



2023

PROGRAM HIGHLIGHTS

About CCHRF

Our Vision

Everyone in Contra Costa County is living safely, living healthy and living well, reaching their full potential in an equitable and just community.

Our Mission

Contra Costa Regional Health Foundation eliminates barriers and enhances the capabilities of Contra Costa Health and the community to improve the safety, health and wellbeing of every Contra Costa County resident

Our Programs

The programs featured in this report are just a few that we helped fund or manage in 2023. CCRHF is privileged to continue supporting innovation and partnerships among, and between, the people and organizations in Contra Costa.



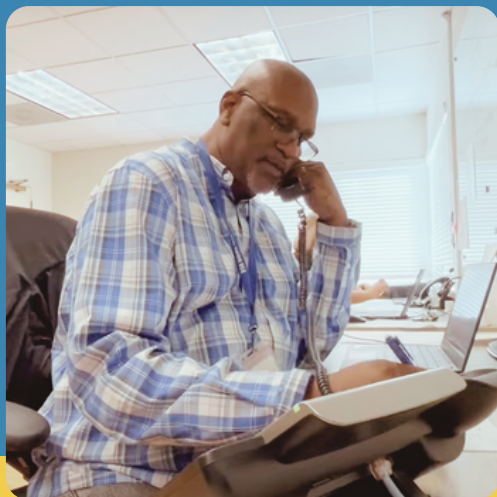
A3 - Anyone, Anywhere, Anytime

In November 2020, CCRHF funded the planning process for a community-wide initiative aimed at establishing a unified vision and coordinated delivery for mental health crisis response. This collective vision materialized as A3 – Anyone, Anywhere, Anytime. Now in 2023, Contra Costa County residents can access immediate assistance during a behavioral health crisis at any time, day or night. Individuals facing a behavioral health, mental health, or substance use crisis can call the A3 Miles Hall Crisis Call Center at 844-844-5544 for care over the phone and can have an in-person team dispatched if needed.



A3, developed in partnership with local government, first responders, mental health advocates, patients and families, will be implemented with funds from Contra Costa County's Measure X sales tax. The program is intended to connect people in crisis with the care they need in the moment, and reduce intervention by local law enforcement where clinical expertise is more appropriate.

"About one in five adults in Contra Costa County struggles with behavioral health issues, but the stigma around mental health and addiction can make it hard to seek help. Too often, people suffer through a behavioral health crisis in silence. Expanding A3 to respond around the clock makes it easier for people experiencing behavioral health problems, and their loved ones, to get the professional, caring support they need," said Supervisor Diane Burgis.



If you or someone you know is experiencing a behavioral health crisis, call the A3 Miles Hall Crisis Call Center at 844-844-5544. Learn more at cchealth.org/a3.

Pacific Islander Easy Access To Care

Pacific Islander Easy Access To Care (PIEATC) Project is a multiple-county model focused across San Francisco Bay Area counties to improve health care access points that are culturally-relevant and linguistically congruent for PI communities, which will reduce root causes of underlying health inequities.



The PIEATC Project aims to: (1) build up the number of trained Pacific Islander (PI) community health workers (CHWs); (2) increase the awareness, access to, and utilization of these PI CHWs in Alameda County, Contra Costa County, and Santa Clara County community health centers (CHCs); and (3) improve the capacity of these counties' CHCs to provide healthcare to PIs in culturally and linguistically appropriate ways. PIEATC will start in the counties of Alameda, Contra Costa, and Santa Clara. RPITF will scale up and expand PIEATC efforts across the other counties through continued collaboration with the PI Health Ministry Coalition and local county health agencies to strengthen and improve the PI community capacity to care for the health and social needs of PIs across the Bay Area. PIEATC Project outcomes include: (1) Increased knowledge of health career pathways and opportunities available to PIs in Alameda County, Contra Costa County, and Santa Clara County. (2) Enrollment and graduation of 5-10 PI community-based and faith-based members into CHW training programs in Alameda County, Contra Costa County, and consortium, Redwood Community Health Coalition, and Community Health Partnership and respective CHW training programs in those counties to improve tracking measures of PI demographics of their training enrollees and graduates. (4) Facilitated connections of PI CHW graduates to employment opportunities in Alameda County, Contra Costa County, and Santa Clara County CHCs. (5) Increased number of PI patient reached by CHCs in Alameda County, Contra Costa County, and Santa Clara County.



Planned Parenthood NorCal

In Wave 3 of our COVID19 Rapid Response Fund, we granted over \$500K to 23 organizations. Our focus was on those working in collaboration with other non-profits to support the community through recovery and resilience from the pandemic. Planned Parenthood NorCal was an example of how working together led to amazing outcomes.

