



Open Now!

**Third Ward Multi-Service Center
3611 Ennis
Houston, Texas 77004**

Phone: 832-393-4055
Hours: Tues. 9-5 pm, Thurs. 8-8 pm
Email: dawncenter@houston.tx.gov

❖ WHAT IS DAWN?

DAWN serves as an extension of the physician's office by providing additional education to help diabetic patients and family members better understand and manage diabetes and pre-diabetes.

- Registered nurses and dietitians, health education specialists, pharmacy students, and wellness coaches work with members to provide activities, develop goals, and measure progress.
- Key objectives for each patient are defined by the doctor, patient, and wellness team.
- Each patient takes the 6-week research-based Stanford Diabetes Self-Management Class.
- A1c levels, weight, and activity participation records are exchanged with partner physicians.
- A fitness room, kitchen for food prep education, individual and group education classrooms, farmers markets, and community gardens are among the available resources.

❖ COSTS

No cost to participants, so no billing is required that would impact the physician's office.

❖ MEMBERSHIP IS FOR THOSE WHO HAVE:

- a. Been diagnosed with diabetes
- b. Pre-diabetic glucose levels
- c. Health risk factors for diabetes

❖ PHYSICIAN PARTNERSHIP ROLES

- a. Refer patients to DAWN using the DAWN referral form
- b. Accept referrals from DAWN for patients who do not have a medical home in accordance with your practice policies.

Sponsored by Houston Department of Health and Human Services. For additional information, see <http://www.houston.tx.gov/health/Community/dawn.html> or call 832-393-4055.

❖ MORE ABOUT THE PROGRAM

How long does the program last?

Each participant has an individualized program based on the goals set by the physician, patient and wellness team. The Diabetes Self-Management Class meets for six weeks, and each patient is expected to complete this class at a minimum. Many will need additional time to achieve their goals, such as weight loss and understanding of nutrition for diabetics. Membership is renewed annually.

What forms will need to be completed?

There is an initial agreement between the physician and the D.A.W.N. Center, specifying the scope of responsibilities for each. Then a one-page referral form is completed for each patient.

What languages are spoken?

English and Spanish are available, both in languages and educational materials. Additional language capabilities are being developed.

Can patients self-refer?

Yes, although those who self-refer to the Center will be encouraged to be in contact with their medical home doctor for medical management. If they do not have a medical home, they will be referred to a participating physician.

Is program offered in evenings for working patients?

Yes, the Center is open two days a week –
Tuesdays 9:00 am to 5:00 pm and Thursdays 8:00 am to 8:00 pm.

Is there any fee for patients?

There is no cost to participants.

Must patients be insured or uninsured?

Either will be accepted.

	D.A.W.N. Components	D.A.W.N. Activities
Community Education	<input type="checkbox"/> Community Engagement	<input type="checkbox"/> D.A.W.N. Enrollment <input type="checkbox"/> New Member Recruitment / Referral <input type="checkbox"/> Volunteering
Comprehensive Wellness	<input checked="" type="checkbox"/> Healthy Eating	<input type="checkbox"/> Nutrition Class <input type="checkbox"/> Grocery Store Education / Tour <input type="checkbox"/> Produce Wagon / Food Co-op <input type="checkbox"/> Other _____ <input type="checkbox"/> Cooking Demo <input type="checkbox"/> Meal Planning <input type="checkbox"/> Gardening
	<input checked="" type="checkbox"/> Active Living	<input type="checkbox"/> Fitness Room <input type="checkbox"/> Exercise _____ <input type="checkbox"/> Walking Group
	<input type="checkbox"/> Self-Management Group	<input checked="" type="checkbox"/> Diabetes Self-Management Program <input checked="" type="checkbox"/> Conversation Maps <input checked="" type="checkbox"/> Other _____
Health Support	<input type="checkbox"/> Health Connections	<input checked="" type="checkbox"/> A1c Screening <input checked="" type="checkbox"/> Medical Referral/Navigation Educ. <input checked="" type="checkbox"/> Diabetes Education (specify) _____ <input type="checkbox"/> Medication Management <input type="checkbox"/> Chronic Kidney Disease
Individual Case Management	<input type="checkbox"/> Coaching and Support	<input type="checkbox"/> Coaching Meetings <input type="checkbox"/> Social Service Referrals <input type="checkbox"/> Other _____ <input type="checkbox"/> Goal Setting <input checked="" type="checkbox"/> Care Transition Support

Pink boxes reflect evidence based programs implemented at DAWN.