



Mustard Seed Community Health

*"Empowering our Community
with Good Health"*

www.mustardseedhealth.org

336.763.0814

Are you looking for a different way of providing care? A more rewarding professional life & more time to really get to know your patients?

Do you really want to make more of a difference in the general health of your patients and community?

If you answered yes, here's why Mustard Seed Community Health may be the perfect place for you to practice medicine...

Who We Are

Mustard Seed Community Health (MSCH) serves residents of our Cottage Grove neighborhood and surrounding east Greensboro communities, no matter their coverage, as well as uninsured and underinsured residents of Guilford County who face significant barriers to accessing timely, affordable, and quality healthcare. Many of our patients live below 200% of the federal poverty level and would otherwise forgo necessary care due to cost, lack of insurance, or limited access to culturally responsive providers. MSCH addresses these critical gaps by offering comprehensive, integrated primary medical and behavioral healthcare, and community-based programs that address the social determinants of health. We believe everyone should have access to quality health care without the burden of debt.

By preventing avoidable emergency room visits, managing chronic conditions, and supporting whole-person wellness, MSCH not only improves individual health outcomes but also promotes the health and stability of the broader community.

Mustard Seed provides primary medical care for newborns to seniors and mental health care for 4 year olds to seniors as well.

Mustard Seed's Health Outreach Team (HOTeam), led by our Community Health Workers (CHWs) provides a stronger connection to our community by addressing our community's needs, particularly with direct healthy food access, cooking and art classes. They also provide case management, connecting our community members and patients to needed partner support services.

Our History

Our effort to create MSCH began in early 2013, with discussions between Beth Mulberry, M.D. and the Reverend Julie Peeples, senior pastor of Congregational United Church of Christ, regarding the lack of access to healthcare for our underserved neighbors in Guilford County. Mustard Seed's beginning was highlighted by attending the Church Health Center Conference/ Westberg Symposium in Memphis, Tennessee. Here Beth Mulberry connected with John Mills, a consultant with ECHO, a nonprofit entity whose mission is to enable and sustain faith-based medical clinics for underserved individuals and families across the country. Their discussions and subsequent recruitment activities led to the formation of our MSCH Planning Team.

While working on non-profit status and building our board, Mustard Seed, in conjunction with Faith Action International House and Holy Trinity Episcopal Church, started a weekly volunteer clinic for refugees and immigrants in October of 2013. We obtained our non-profit status and formed a formal board in September of 2014 and moved to our current site in the Cottage Grove neighborhood we serve in January of 2016 as a full-time weekday health center. Cottage Grove is a vibrant and diverse community, with people of different cultures and languages as well as those born and raised in the U.S.

Our History

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While our main objective was providing access to care for our underserved population, we also recognized barriers to daily healthy living have a more profound effect on our community's health. The formation of our HOTeam, with CHWs representing our different communities and work with other support agencies, mainly through Collaborative Cottage Grove* started even before opening our doors at our current location.

The HOTeam was based on Dr. Mulberry's experience in Alaska, caring for the Yup'ik Eskimo population, where trust in preventive and acute medical care improved when leaders of each village were trained as community health workers and provided education and health care evaluation and minor treatment in their villages. These community health workers in turn educated the health system and providers on more culturally appropriate ways to provide care and what their villages really needed to improve their health.

Mustard Seed Community Health remains committed to our original goal of expanding healthcare to those without access and focusing on preventive steps to avoid catastrophic health events, limiting poor quality of life and more significant medical costs for our patients and community. Advocating and providing support for healthy daily living through our HOTeam and partner service groups will also remain a large part of our work.

With all of our current services, we have outgrown our physical facilities and are excited to a move in the next year (2026) to a much larger facility where our work will all be under the same roof and we will have the space to add another medical provider, increasing our ability to care for more from our community.

*Collaborative Cottage Grove: initially formed in 2014, including Mustard Seed Community Health, New Hope Community Development Group, Greensboro Housing Coalition, Cottage Grove Initiative, and the newly formed Cottage Grove Neighborhood Association to address social determinants of health (SDOH) of our east Greensboro neighborhood. Now includes many more support agencies, including Greensboro neighborhood police, Greensboro Park and Rec and other city groups among others.

