



Welcome to the Webinar

Collaborating to Control Asthma in Chicago's Public Housing Using Community Health Workers

Featuring:

Melissa Gutierrez Kapheim, Epidemiologist
Sinai Urban Health Institute, Sinai Health System

Andy Teitelman, Vice President
Resident Services, Chicago Housing Authority

Thursday, May 16, 2013

Webinar 2:00 – 3:00 p.m. EDT

Live online Q&A 3:00 – 3:30 p.m. EDT on AsthmaCommunityNetwork.org

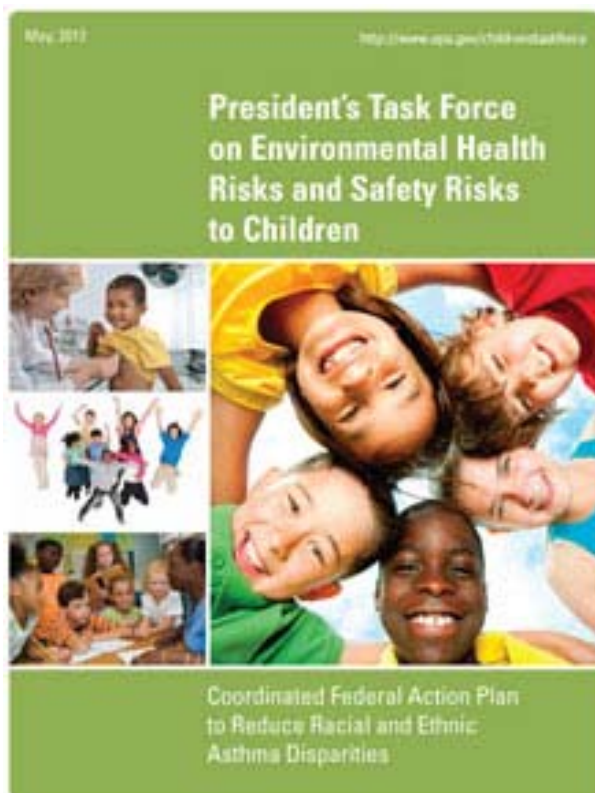


Today's Webinar

Proven Results **Public Housing**
Comprehensive Home Interventions
Coordinated Care
Effective Collaboration
Resident Community Health Workers
Program Evaluation

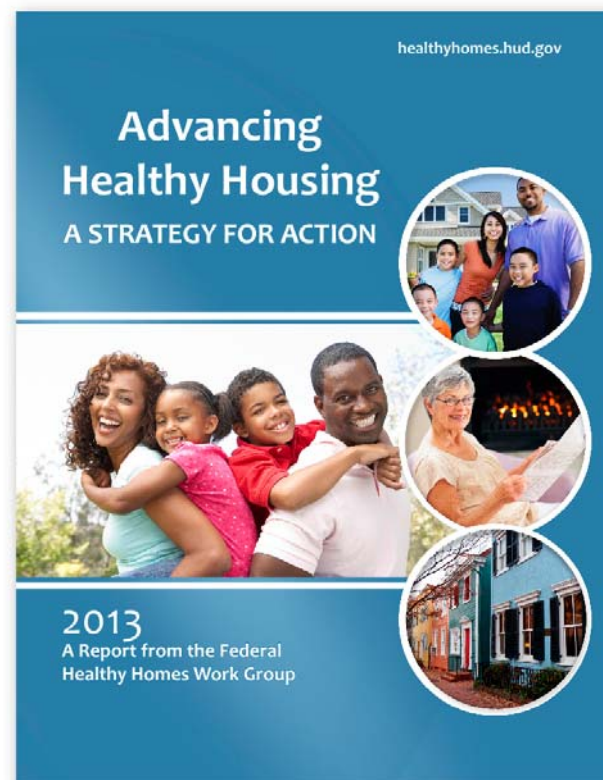


Reducing Asthma Disparities



Coordinated Federal Action Plan to Reduce Racial and Ethnic Asthma Disparities

http://www.epa.gov/childrenstaskforce/federal_asthma_disparities_action_plan.pdf



Advancing Healthy Housing: A Strategy for Action

http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/advvh



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Environmental Asthma Triggers

Partnerships
Program Evaluation
Home Visits
Community Health Workers
Disparities
Reimbursement

New Podcast Series!
Asthma Community Network
– Conversations for
Advancing Action
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 **Welcome to Asthma CommunityNetwork.org!**
I'm Tracy Washington Enger with the U.S. Environmental Protection Agency (EPA). You are joining hundreds of others today in coming to this site. Together, we are a virtual community that is passionately committed to reducing the burden of asthma in communities across the country. This is a place to accelerate what's working – come to this site to share wisdom and your program's best resources. to

NEW RESOURCES

- 5/2/13 **Boston Smoke free-homes website**
- 5/2/13 **Safe Cleaning for people with asthma-Somali**
- 5/1/13 **Safe cleaning for people with asthma-Mandarin**

