



SIERRA HEALTH FOUNDATION
An Endowment for Northern California

2008 Responsive Grants Program Awards

HEALTH INSURANCE COVERAGE

Center to Promote HealthCare Access, Inc.

Urban and Rural: Solano County

\$40,000 (Total project: \$40,000)

One-e-App Implementation in Eastern Solano County

The Center to Promote HealthCare Access works to improve enrollment and retention in publicly funded health and social service programs by reforming and modernizing enrollment systems and processes. The Center uses One-e-App, a web-based application that uninsured patients can use to be screened for multiple health and social service programs, provide application information and have their application routed to programs for which they are determined preliminarily eligible. Those programs include Medi-Cal for Children and Pregnant Women, Adult Medi-Cal, Healthy Families, the Child Health and Disability Program and Healthy Kids. The Center will conduct outreach and screen 1,200 uninsured clients at nine clinics and school-based sites, with the goal of helping patients secure full-scope, long-term health coverage.

Charterhouse Center for Families

Urban and Rural: San Joaquin County

\$39,805 (Total project: \$120,016)

Community Health Access Program

The Charterhouse Center provides health insurance enrollment assistance to families in San Joaquin County, where in 2005 18 percent of residents were uninsured and 14 percent (146,000) of them were eligible for Medi-Cal and/or Healthy Families coverage. To provide aggressive outreach in rural areas of the county, the center will increase its Outreach Specialist position to full time and will purchase a laptop computer to develop outreach materials and facilitate enrollment and data tracking. With weekly presentations at schools, community centers, service organizations, health fairs and other community events, the Outreach Specialist is expected to reach 2,000 individuals and provide enrollment assistance to 1,200. All newly enrolled clients will receive follow-up services to encourage utilization and retention of benefits.

Shasta Community Health Center

Urban and Rural: Shasta County

\$40,000 (Total project: \$40,000)

Homelessness to Recovery Through SSI/SSDI Outreach and Facilitation

The Health Center will establish a program to assist homeless individuals with the SSI/SSDI application process using the SOAR (SSI/SSDI Outreach, Access and Recovery) curriculum, which was developed to help organizations who serve the homeless. Income from SSI/SSDI, with automatic eligibility for Medi-Cal and/or Medicare, can help a person who is homeless take the first steps to receiving medical, dental and mental health care, as well as locating stable housing and finding employment. The Health Center will hire a Homeless Health Advocate, who will work with patients and be their contact person and representative in working with SSI/SSDI. The success rate of similar programs in other locations is 90 percent for first-time SSI/SSDI applications. The Health Center will collaborate with the Continuum of Care Council, Good News Rescue Mission, Social Services and Northern Valley Social Services.

Winters Healthcare Foundation

Rural: Yolo County

\$31,524 (Total project: \$36,704)

Health Insurance Enrollment and Retention Project

Winters Healthcare will expand its enrollment and retention activities by designating one promotora (bilingual community health promoter) to become the lead Certified Application Assistor (CAA) at 70% time. The CAA will increase enrollment, coordinate retention activities among seven existing promotoras and provide translation support in the medical office. Winters Healthcare will increase CAA time in the Winters medical clinic and will begin working at the Madison migrant camp. The CAA also will provide health education information and materials to camp residents. The program will expand eligibility and enrollment services to more than 150 families in Winters and at the migrant camp. In addition, Winters Healthcare intends to screen 200 individuals and successfully acquire Yolo County Healthcare for Indigents Program coverage for 150.

HEALTH CARE ACCESS

Community Recovery Resources

Rural: Nevada, Placer and Sierra counties

\$40,000 (Total project: \$520,562)

Center for Hope

Community Recovery Resources offers a comprehensive system of care that includes outpatient, residential, supported housing, medical, adolescent and life-skills programs and services. This project is designed to increase access to chemical dependency treatment for people who are not able to pay. The basis for the project is to perform outreach to individuals and their families, make them aware of available services and engage them in treatment. The Center for Hope will work with clients to remove barriers, such as transportation, childcare, employment, living environments, etc. The typical client is impoverished, has chronic or severe medical issues, has fractured family relationships and lives in an unhealthy environment with little or no support. Project objectives are to increase capacity by 100 new clients in 2009, reunite families, reduce incarceration and increase the number of clients living self-sufficiently and with sobriety.

