

MOUNT CARMEL COMMUNITY HEALTH & WELL-BEING PROGRAMS



Essential Support for a Community in Crisis

At Mount Carmel Health System (MCHS), we understand that true health extends far beyond the walls of our hospitals. A person's overall health is determined by clinical care only about 20% of the time, with the remaining 80% directly influenced by social factors like housing stability, food security and financial well-being. These social determinants of health (SDOH) create the foundation for wellness, and when that foundation is weak, our community suffers.

For Mount Carmel, addressing the 80% isn't just a charitable act—we see it as a strategic necessity and essential to our Mission. By proactively addressing these root causes of poor health, we can reduce the need for costly emergency department visits and hospital readmissions. We are building a model of health equity where everyone has the opportunity to live a healthy life, because we believe that it is a fundamental human right.

For over 40 years, MCHS Community Health & Well-Being programs have been addressing the most urgent public health crises in our community:



THE HOUSING CRISIS

Over 2,500 people in Franklin County are experiencing homelessness, with the unsheltered population being the most vulnerable. This instability prevents consistent medical care and often leads to preventable and costly hospitalizations, which we actively work to mitigate.



MATERNAL AND INFANT HEALTH DISPARITIES

Ohio's infant mortality rate ranks 44th out of 50 states. Infants in marginalized demographic groups are 2.4 times more likely to die than others. These disparities are often linked to socioeconomic and access barriers that prevent mothers from receiving consistent prenatal and postpartum care.



THE BURDEN OF TRAUMA

The prevalence of community violence places an immense burden on behavioral health services. The assault rate in Ohio recently increased by 1.6%, signaling a growing need for specialized mental health interventions for survivors of trauma.

Our Flagship Program: Street Medicine

The Street Medicine program is a powerful embodiment of Mount Carmel's Mission to meet people where they are. Using our custom mobile medical coach and walking our streets, a dedicated team of providers, physicians, nurses, case managers, interpreters and a chaplain delivers urgent medical care directly to the most vulnerable members of our community, including those who are homeless, uninsured and living in transient situations. This isn't just care; it's an act of radical compassion that builds trust and saves lives.

HUMANITY IN ACTION: THE STORY OF CHAPLAIN TONI

Chaplain Toni, a vital member of the Street Medicine team, understands that healing goes beyond the physical body. Her role is to care for the spirit, offering a non-judgmental, compassionate presence to people who are often isolated and forgotten.

"Building trust by listening encourages our street friends to engage with us," she says. "Some are very lonely individuals, without family or friends, and are facing daunting physical and emotional challenges."

Toni brings hope to the streets, offering to read to clients, and even painting rocks she calls the "Rock of Ages" with messages of faith that her friends can keep. When a patient passes away, she honors their memory by holding services in encampments and on the streets, bringing dignity to a life lost too early. Chaplain Toni's work demonstrates that every human life has value, and that spiritual care is an essential part of the healing process.

THE NUMBERS TELL THE STORY

Our Street Medicine program is more than a safety net; it is a lifeline rooted in compassion and solidarity. Each year, our team cares for over 4,000 people, providing free medical exams, vaccinations and resource referrals for housing assistance and substance use treatment. Beyond clinical care, we are called to build trust, relationships and community with those who are often overlooked. With more than 38,000 client contacts annually, Street Medicine offers both care and connection, extending a helping hand and a listening ear for neighbors in need.



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Building trust by listening and being a non-judgmental presence encourages our street friends to engage with us.

—Chaplain Toni

Solutions for Life: Welcome Home & Social Care

Mount Carmel's commitment to community health is woven into the fabric of family life. Our Welcome Home and Social Care programs work together to ensure new families and individuals have the support they need to thrive.

WELCOME HOME: A STRONG START FOR EVERY FAMILY

Welcome Home directly addresses the maternal and infant health crisis by providing free, in-home or telehealth nurse visits for new mothers and their babies. This critical visit bridges the vulnerable gap between hospital discharge and the standard six-week postpartum checkup. A registered nurse conducts a wellness check on both mother and baby, including monitoring the baby's weight and providing essential education on topics such as safe sleep and breastfeeding. Our team helps over 4,500 families each year.



A HOLISTIC APPROACH: INTEGRATING SOCIAL CARE

Individuals and families often deal with multiple health and social barriers at the same time – factors that directly hinder their ability to access care. Our Social Care team connects these individuals with Certified Community Health Workers and Peer Recovery Supporters who deliver intensive case management, housing advocacy and addiction treatment support. They address the root causes of poor health by helping patients overcome barriers related to food, housing, addiction and safety. Each year, the team completes approximately 38,500 meaningful engagements. This integrated model of care ensures that we treat the whole person, not just their medical condition.



THE POWER OF CONNECTION: A PATIENT'S STORY

A Welcome Home nurse, Jackie, visited a new mother who was deaf and partially blind. The family was experiencing homelessness, a situation that put the mother and her three children at risk. Jackie immediately made a referral to the Social Care team's housing department. Aakifah, a social worker fluent in sign language, was assigned the case and, after several weeks, was able to secure a clean, two-bedroom apartment for the family. This story illustrates the seamless collaboration between Mount Carmel's programs, where a simple nurse visit can lead to a life-changing outcome, providing not just medical care, but a safe and stable home.



Building Resilience: Crime and Trauma Assistance Program & The von Zychlin Healthy Living Center

Trauma and chronic disease are two of the most significant health challenges in central Ohio. Our Crime and Trauma Assistance Program (CTAP) and the Healthy Living Center (HLC) provide essential services that empower community members to heal and take control of their health.

CRIME AND TRAUMA ASSISTANCE PROGRAM (CTAP)

CTAP provides free, evidence-based mental health counseling for individuals impacted by trauma. This program serves as essential public health infrastructure, managing the burden of untreated trauma in our community. Services are provided at no cost, making them accessible to low-income victims who often face severe barriers to long-term counseling. The program serves children and adults and provides a range of services from individual counseling to community training on trauma-informed care. Each year, CTAP provides approximately 1,700 individual client sessions, offering a safe space for survivors to begin their healing journey.

HEALTHY LIVING CENTER (HLC)

The von Zychlin Healthy Living Center is a welcoming, non-clinical community wellness hub in Franklinton that offers free, holistic prevention programs designed to support lasting lifestyle change. Through in-person and online group fitness classes, cooking and nutrition workshops, health coaching and ongoing lifestyle support, the HLC empowers individuals to improve their overall health and well-being. The center serves approximately 3,500 community members each year, and 77% of those taking classes report feeling better, citing outcomes such as weight loss, lower cholesterol and improved blood sugar—demonstrating that the HLC is not just about education, but about helping people build healthier, happier lives.



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Where Compassion Meets Community

True healing requires seeing the whole person—body, mind and spirit. Mount Carmel serves as a vital safety net for our community, offering hope and a path forward for new mothers, individuals experiencing homelessness, trauma survivors and those managing chronic illness.

Community Health & Well-Being programs are offered free of charge to those who need them most and are fully funded through generous donor support. With your investment, we can sustain these mission-driven services, extend hope to our most vulnerable neighbors, and build a healthier, more equitable future for all central Ohio.



Join us. Be the Humanity Behind the Healing.



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