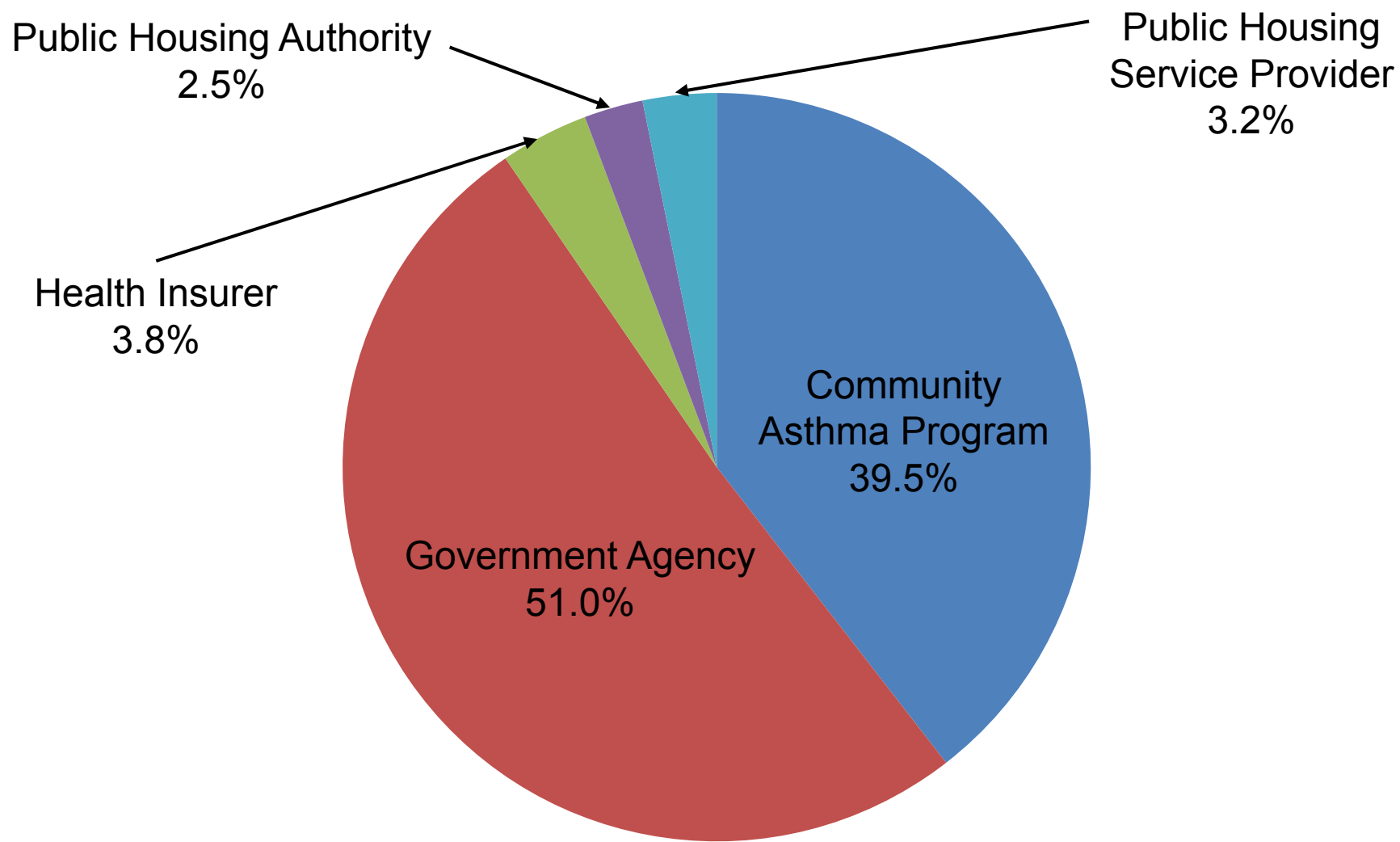
[>>more from the forum](#) [>>post to the forum](#)

network.org/node/10949

Share. Learn. Connect.

