to change a thing e in form, nature, , transmute, coninto a different e, or function.



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e, transmute, convert, transmogrny, transm nto a different thing. **transform** implies a r pr function. Transformation. **transform**, meta ert, transmo char SIL hing. transf npli ajor ne ge in f a r m ransform orn orm. r onvert, transmogrify, transfigure mear





Transforming Health Transforming Community

**Annual Report** 





Our Mission:

To provide high quality, holistic and sensitive care to meet the healthcare needs of our community, where every person is honored with loving service.

614-235-5555

#### 2 Transforming Health. Transforming Community.

## From the CEO

A wise man by the name of Mr. Fred Rogers once gave a piece of timeless advice: "Find the helpers." And following Mr. Rogers' words, I found them—in Heart of Ohio Family Health Centers' staff.

My first year as CEO at Heart of Ohio Family Health has been challenging. The Franklin County community is in the throes of one of the worst opioid crises' in the United States; the infant mor-

tality rate continues to increase in Columbus; and the patients we serve are more likely to be foreign-born, non-English speaking, minority, have higher unemployment, lower educational level, and a greater degree of poverty than the rest of the county.

Eighty-five percent of our patients are at or below double the federal poverty level, 81% are a minorities, and 36% do not speak English. These are obstacles that can make the healthcare process almost impossible were it not for the passion of our staff.

Our staff go the extra mile—even when it isn't the most profitable option. Whether it's providing addiction counseling and resources to the addict or cutting edge prenatal care to the newly pregnant immigrant, our staff provide quality healthcare services that *transform* the health of our patients.

Our organization continues to grow thanks to the support of the community. Our staff works here because they want to help, and they are making a difference. Thank you for helping them *transform* our community.

Sincerely,

Dr. Buhari Mohammed, CEO



### **Transforming Community**



Over the last seven years, Heart of Ohio has been *transforming* our community garden with members of the local community. People from all walks of life come together to build a sense of community, as well as cultivate delicious vegetables.

The garden is especially popular among Columbus' large Bhutanese immigrant population, who use the garden not only as a way to grow food, but also as a way to build community far from home.

In addition to gardeners, we have several groups of volunteers from community busi-

nesses and organizations who help with clean up and improvement projects each year.

The garden is a great and affordable way to bring the diverse community of Franklin County together to cooperate and work toward a common goal.







### **Our Services**

Primary Medical Care  $\circ$  Obstetrics and Gynecology  $\circ$  Diagnostic Laboratory  $\circ$  Interpretation  $\circ$  CenteringPregnancy<sup>®</sup> Care  $\circ$ Patient Education  $\circ$  Screening Mammograms  $\circ$  Pediatric Services  $\circ$  Substance Use and Mental Health Counseling Services  $\circ$ Community Garden  $\circ$  and other Enabling Services to nearly 9,000 patients per year.



## **Transforming Community**

This year, Heart of Ohio Family Health began an important collaboration with Whitehall Division of Fire, Division of Police, and Maryhaven Addiction Stabilization Center, to implement a ground-breaking opioid addiction treatment program in Franklin County: SAFE (Stop Addiction for Everyone) Station Program.

The program allows people 18 and older a safe and discreet place to go and ask for help with their addiction. U.S. Surgeon General Jerome Adams called the initiative "one of the best programs in the country for lowering stigma and enabling recovery." 4 Transforming Health. Transforming Community.









# **Transforming Health**

Heart of Ohio Family Health's Community Health Worker Program works to reduce Franklin County's devastating infant mortality rates and racial disparities. In Columbus, a black infant is 2.5 times as likely to die before its first birthday as a white infant.

Thanks to funding from the Ohio Department of Medicaid, our Community Health Workers visit expecting and new mothers in their homes to provide resources and important education. Community Health Workers link patients to necessities like cribs that can affect the health and safety of the child.

Additionally, Community Health Workers help to ensure that babies attend well visits and receive life-saving immunizations, as well as encourage new moms to attend post-partum visits and other preventive care appointments. This follow-up helps prevent debilitating and life threatening illnesses.

The educational resources provided by the Community Health Worker Program go a long way as well—from teaching mothers safe sleep practices, to nutrition and healthy behaviors—this program gives women a helping hand that can *transform* the health of mother and baby.