Dawn's Light, Center for Children and Adults in Grief

Rural: Tuolumne County

\$40,000 (Total project: \$71,260)

Youth Grief Support Groups

Dawn's Light will develop an organizational strategic plan to strengthen services in suicide prevention, intervention and "postvention" in Tuolumne County. The project's aim is to fill an urgent gap for capacity building to enable continuation of suicide prevention services, and suicide awareness and grief education. Tuolumne County's suicide rate was twice the state average in 2006 and was one of the highest in the state last year. Funding will allow the organization to hire a part-time executive director, provide stipends to volunteer counselors and hire consultants to assist with development of a strategic business plan. The project will include at least four suicide prevention trainings to community-based organizations and public agencies, impacting up to 40 people per workshop. In addition, the grant will allow on-campus grief services to continue for at-risk youth attending two high schools.

Del Norte Clinics

Urban and Rural: Butte, Colusa, Glenn, Sutter and Tehama counties

\$40,000 (Total project: \$60,000)

Children's Smiles Program

This dental screening program serves 37 schools and provides oral health screenings, dental sealants, fluoride varnish and classroom education. The clinic also serves migrant farm worker children during the summer. With the purchase of a trailer, all equipment can be stored in one place, making transportation more efficient and greatly reducing the time spent setting up and taking down equipment, which will translate into more time available for children to utilize the services. Ongoing funding for supplies and services is secured by California Department of Public Health, but does not assist with capital purchases such as this.

Karuk Tribe of California (KTOC)

Rural: Siskiyou County

\$40,000 (Total project: \$119,167)

Happy Camp Generator Project

The Karuk Tribe is the sole provider of health services in western Siskiyou County, and provides services regardless of patients' ability to pay. To dramatically increase health care access at its medical and dental clinics during power outages, the Karuk Tribe will purchase and install a 350kW generator at its Health and Administrative Campus in Happy Camp, Calif. Engineering estimates indicate that a 350kW generator will have the capacity to run the Happy Camp Medical and Dental Clinics continuously for five days, which is the length of Happy Camp's longest power outages during winter weather. Emergency provisions and shelter will be available to area residents during outages and other emergency situations, such as floods or fires.

Lucile Packard Children's Hospital

Urban and Rural: Butte, Colusa, El Dorado, Glenn, Placer, Shasta, Sutter, Tehama and Yuba counties

\$39,980 (Total project: \$58,468)

Children's Regional Integrated Service System (CRISS) Rural Expansion

CRISS will increase access to health care for children with special health care needs in rural counties through a coalition of county programs, family support organizations and pediatric providers. Current CRISS members in Sacramento, San Joaquin, Solano, Stanislaus and Yolo counties will serve as mentors for participants in the expansion counties. Expected results include: improved communication among California Children's Services (CCS) county programs, family support organizations and pediatric specialty providers in the target region; plans will be implemented to reduce inter-county inconsistencies in program implementation, which affect equal access to services; county CCS programs will increase their understanding of family-centered care and will develop plans to improve their systems for delivering care; family support organizations will be more aware of and included in CCS program activities; and a plan will be developed to maintain these outcomes through continued participation by the target counties following project completion.

Mountain Valleys Health Centers

Rural: Lassen and Modoc counties

\$37,600 (Total project: \$37,600)

Improved Health Care Access Through Telepharmacy

The Big Valley Health Center in northwest Lassen County is the sole medical provider for residents in a 750-square-mile area. The closest pharmacy is a 45-minute drive over roads that are difficult to traverse in winter. Prescriptions that are written for patients often do not get filled, leading to prolonged or deteriorating illness. With the purchase and implementation of a Point of Care Dispensing System, or pharmacy vending machine, patients will have immediate access to pharmaceuticals. After dispensing, patients will be counseled by a pharmacist via a telecommunication link. The system will be monitored and inspected by the pharmacist, who has been identified and has committed to the project.