Poll 1

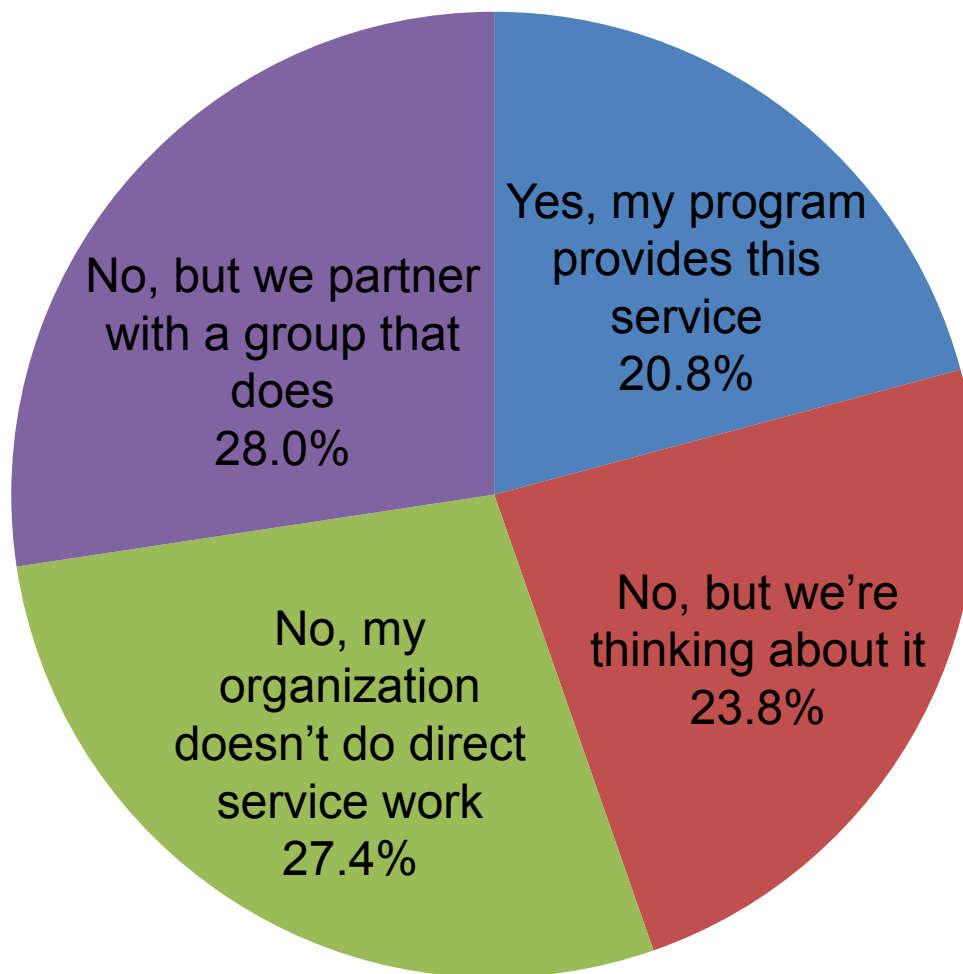
What type of organization do you represent?





Poll 2

Does your program currently offer asthma education services in public housing?



Addressing Asthma in Chicago's Public Housing: A collaborative model integrating a community-based asthma intervention into a large public housing authority

Melissa Gutierrez Kapheim, MS
Sinai Urban Health Institute

Andrew Teitelman, LCSW
Chicago Housing Authority

May 16, 2013

Outline

- Sinai Urban Health Institute (SUHI)
 - Asthma Epidemiology
 - Sinai Asthma Program Background
- Chicago Housing Authority (CHA)
 - CHA Plan for Transformation
 - Benefits of Collaborating with a Healthcare Organization
- Helping Children Breathe and Thrive in Chicago Public Housing
 - Intervention and Program Description
 - Public Housing Residents as Community Health Workers
 - Preliminary Outcomes
 - Case Story
- Lessons Learned and Challenges
- Next Steps



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Sinai Urban Health Institute



- Located in Chicago, IL
- Part of Sinai Health System
- Founded in 2000
- Sinai Model
 - Collect & analyze data
 - Disseminate findings
 - Develop interventions
 - Vigorously evaluate the intervention
 - Involve the community at every step of the process



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Epidemiology of Asthma



- Asthma is the most common chronic condition of childhood
 - 10.1 million children (14% of children <18 yrs) in the U.S. have asthma (NHIS 2010)
- In the U.S., disparities are known to exist
 - Puerto Rican 26.8%
 - Black, non-Hispanic 21.2%
 - White, non-Hispanic 12.1%
 - Mexican 10.7%
- Inner-city, minority children experience a disproportionate asthma burden
 - Prevalence approaches 25% in some Chicago communities
 - Mortality and morbidity rates higher in inner-city, minority communities
- Asthma rates among federal assisted housing residents are twice the national rate

Four Successful Previous Asthma Interventions

- Pediatric Asthma Intervention 1 (Michael Reese Health Trust) 2000-2004
- Pediatric Asthma Intervention 2 (IDPH) 2004-2006
- Controlling Pediatric Asthma through Collaboration & Education (IDPH) 2006-2009
- Healthy Home, Healthy Child (CDC) 2008-2011

•Karnick P, Margellos-Anast H, Seals G, Whitman S, Aljadeff G, Johnson D. The Pediatric Asthma Intervention: A Comprehensive Cost-Effective Approach to Asthma Management in a Disadvantaged Inner-city Community. *Journal of Asthma* 2007; 44:39-44.

•Margellos-Anast H, Gutierrez, M, Whitman S. Improving Asthma Management among African American Children via a Community Health Worker model: Findings from a Chicago-based pilot intervention. *Journal of Asthma* 2012; May 49(4): 380–389.

•Margellos-Anast H, Gutierrez M. Pediatric Asthma in Black and Latino Chicago Communities : Local level data drives response. In Whitman, S. Shah, A. Benjamins, M. *Urban Health: Combating Disparities with Local Data* (247-284) Oxford University Press, 2010.

