service–learning and research experiences*
- *Certificate of Knowledge in Community Health*
- *Next training: March 24, 2017, Noon – 5 PM, CHHS 128*
- *Contact:*
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Mark DeHaven (mark.dehaven@uncc.edu)



***2017 Latinx
Mental Health Summit***

April 20–21, 2017

<http://oeo.uncc.edu/lmh>



Thank you so much!!!

