

## IT STARTS WITH ME!

"It starts with me!" Community Health Program is the Louisville Urban League's initiative to connect health services and education to anyone, regardless of your current circumstance.

There are many services, initiatives, and organizations doing good work, but they are not reaching many of the residents who need them. "It starts with me!" will be the missing connector; making it easier for you to access the services you need to live a healthier, more active, lifestyle.

## DOOR-TO-DOOR

Starting in the fall of 2016, we will be sending **Community Health Navigators** directly to your door! These well-trained individuals will be asking you about your needs.

## ADDRESSING YOUR NEEDS

We want to help you and your family live your best life by connecting to resources in the following areas:

- **Health Education**
- **Feeling Disconnected from Family or Community**
- **Race Related Stress**
- **Housing**
- **Physical Activity**
- **Tobacco, Alcohol and other Substances**
- **Anxiety and Depression**
- **Unemployment**
- **Exposure to Violence or Abuse**
- **Diet and Nutrition**
- **Financial Resource Strain**
- **Chronic Health Conditions**

To take advantage of this **FREE** program or for more information, contact the Louisville Urban League at **(502) 585-4622** or [health@lul.org](mailto:health@lul.org)

## LOUISVILLE URBAN LEAGUE

Founded by a group of committed African Americans, the Louisville Urban League has helped disadvantaged people achieve social and economic stability and prosperity since 1921.

Over time, we have grown into an agency that addresses a number of needs for individual adults, youth, children and families across the city, but especially in West Louisville. We are dedicated to fulfilling our mission through programs in the areas of **Jobs, Justice, Health, Housing, and Education.**

If you would like more information on any of our services, visit our offices or contact us at the information below. We're here to serve you!

### Louisville Urban League

1535 W Broadway | Louisville, KY | 40203  
(502) 585-4622 | [www.lul.org](http://www.lul.org)

it STARTS  
with ME!  
COMMUNITY  
HEALTH  
PROGRAM



Humana  
Foundation

ZONES OF  
HOPE

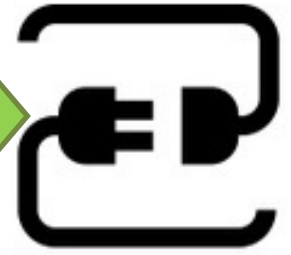


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COMMUNITY  
HEALTH  
PROGRAM



Louisville  
Urban League

# 4 STEPS TO A HEALTHIER YOU!



**COMMUNITY HEALTH NAVIGATORS (CHNs)**

- CHNs can be employees or volunteers of the Louisville Urban League (LUL)
- **All Navigators must**
  - ✓ pass a criminal background check
  - ✓ complete a 2.5 week CHN training
- CHNs report to the Program Manager for Health Education and Policy at LUL

**HOME VISITS**

- CHNs work in the 4 West Louisville Zones of Hope neighborhoods (Parkland, California, Russell, and Shawnee)
- CHNs go door-to-door soliciting participation in the program
- "It starts with me!" is **FREE OF CHARGE!**

**1. IN-HOME ASSESSMENTS**

- CHNs conduct an In-Home Assessment to residents who agree
- This survey will allow them to identify their top areas of need

**2. CONNECT YOU TO RESOURCES**

- Once needs are identified, the CHN will recommend 3 resources/services for the participant to plug-in to.
- Recommendations are tailored to fit each participant's situation

If an individual wants to reenter the program, they are free to do so as long as there is a Navigator with the capacity to take them on.



**FINISHED!**

After 90 days, participants will have identified their top 3 areas of need and been connected to at least 3 resources/services for each area. At 90 days participants will complete a final survey and be discharged from the program.



**4. CHN FOLLOW UP**

- For 30 days, CHNs will follow up with the participant
- At 30 days they will repeat the survey and identify a new need. Repeat process
- And again at 60 days



**3. WITH YOU ALL THE WAY**

- CHNs also walk participants through the process of using resources.
- This may include making calls, sending messages, and more