"Thanks to Contra Costa Regional Health Foundation's support, PPNorCal was able to partner with Monument Impact, Hijas del Campo, and the Monument Crisis Center to provide vital food, hygiene supplies, and educational brochures to over 1,180 Spanish-speaking youth and adults in Contra Costa County," said grants manager, Renee Marshall. "Together with Contra Costa Regional Health Foundation and these three organizations, PPNorCal's Community Health Worker delivered 400 bags of much needed food, hygiene supplies, and educational brochures to underserved county residents, including immigrant, undocumented, refugee, low-income, and seasonal farmworker communities."



Bike Concord

Bike Concord is a grassroots organization dedicated to promoting safe, convenient, and enjoyable bicycling within the community. Founded in 2014 through a collaborative effort between Concord residents and Bike East Bay, a regional bicycle advocacy organization covering Alameda and Contra Costa Counties, Bike Concord has since become an independent entity with its own projects, leaders and online presence. Nonetheless, they maintain a strong partnership with Bike East Bay. Comprising entirely of dedicated volunteer residents who juggle day jobs and family commitments, Bike Concord invests their time and energy into advancing their mission. Their unwavering determination is driven by the goal of making bicycling a mainstream transportation option in Concord and Central Contra Costa.



The organization's work spans across various areas. They offer a free bike repair tent at the Todos Santos Farmers' Market, engaging with the City of Concord to advocate for bike-friendly transportation decisions. Additionally, they organize bike-centered social events for the public and provide education and resources to equip bicycle users with the knowledge to ensure safety for themselves and others on the road.

CCRHF presented Bike Concord with our Compassion in the Community award, recognizing their outstanding commitment to the Concord community. It was a great privilege for us to have the opportunity to meet and present this well-deserved award and donation to "Smitty" Ardrey and the dedicated volunteers of Bike Concord. Their selfless contributions and unwavering dedication have made a significant positive impact on the Concord community.



For more information or to make a donation, please visit their website: bikeconcord.org

HealTheory

HealTheory is an East County, youth-led, non-profit organization committed to empowering young individuals to make a difference in their communities through health focused advocacy and service. HealTheory started in 2020 as Project Honor, a group that recognized healthcare heroes in California. Their remarkable efforts resulted in the accumulation of more than 9,000 messages of gratitude and support for frontline workers during the pandemic. Additionally, they collected snacks and gift care packages to provide much-needed positivity and encouragement to those tirelessly serving on the front lines.

Today, HealTheory has evolved and expanded its mission. Through projects like health and hygiene packaging, first aid kits, menstrual kits for the homeless, and hunger advocacy, they are actively addressing critical needs and making a tangible difference in the lives of East County residents and beyond.

In May 2023, CCRHF representatives met with Executive Director, Zain Memon, and four members of the HealTheory team, to present our Compassion in the Community award. This recognition serves as a testament to the power of young individuals to effect positive change. By empowering youth to become advocates for health and wellness, they are shaping a future generation that values community well-being and works to create a ripple effect of positive change.



For more information or to make a donation,
please visit their website: www.healtheory.org

Mindful Movement



Now entering its third year, CCRHF is proud to continue supporting the virtual Mindful Movement program at Contra Costa Health. This program remains robust and effective in assisting patients dealing with isolation, stress, anxiety, and chronic pain. “A recent internal analysis of SDOH (Social Determinants of Health) has pinpointed physical activity and social connections as the top priority needs among our patients, and these groups play a vital role in addressing those needs,” said Michelle Wong, Integrative Health Program Medical Director.

In response to the pandemic, the virtual Mindful Movement groups for CCH patients was launched in the summer of 2020. The initiative aimed to alleviate the isolation, stress, and anxiety that many patients were experiencing. Additionally, patients grappling with chronic pain required access to therapy, especially as increased stress and reduced physical activity exacerbated their pain.

The Mindful Movement groups are co-facilitated by a certified yoga therapist from the community and a CCH physician. They meet twice weekly for one hour with each meeting focusing on integrating breath with gentle movements to promote overall physical, mental, and emotional well-being. “The groups have consistently attracted strong attendance, with over 10-15 patients participating in each session,” Wong said. “These sessions are supported by the dedicated nursing staff, who assist in appointment reminders and scheduling future sessions.”

Of patients surveyed in June 2023, 100% responded improvement with pain and stress after the group. One patient commented: “Gentle yoga has helped me to release anxiety & worries. It calms my nervous system and eases the pain - sometimes relieves me of pain completely. It helps remind me of what is important; My health, self care & peace are being cultivated & nurtured during this time, which will help me avoid more health complications in the future.”

In addition to the live sessions, on-demand classes are posted on the Integrative Health website, allowing to both patients and community members to benefit from this service. For more information or to take one of the online classes, visit: cchealth.org/centers/services-ih.p

MINDFUL MOVEMENT
(GENTLE YOGA) GROUP for Patients
Mondays at 3:30-4:30 & Wednesdays 3-4PM,
Weekly On ZOOM
Led by Yoga Therapist & Medical Provider

Take a Break for Yourself
Ask a provider for a referral!
Providers: type "YOGA" in orders
* NO experience or props needed. You can SIT or STAND.
* You will be contacted by phone for Zoom instructions.

