

# *Working with the Monticello Area Community Action Agency to reduce disparities in central Virginia*

**Anirudha Chandrabhatla, Natalie Blatz, Elizabeth Farrar, Samarth Doshi,  
Emily Fronk, Taylor Horgan, Gabrielle Levey, Steven Neal, Simon White**



SCHOOL *of* MEDICINE

# Introduction

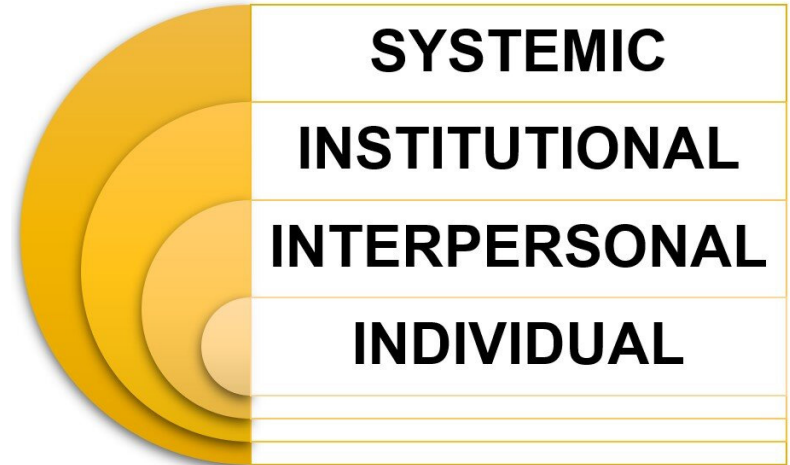
*The Monticello Area Community Action Agency (MACAA) is a non-profit devoted to **eradicating poverty and improving the lives of low-income people in Central Virginia**. They provide programs that benefit preschool-aged children, teens and adults in **Albemarle, Louisa, Fluvanna, and Nelson counties** and the city of **Charlottesville**.*

*Poverty can significantly impact many areas of life, including one's health, due limitations in healthcare access and affordability.*



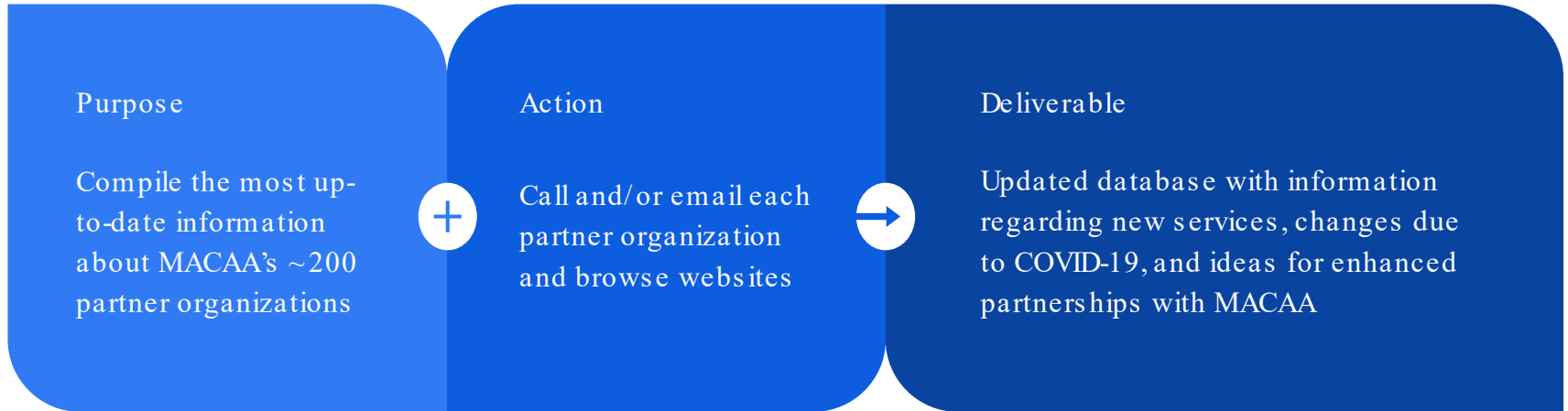
# Existing Programs

- **Head Start**
  - Comprehensive early childhood program for children (birth to preschool age) of low-income families
- **Hope House**
  - Family empowerment program complete with coaching, education and skill building for homeless or imminently homeless families
- **Project Discovery**
  - Provides high-school students who would be first-generation college students with workshops targets to success in study skills, time management, and financial planning
- **Rural Outreach**
  - Centers located in Fluvanna, Louisa, and Nelson counties provide emergency assistance and evaluate long-term needs