Chicago Housing Authority (CHA) Background

Beginning 1999, CHA embarked on a 15 year Plan for Transformation to revitalize/rehab 25,000 units of public housing with substantial capital funding commitment from HUD



CHA Today

- Third largest public housing authority in US
- More than 50,000 families with subsidies
- Improved quality of housing stock
- Increased resident incomes and employment
- **Better access to community and supportive services**



CHA Moving Forward

After a robust stakeholder input session, CHA's new strategic plan includes three key goals:

1. Reimagine the final phase of the Plan for Transformation, coordinating public and private investments to develop healthy, vibrant communities.
2. Ensure that CHA's housing portfolio is safe, decent and sustainable.
3. Expand services to more residents, targeted to their needs, and at critical milestones in their lives.



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Resident Services at a Glance

Case Management and Housing

Counseling Assistance

Workforce Development Services and Supports

- Basic job training and placement services
- Bridge Programs
- Career and Technical Education at City Colleges
- Transitional Jobs
- Opportunity Chicago

Children and Youth Services

- After School Programming
- Summer Opportunities – Camps and Jobs
- Dual Enrollment program with City Colleges
- Scholarships
- Links to Early Care and Education programming (Child Care, Head Start & Pre-K)
- Recreation Activities at the Chicago Park District
- Operation Warm Coat Give Away

Other Supports

- Substance Abuse Treatment
- Utility Assistance
- Transportation
- Workforce Clothing/Uniform Assistance
- Good Neighbor Workshops
- Assistance Finding Child Care
- **Access to Healthcare**

CHA invests over \$26 million in contracts for services for public housing residents.¹⁵

Benefits of Collaborating with a Health Organization

- Addresses a serious issue: good health is an essential ingredient for success in school, work and tenancy
- Strong fit with HUD Strategic Plan:
 - Utilize housing as a platform to improve the quality of life
 - Utilize HUD assistance to improve health outcomes
- Provides a platform for the Housing Authority to connect and build relationships within the health industry in order to benefit residents
 - Establishes a forum for on-going and updated information
 - Provides input regarding policies, programs and models
- Leverages resident employment opportunities in healthcare

Helping Children Breathe and Thrive in Chicago Public Housing (HCBT)

A Healthy Homes Partnership

April 2011– July 2013



Helping Children Breathe and Thrive in Chicago Public Housing



- Funded by the Department of Housing and Urban Development (HUD)
- Based on the framework of Sinai's established CHW home visit asthma program
- Translates healthy homes asthma model in six Chicago public housing developments
- Collaboration began with joint input to proposal
- Utilizes a coordinated approach, working with the Chicago Housing Authority to engage building managers, *FamilyWorks* (CHA case management program), and resident participation

Intervention

- Community Health Workers (CHWs) are at the heart of the intervention
- Provide comprehensive, individualized asthma education
 - Focusing on medical management (e.g., recognizing and responding to attacks, medication adherence and techniques)
 - Trigger reduction in the home environment
- CHWs link participants with medical and social services

Hiring & Training CHWs

- CHWs are recruited from the CHA properties
 - No previous asthma knowledge required
 - Passion for working with community members
 - Accessed candidates through CHA's resident workforce development process
- 75 hour training conducted by the Sinai Asthma Education Training Institute
 - Asthma Overview, Asthma Triggers/Environmental Assessment, Self- Management, HIPAA and Data collection
- Shadowed teaching and demonstration of competency prior to independent teaching
- Random shadowing and evaluation throughout intervention

