

# Pueblo American Rescue Plan Act (ARPA COVID-19) Recovery Proposal



Pueblo Back on Track Program

# Pueblo Back On Track Program: Introduction

## **Southeastern Colorado Area Health Education Center**

- Created 1972 Federal Area Health Education Centers Program
- Southeastern CO AHEC created in 1972
- Non-Profit 501 c 3
- Service Pueblo Only

**Our mission is to improve quality healthcare in Southeastern Colorado by providing services to students, healthcare professionals, and the community.**

# The Problem

## **COVID-19 Healthcare Disruption**

- Protocols/Fear
- Routine healthcare services-delayed healthcare education, screenings and follow-ups
- Signs of more advanced preventable chronic diseases
- Loss of fees income for supplies and materials

## **Impacted all of Pueblo Community members' health**

- Advancement of disease complications
- Loss of limbs, eyesight, and life

# Pueblo Statistics

## Diabetes and Chronic Disease Prevalence

- **Diabetes related deaths account for 7% of all Pueblo County deaths.**
- **At 12%, Pueblo County has a statistically significant higher percent of adults diagnosed with diabetes than Colorado.**
- **35% of Pueblo County deaths are linked to heart disease**

Source: Pueblo County Health Improvement Plan 2018-2022

## Substance Use/Stress/Anxiety Increase

- **15.0% of adolescents and 8.5% of adults in Colorado reported having a major depressive episode in the past year (kff.org).**
- **“Across the country and in Pueblo, the epidemic of substance use and abuse has continued over the past two years and at times increased throughout the pandemic” (chieftain.com).**

# The Pillar of Focus and the Project

**Pillar: Non-Profits**

## **Project**

**Back on track with diabetes, chronic disease, pain, and substance use recovery.**

**Diabetes Self-Management; Chronic Disease Self-Management; Pain Self-Management**

- Stanford University: Evidence-Based
- 6-Weeks
- English and Spanish
- No Cost

# The Pillar of Focus and the Project Continued...

## **AcuDetoX: Ear Acupuncture**

- National Acupuncture Detoxification Association (NADA)
- 5-Point Protocol
- Certified NADA staff RN and two volunteer RNs

## **Target**

### **Vulnerable populations:**

- Those diagnosed with diabetes or other chronic diseases
- Low-income
- Substance-use recovery
- Anyone who suffers from stress and anxiety

# Solving the Problem

## Diabetes, Chronic Disease, and Pain Self-Management Program Outcomes

### **Economic Self-Sufficiency:**

- Stabilized and managed chronic disease
- Less Healthcare Costs and Emergency Room Visits

### **Health Equity:**

- No-cost services
- Accessible and affordable

# Solving the Problem

## **Family and Community Connections:**

- Engages the whole family
- Healthier lifestyle
- Emotional and Physical Health Control

## **Independent Living:**

- Health Environment
- Good Health and Quality of Life

## **Safety:**

- Safe Environment Practices: Falls prevention, foot and skin care, exercise

# Solving the Problem

## **AcuDetox**

- Recovery tool
- Anxiety/Stress
- Mental Health
- Pain

# Goals

## **DSMP, CDSMP, CPSMP**

- Outreach to 500 people regarding Pueblo Back on Track Program
- 60 Pueblo Residents participate
- Pre- and post-surveys show 50% knowledge increase for all participants

## **AcuDetox**

- 60% of the participants will report anxiety or stress relief upon completion

# Budget

- **Personnel Salaries and Benefits:** \$40,130 for three instructors
- Travel \$150 for to Pueblo businesses, senior and community centers, drug treatment centers, and health fairs.
- **Contracts:** \$1,500 for one NADA trained leader during the grant period
- **Supplies:** \$10,000 for workbooks, diabetes management tools, instruction supplies, acupuncture supplies, health fair booth rental costs.
- **Direct Costs:** \$60,609
- **10% Indirect Costs:** \$6,060: Use of computers, software, printer, and translation equipment.

**Total:** \$66,669

# Testimonials

## **Diabetes Self-Management Program:**

- “I could manage my diabetes much better once I understood what was happening to my body,…”
- “I liked that I wasn’t told that I couldn’t do something or eat something, I was taught that I could eat my favorite foods…it is about how to do it!”

## **AcuDetox:**

- “It made my migraine dissipate”
- “I was able to relax and sleep better”
- “My nausea went away”

Thank You for the Opportunity!  
Questions?