# **Interventions**

# Asset mapping - process



# Asset mapping - outcomes



~15 hours spent calling / emailing 200 of MACAA's partner organizations

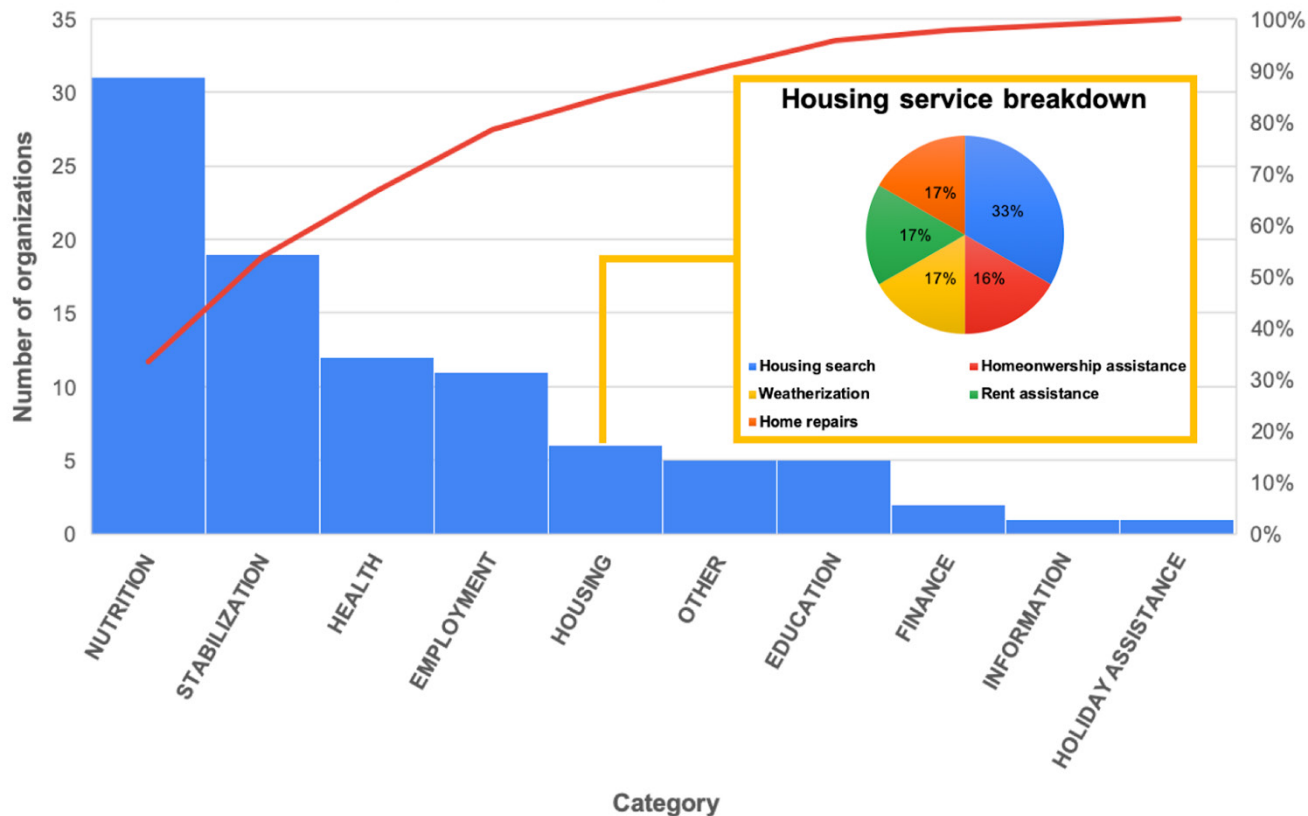


Created a database detailing **updates to services** (e.g., no longer running food drive on Saturdays), **changes due to COVID-19** (e.g., Zoom-based counseling), and **potential for new partnerships** (e.g., annual toy-drive with MACAA)

# Resource analysis



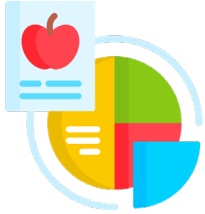
# Distribution of organization's categories in Charlottesville/Albemarle







Identified **19 potential partnerships** in Charlottesville/Albemarle, across the categories of Housing, Refugee Aid, Substance Abuse, Education, and Financial Literacy.



**~9% of resources** in Nelson county are **devoted to Nutrition**, indicating a potential area for expansion. Only **~7% of healthcare resources** are devoted to rural healthcare.