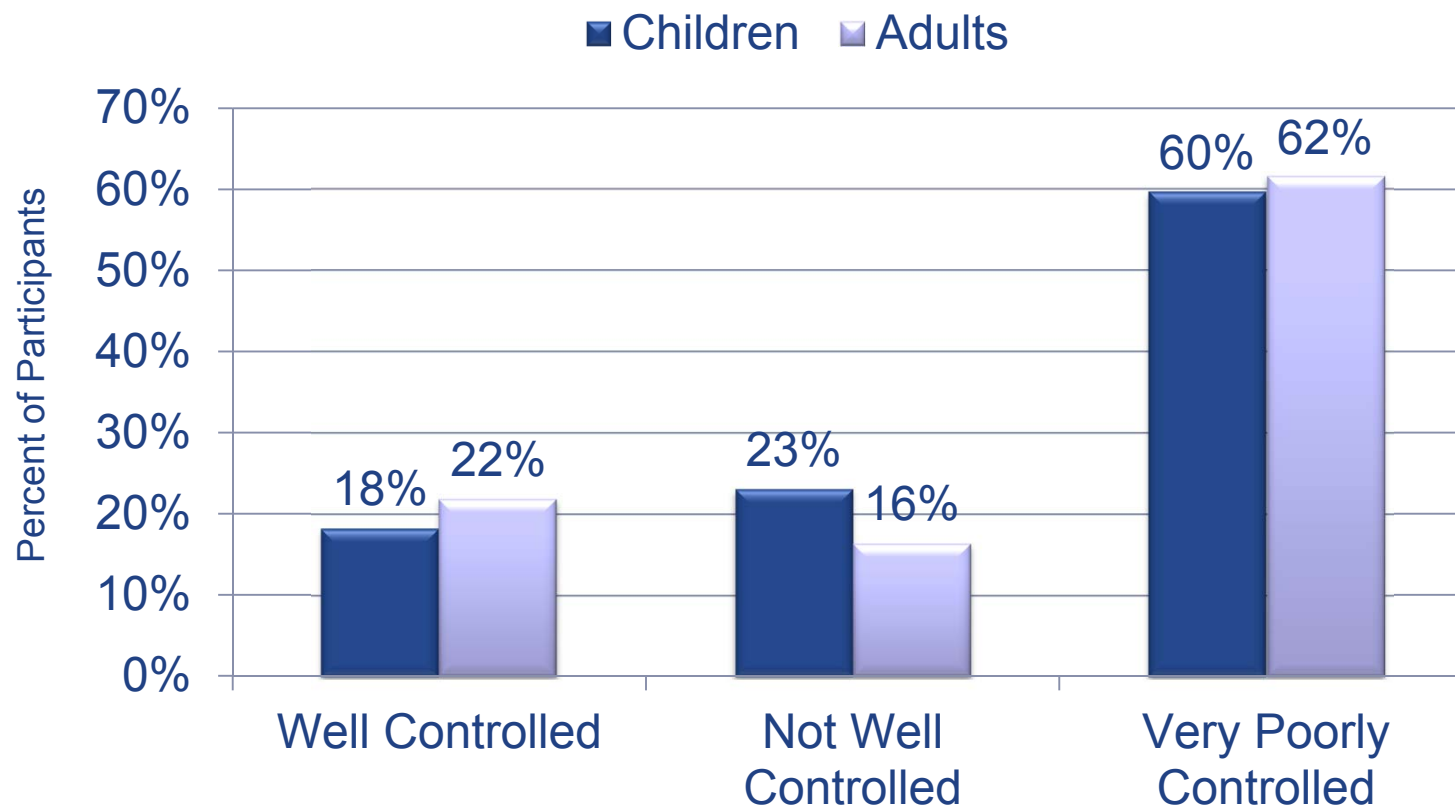
Participant Recruitment

- Extremely challenging
 - Learning curve: resident communication and access – coordination with Housing Authority is essential
 - Partnered with CHA Case Managers and Property Managers
 - Added four additional CHA sites
- Identified a lot of adults with asthma
 - Children: 1 year intervention with 5- 6 home visits
 - Adults: 6 month intervention with 3-4 home visits
- Eligibility Criteria
 - Have asthma and live in one of six properties

Program Completion to Date

- Adults (6 Month Intervention)
 - 73 adults enrolled
 - 73% (n=53) completed intervention to date
- Children (1 Year Intervention)
 - 85 children enrolled
 - 80% (n=68) completed through 6 months to date
 - 29% (n=25) completed year intervention to date
- Lost to Study: 19%

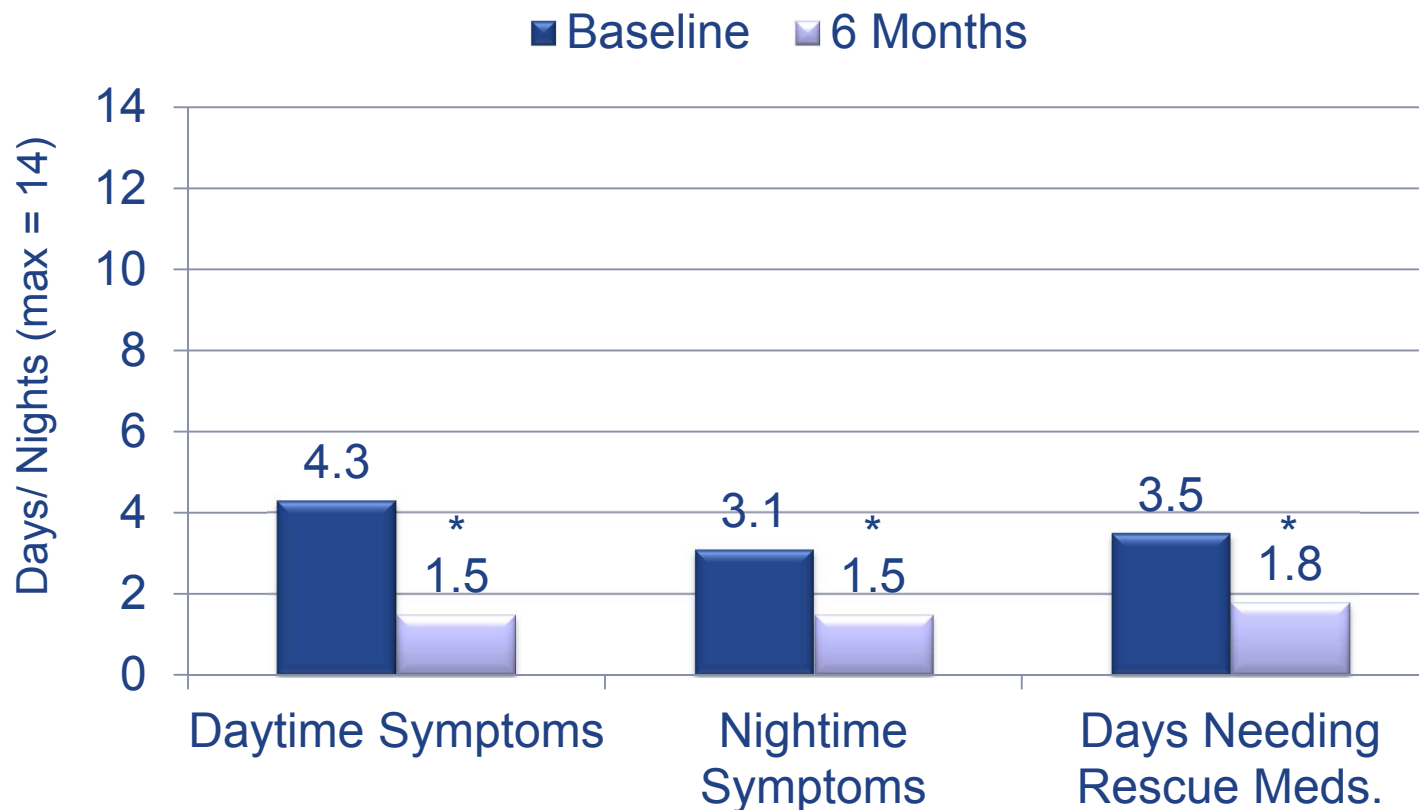
Baseline: Asthma Control* (N=158)