Brought to you by the Integrative Health Program
Funded by CCHH

Contra Costa
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INTEGRATIVE HEALTH

Health Career Pathways

Cultivating opportunities to develop the next generation of health professionals through education and on-the-job training is the aim of the Health Careers Pathway (HCP) program. HCP strives to build a diverse health career pipeline from the communities most impacted by health inequities. The program provides primarily high school students from underprivileged schools with an equity-focused career exploration curriculum and connects them mentorship, professionalism and identity development through paid, local community health-focused internships. The program not only exposes aspiring healthcare professionals to the health field, but also helps them find pride in their lived experiences and invites them to design solutions to health disparities in their own communities.



Since 2013, more than 200 students from high schools across the county have participated in the program as paid summer interns, and over 1500 students have received classroom instruction. The program opens with a robust in-class curriculum covering topics like “How –‘Isms’ Affect Health,” and “What is Health Equity.” Motivated students are then encouraged to apply to participate in an eight-week paid summer

internship that pairs them with a qualified mentor—a Contra Costa Health employee or partner agency representative. More than just shadowing a doctor or nurse, interns learn about the county’s prevention work through experiencing examples of health equity-in-action such as community engagement, grassroots organizing, program planning, and caring for the uninsured.

In 2020, HCP summer internships and classroom instruction switched to a virtual format to ensure that young people would still be able to experience valuable connection and work-based learning as they navigated new health guidance, social isolation and uncertainty over their future goals. The program has since returned to in-person experiences but maintained some virtual internships to support those interns with transportation barriers. During summer 2023, of the 32 total interns participating, over 80% identified as BIPOC; 53.1% of interns reported a household income of 79K or less; and 100% reported an increased interest in pursuing public health/prevention careers. In addition, 100% of participating adult mentors reported that after this internship they saw an increased value for youth mentorship and work-based learning opportunities within their organization.



Resilience Collection

In 2021, CCRHF invested in an art project for the Contra Costa Regional Medical Center. Board member, Rhonda Smith helped lead the endeavor on behalf of the Foundation and worked closely with Chandra Cerrito / Art Advisors to bring it to fruition. In August, the Resilience collection, curated by CC/AA Senior Art Consultant, Virginia Tominia and independent art advisor, Ann Schnake now graces the corridors of the hospital's third floor. In collaboration with the center's staff, CC/AA initiated a call for artists and meticulously selected artworks primarily from Bay Area artists.

Dedicated to the essential workers at the hospital, as well as the patients and families who demonstrated remarkable strength and support during the global Covid-19 pandemic, the Resilience collection captures the spirit of the early pandemic days. The chosen works not only celebrate the enduring resilience embedded in the core fabric and DNA of Contra Costa Regional Medical Center but also pay homage to the fortitude displayed by its community.

Beyond a mere art installation, Resilience stands as an expression of gratitude to healthcare workers for their bravery and contributions to the overall wellbeing of the community during challenging times. Shown are just a few pieces from the spectacular collection.



ABOVE: CCRMC Volunteer Susan Tunison, *Untitled (Quilt). Up-cycled face mask fabric*



Mark Fraley, *Swishing, Swirling, Swallowtail*. Archival print on paper.



Milton Bowens, *We Care*. Acrylic paint and collage on panel

Family Harvest Farm- a program of John Muir Land Trust

Established in 2020, Family Harvest Farm, a program of John Muir Land Trust, provides employment opportunities, job skills, and career development to transition age youth with experience in the foster care system in Pittsburg, CA. Volunteers collaborate with youth apprentices in an outdoor setting, engaging in no-till farming practices that minimize soil disturbance, promote

biodiversity, and decrease reliance on chemical fertilizers. The farm's 3.5-acre site is dedicated to regenerative and organic farming practices and providing fresh produce for underserved communities.

Committed to sustainability, Family Harvest Farm repurposes vacant urban land to enhance quality of life while utilizing farming practices that reduce carbon emissions. The farm extends its impact by hosting workshops for school groups and the general public on nutrition and environmental education. Through direct sales, CSA boxes, and donations to those in need, Family Harvest Farm ensures that affordable, high-quality produce reaches and enriches the wider community.

We had the pleasure of honoring Family Harvest Farms with our Compassion in the Community award and witnessed the apprentices in action. We were amazed at the incredible knowledge and vast experience of the volunteers and master gardeners who oversee this project with a loving heart.



To learn more about or to donate to Family Harvest Farm visit
<https://jmlt.org/our-places/family-harvest-farm/>



Get in Touch

Please join us in our efforts to promote and enhance health in Contra Costa County.



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