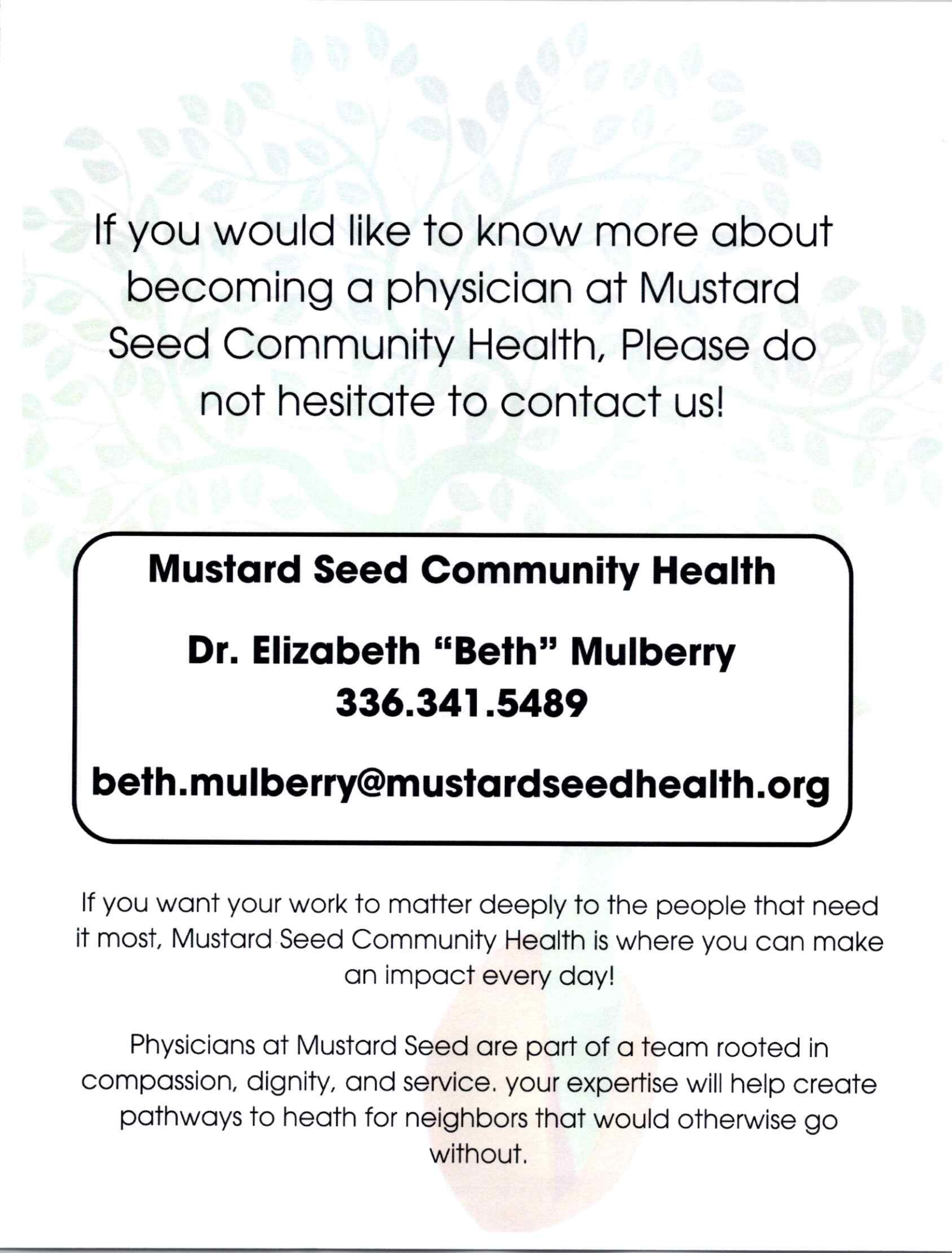
Why Mustard Seed Stands Apart

Mustard Seed Community Health (MSCH) is a uniquely innovative healthcare provider in Guilford County, offering a holistic, community-rooted model of care that goes far beyond the traditional clinic setting. Our approach is centered on reducing barriers to healthcare by meeting people where they are—physically, emotionally, culturally, and financially.

MSCH's model is innovative in several key ways:

- **Integrated Community Health Worker Model:** Our Community Health Workers (CHWs) are embedded within the communities we serve and act as trusted liaisons who help patients navigate complex systems, access social services, and engage in preventive health. They lead programs such as art therapy and cooking classes, helping to reduce isolation and build health literacy in nontraditional but impactful ways.
- **Whole-Person, Culturally Responsive Care:** We treat the whole person, not just the diagnosis. Our providers are trained in trauma-informed care and understand the cultural and socioeconomic context of our patients. We listen first, then treat—building trust with populations who often avoid care due to past negative experiences.
- **Flexible, Accessible Services:** MSCH hosts weekly and monthly pop-up food pantries open to all community members, not just patients. These events double as health outreach and education opportunities, offering screenings, wellness resources, and referrals in a welcoming, stigma-free environment.
- **Sustainable, Equity-Focused Model:** Unlike many safety-net clinics, MSCH does not rely on major hospital system support. Instead, we build sustainability through deep community partnerships with individuals, faith groups, and small businesses who believe in our mission.

In short, MSCH is reimagining what healthcare can look like for vulnerable populations—bringing care to the community, addressing root causes of poor health, and creating safe, welcoming spaces where everyone is treated with dignity.



If you would like to know more about becoming a physician at Mustard Seed Community Health, Please do not hesitate to contact us!

Mustard Seed Community Health

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If you want your work to matter deeply to the people that need it most, Mustard Seed Community Health is where you can make an impact every day!

Physicians at Mustard Seed are part of a team rooted in compassion, dignity, and service. your expertise will help create pathways to health for neighbors that would otherwise go without.