* Based on the NHLBI Asthma Guidelines

Preliminary Outcomes: Asthma Symptoms

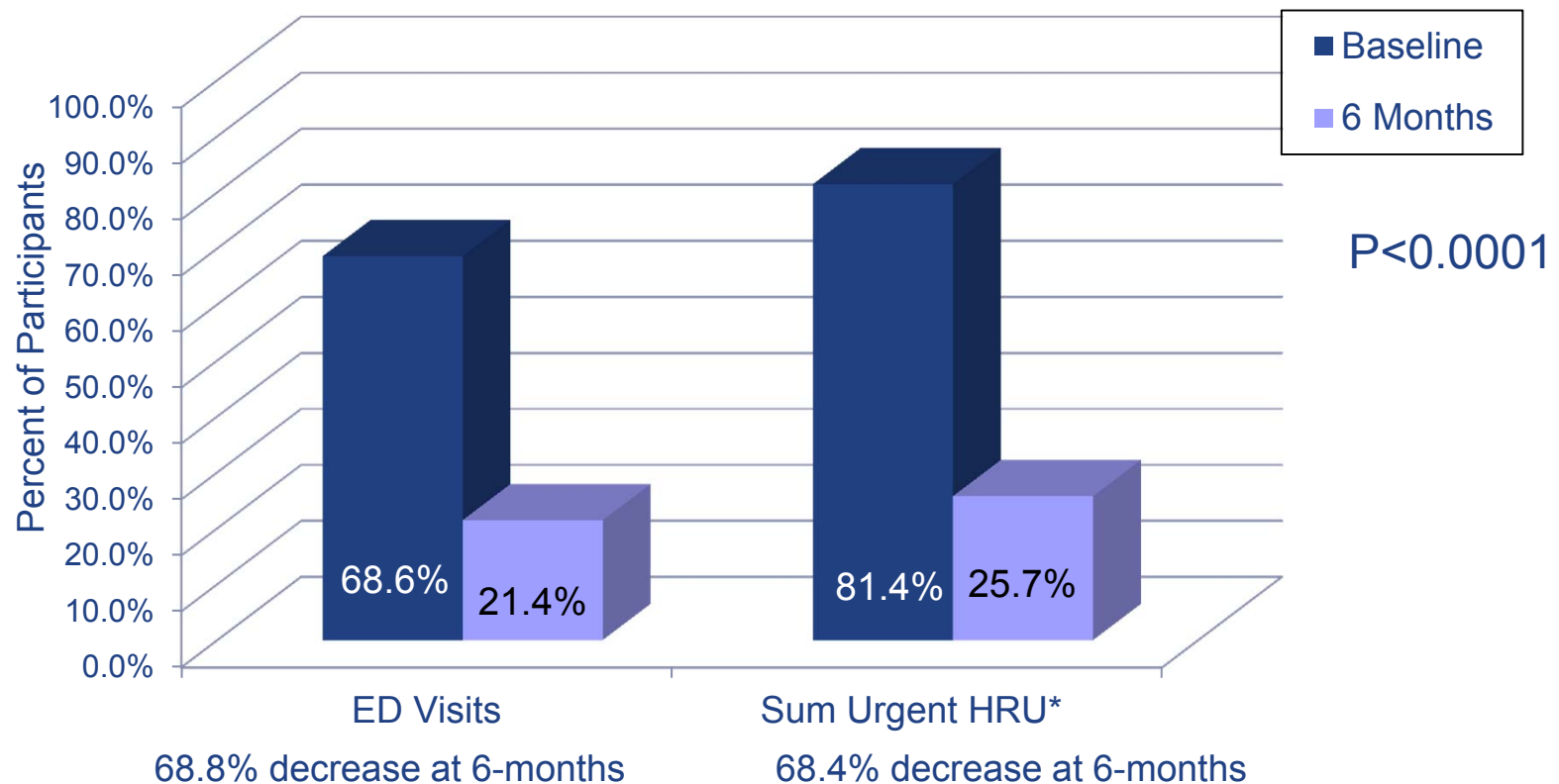
Symptom Frequency in the Past 2 Weeks at Baseline vs. Average Over 6-month Follow-up for Children and Adults N=121



