

MIDVALE COMMUNITY BUILDING COMMUNITY (CBC) HEALTH CLINIC & COMMUNITY CENTER

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Spring 2024

Not Just Healthcare, a Healthier Community



Above: Dr. Sundwall providing medical services to one of our patients at the CBC.

Below: One of the many meals shared among CBC staff and friends. We will miss you, Dr. Sundwall.



Dr. Sundwall's Legacy

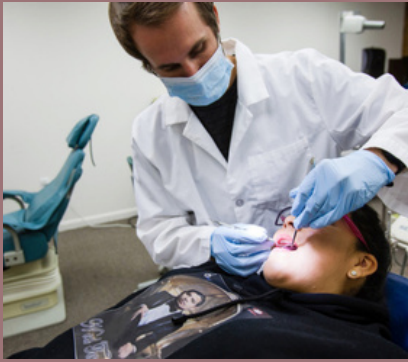
Dr. David Nielson Sundwall, one of Midvale CBC's original patron angels, passed away in April, leaving behind a legacy of compassionate medical care and community service. Dr. Sundwall was born in Salt Lake City and was deeply influenced by his father's medical practice, instilling in him the values of a dedicated family doctor. During his long career, he served as the Director of the Utah Department of Health and as a professor at the University of Utah School of Medicine. Throughout his career, he advocated for common-sense solutions for his patients. His commitment to healthcare is what brought Dr. Sundwall to the CBC. He was our volunteer primary care physician for 10 years and helped design the model now used by the U of U School of Medicine students as part of their required medical education. His dedication to the least advantaged was demonstrated by his unwavering service during the COVID-19 pandemic, when he was the only doctor seeing our at-risk patients. He was determined to continue medical services during this time, helping prevent the collapse of our hospitals and healthcare system by tripling the number of clinics he volunteered at. In partnership with our CBC executive director, Mauricio Agramont, our CBC colleague, Maria Consuelo Cala and her son, Felipe Cruz, they kept medical appointments accessible to all community members. His impact on healthcare and his community will be remembered fondly by all who knew him. We will deeply miss you, Dr. Sundwall.

The Midvale Community Building Community is a 501(c)(3) not-for-profit organization serving the Salt Lake and Summit counties. We aim to support the low-income, underinsured, and uninsured community by providing affordable integrated services: Medical, Dental, Mental Health, and Family Services.

Executive Director: Mauricio Agramont
Contact Us: info@midvalecbc.org - (385) 887-9002



Available Clinics



- Dental
- Pediatric Dental
- Dermatology
- Diabetes
- Internal Medicine
- Mental Health
- Women's Health

Upcoming Events

- Mental Health Support Group, weekly
- Nutrition, weekly
- Diabetes, weekly
- Violin, weekly
- Yoga, weekly
- Food Bank, every Friday 9:00 am - 12:00 pm
- Wellness Bus, 2nd & 4th Fridays of the month, 10:00 am - 2:00 pm

The Summit County Coalition



Maria Consuelo Cala, CBC Mental Health Social Worker and Therapist; Mauricio Agramont, CBC Executive Director, along with other CBC staff members meeting with Summit County coalition members this past March 2024.

The CBC has been a member of the Summit County Coalition (previously known as CTC Coalition), which is focused on wellbeing for youth and families, fostering a culture of health through prevention. Organizations belonging to this coalition work together to effectively bring positive change and wellness to all community members.

One of our most recent and very successful programs has been "Guiding Good Choices", which is a mental health program that provides emotional support groups for parents. This youth substance-prevention program engages both youth and their parents in ongoing community classes, providing mental, emotional and behavioral support.



One of our well-attended **Guiding Good Choices** sessions at our CBC location in Midvale.

The CBC has focused a lot of their social media outreach and content to this specific topic. The past quarter (January-March 2024), our Facebook page visits increased by 23.5%, particularly in our target demographic areas (females in the age group 18-24 and males in the age group of 35-44). Our top cities engaging with our content were Park City (30%), Salt Lake City (7.5%) and Heber City (3.8%). The CBC continues to monitor the impact and effectiveness of the programs we support. We are proud members of the Summit county coalition and look forward to more insightful and collaborative monthly meetings!

Greater Need for Mental Health Services

The CBC is committed to supporting the community's needs. Over the past decade, there has been growing awareness of mental health issues, leading to increased recognition of the importance of mental and emotional well-being. The CBC works continuously to reduce the stigma associated with mental illness and manage emotions that could lead to substance abuse. To support the increasing needs of the community on mental and emotional health, we have created several pathways to mental health support and resources:

- (1) The CBC hosts emotional support groups, free of charge. These groups are led by a peer support specialist and are focused on creating a sense of community to support one another.
- (2) The second level of care is a one-to-one peer support session, where a peer support specialist meets with an individual in a private session. The cost of a one-hour session is \$25.
- (3) The third level of support is to attend a therapy session. These sessions can be in a group (\$35/session) or individually (\$65/session). Our team of peer support specialists determine what level of care a patient would need, in collaboration with our CBC therapist, Maria Consuelo Cala. The CBC is grateful for the partnership with the **Latino Behavioral Health** organization, who offered coaching sessions and appropriate training to selected CBC Community Health Workers to become peer support specialists.

All sessions are provided at affordable prices in an effort to make this accessible to all community members.

Donor Spotlight: Beesley Family Foundation

The Beesley Family Foundation has been one of the CBC's most dedicated donors. In the past 7 years, Brent & Bonnie Jean Beesley from St. George have funded many of the efforts to provide accessible healthcare to Salt Lake and Summit County community members. We want to express our deep gratitude for their positive impact on our organization and the people we serve.

If you would like to support the CBC and our mission via a donation, please contact our executive director, Mauricio Agramont, at magramont@midvalecbc.org.