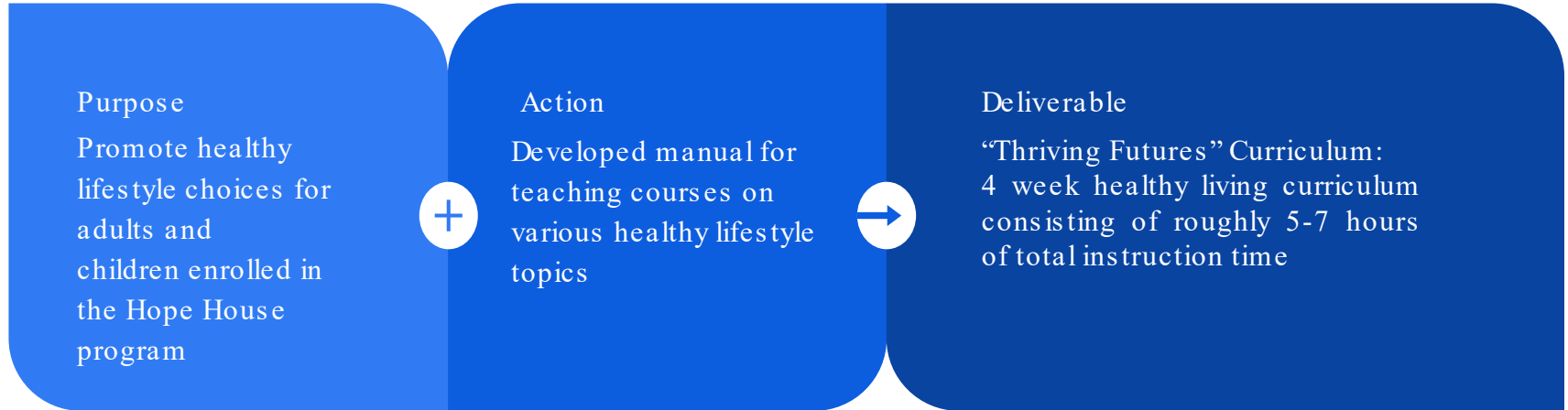


**1 organization** (Jaunt Inc.) in **Louisa county provides transportation services**. This **issue has been raised** in numerous conversations with local service providers.



**~6% of resources** in Fluvanna county are **devoted to Education**, indicating another potential area for expansion.

# “Thriving Futures” Health Curriculum



# “Thriving Futures” Health Curriculum

- **Gratitude and Mindfulness:** benefits of journaling, living in the moment, and awareness of emotions
- **Nutrition:** healthy snack recipes using easily accessible items from a food pantry
- **Healthcare and Preventative Care:** reducing the risk of heart disease and cancer, navigating paying for healthcare
- **Dental Hygiene:** importance of good dental hygiene, brushing and flossing lesions for kids
- **Everyday Exercise:** health benefits of physical activity using everyday items

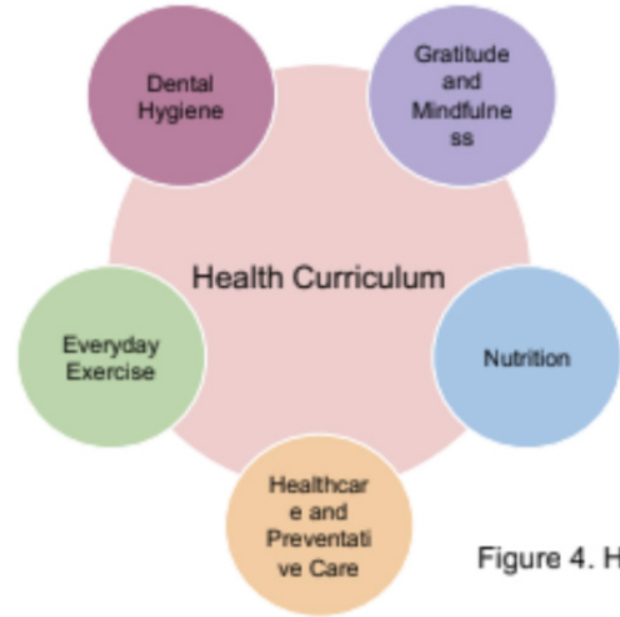
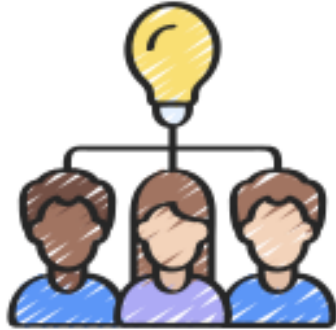


Figure 4. Health Curriculum

# Lessons Learned



- Dynamic nature of community needs
- Establishing relationships with local organizations
- Collaboration with team members and program directors
- Holistic medical education

# Acknowledgements

We'd like to thank Ms. Tammy Prailey and Dr. Mohan Nadkarni for their motivation and support. None of this would have been possible without leadership and help from Ms. Catherine Fae.

# Thank You