* Statistically significant difference ($p < 0.05$) per Wilcoxon signed-rank non-parametric test

Preliminary Outcomes: Health Resource Utilization

Percentage of participants who experienced any (≥ 1 versus none) ED visits and sum urgent health resource utilization at baseline compared to 6-months for children and adults with uncontrolled asthma (N=70)



* Sum Urgent Health Resource Utilization (HRU) = sum of all ED Visits, Hospitalizations, and urgent clinic visits due to asthma

Preliminary Outcomes: Asthma Triggers

	Baseline	6 Months
Pest s		
Evidence of mice	25%	50% ↓
Evidence of roaches	10%	N/C
Mold/Moistur e		
Feels moist or damp	23%	38% ↓
Visible mold	20%	N/C
Smoking		
Live with a smoker	47%	N/C
Adult/ caregiver smokes	30%	N/C

Housing Referrals

- Collaboration with *FamilyWorks*, CHA, and property management to develop system of reporting participant housing issues.

To date:

- 23 homes referred with 53 different issues
- 15 homes have had issues resolved
 - 40 total issues have been resolved
 - Moldy carpeting removed, large cracks and holes filled where rodents and pests were entering, mold from water damage abated, bed bugs
- Results: Participants reported improved asthma symptoms and improved overall quality of life



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Case Story



Who: Child age 8

What: 12 month asthma and healthy homes intervention

Problem: asthma symptoms of coughing and wheezing, child not using medications as prescribed, asthma trigger of excessive mold found in home

Resolution: CHW educated family on proper asthma medication usage and administration and worked with FamilyWorks Case Manager and Property Management to tear out moldy carpet

Participant: “I thank you for all of your hard work and the effort you put forth in not only educating us about Asthma and the importance of using safe cleaning products, asthma inhalers and allergy triggers, but improving our overall quality of life at home.”



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Program Completion Certificates



Lessons Learned & Challenges

- Community Health Workers
 - Quickly and effectively establish relationships of trust with the families that they serve
 - Effective hiring and training processes are essential
 - Support & mentoring of CHWs is vital to success
 - Hire CHWs for skills only they can bring (cultural sensitivity, community connections, etc.). May need support in other areas (e.g., paperwork, managing a case load, computers)

Lessons Learned & Challenges

- Participants
 - Economic hardship and competing priorities
 - Multiple caregivers - important to reach all of them
- Compliance
 - Smoking cessation is complicated - try smoking reduction
 - Medication adherence is a key factor to improved asthma, but with many barriers
 - Management companies have a process to modifying the home environment

Lessons Learned & Challenges

- Collaboration

- Collaboration takes time and commitment:
 - Purpose and focus must be on attaining better outcomes: (“Win-Win”)
 - Learning/fine tuning collaboration should be a transparent process
- Two cultures – housing and health
 - Coordinating two established processes
 - Requires learning new language and systems
 - Finding key players to work with is essential to success
- Steps to effective collaboration
 - Plan for structured communication and meetings
 - Leverage established processes and people
 - Open and thorough communication from the beginning is key
 - Remain sensitive to residents’ individual needs while being sure to follow established protocols



Tips for a Health organization interested in engaging a Public Housing Authority



- Clarify roles:
 - The Health organization is the care expert
 - The Housing Authority is the "guide" to resident access and will know the best approach to engagement and to requesting unit improvements
 - Ask the Housing Authority to help you understand the on-going roles of resident leadership, property management and other services in order to leverage their help as stakeholders
- Don't work outside the Public Housing Authority's system
-- allow the system to do the work for you!
- Bring all stakeholders together early on to have open discussions of how the program can best serve the residents (if possible begin these discussions at the time a proposal is being written)
- Successful partnerships take time: be prepared to invest₃₃ time over the course of the program

Next Steps in this Initiative

- Children and adults continue to complete 12 and 6 month interventions respectively
- Continue to collaborate with CHA, *FamilyWorks*, and management companies to best assist participants/residents
- End of program event to be held in June, 2013
 - all program participants, staff and program partners
- Look for additional funding opportunities
- Share lessons learned and successes with others!!



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It takes a village...



CHICAGO HOUSING
AUTHORITY™



Acknowledgements

- **Participants and their families!**
- **Chicago Housing Authority Team:** CHA Resident Services and Asset Management Teams, plus local Building Managers and Service Providers
- **Sinai Team:** Kim Artis, Jeanette Avila, Kathaleen Hadley, Helen Margellos-Anast, Jessica Ramsay, Dennis Vickers, Steve Whitman
- **Funders:** Department of Housing and Urban Development – Office of Healthy Homes and Lead Hazard Control
- **Partners:** Chicago Housing Authority, Chicago Asthma Consortium, Sinai Children's Hospital, Sinai Community Institute



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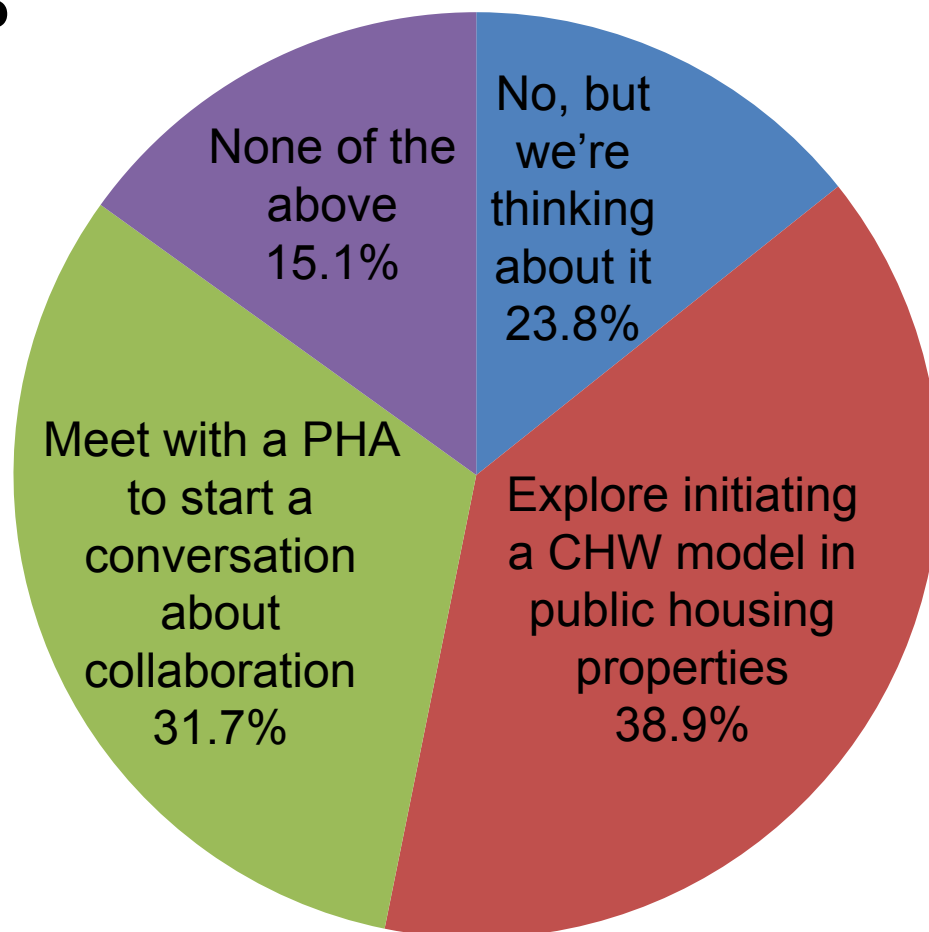
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Poll 3

Based on what you learned in the webinar, which of the following actions will you prioritize for your program?





More Resources

- Join www.asthmacommunitynetwork.org today!
 - Create a **Program Profile** highlighting your mission.
 - Find other **Programs** in your region.
 - Check out tools and resources others may find useful in addressing asthma to the **Resource Bank**.
 - Listen to the new **Podcast Series: Asthma Community Network – Conversations for Advancing Action**.
 - Use the **Asthma Change Package** to achieve breakthrough improvements in community asthma care.
 - Attend Asthma Awareness Month events shared on the **Events Calendar**.
 - Access archived **Webinar materials**.
 - Pose questions to Melissa and Andy in the **Discussion Forum** during the Q&A Session.



Conclusion of the Webinar

Collaborating to Control Asthma in Chicago's Public Housing Using Community Health Workers

Moderator: Katrin Kral, U.S. Environmental Protection Agency

Presenters:

- **Melissa Gutierrez Kapheim**, MS, Epidemiologist, Sinai Urban Health Institute, Sinai Health System
- **Andy Teitelman**, Vice President, Resident Services, Chicago Housing Authority

The Live Question and Answer Session for this webinar is now finished.

To view the Question and Answer Session for this webinar, go to:

<http://www.asthmacommunitynetwork.org/forum/142>