Northern Sierra Rural Health Network

Urban and Rural: Butte, Shasta and Siskiyou counties

\$38,151 (Total project: \$52,253)

North State Assistive Technology Community Resource Library

Assistive devices have become more available for persons with disabilities, particularly for communication needs. Devices are very specific to each user and it requires much research to determine exactly which device will be most effective. Because the devices are expensive and custom ordered, it is best if the potential user has an opportunity to test out several devices before committing one-time funds to a purchase. To this end, assistive technology libraries have been created that provide test equipment and technological assistance. This will be the first such library in the northern state, allowing patients to borrow equipment to use and compare at home or school, in the workplace or in medical settings. This request supplements funding that has been secured from Far Northern Regional Center and the McConnell Foundation.

Open Door Community Health Centers
Rural: Humboldt, Siskiyou and Trinity counties
\$40,000 (Total project: \$80,264)

Willow Creek Community Health Center Telemedicine Initiative

This project will bring specialty medical care via telemedicine and remote connectivity to residents of three census county divisions surrounding Willow Creek, Calif. Open Door Community Health Centers will create a telemedicine infrastructure used by well-trained primary care providers and support staff to increase access to specialty care and health education. The grant will help fund installation of telemedicine equipment and connectivity in the Willow Creek Community Health Center to open access to medical and mental health resources without the long-distance travel now required for area residents. State-of-the-art telemedicine equipment will include cameras, audio pick-ups and large high-definition monitors. Quality cabling, wiring and secure broadband technology will provide a reliable, high-quality connection among sites. The project's second phase in this proposal will include orientation, training and support for health care providers and staff.

Sacramento Native American Health Center
Urban: Sacramento County
\$40,000 (Total project: \$53,150)

Patient Navigator and Chronic Disease Prevention

The Health Center will add a Patient Navigator and Chronic Disease Prevention position to serve low-income and American Indian/Alaska Native patients in the city and county of Sacramento. The new position will be part of an ongoing effort to streamline and systematize services, helping patients to better utilize those services. Additionally, the Patient Navigator will assist patients suffering from or at-risk of developing chronic diseases, and will help underserved patients overcome barriers to proper health care. The Health Center also will strengthen partnerships with agencies to enhance patients' ability to manage basic needs, such as transportation, nutrition, education, physical exercise, job training, etc.

Sacramento Self-Help Housing, Inc.
Urban: Sacramento County
\$39,990 (Total project: \$39,990)

Benefits for Uninsured Disabled Homeless

Sacramento Self-Help Housing (SSHH) assists individuals and families who have insufficient resources, who are homeless, in crisis or have special needs to find stable and affordable housing. This project will help homeless people find housing and complete applications for Medi-Cal and Supplemental Security Income (SSI). SSHH will hire a staff person to assist uninsured clients with applications, as well as appeals, sanctions and transportation. At full capacity, SSHH will have 104 clients, and an estimated 75 percent of them will need SSI assistance. These funds will allow the case management team to increase the capacity of the organization to meet the needs of their clients.

Stanislaus County Health Services Agency

Urban and Rural: Stanislaus County

\$40,000 (Total project: \$78,000)

Healthy Smiles Dental Sealant Project

Stanislaus County Health Services Agency will work with two local elementary schools to provide children in grades 2 to 6 with oral health education, screenings, the application of dental sealants and referral for follow-up care. The Health Services Agency receives funding through the California Children's Dental Disease Prevention Program, although the program serves only one elementary school in Stanislaus County. The Healthy Smiles Sealant Project will expand the dental sealant component by reaching approximately 730 students at the two additional schools. By December 2009, students with parental consent will receive free dental screenings and 50 percent of children screened will receive free dental sealants. In addition, teachers, parents and children will receive educational information.

United Cambodian Families

Urban: Stockton (San Joaquin County)

\$40,000 (Total project: \$60,000)

Health Case Management and Education Program

This program will address a lack of knowledge, awareness and understanding of health risks and preventive health care behaviors within Stockton's Cambodian community. United Cambodian Families estimates that at least 6,400 Cambodians (40 percent of the 16,000 in San Joaquin County) have socioeconomic disadvantages or other circumstances that correlate to health problems, being uninsured or failing to establish, maintain and effectively utilize their medical home. Program components will include nutrition education, preventive health care, physical fitness workshops, health case management to assist in getting and using health coverage, and information and referral for mental health, domestic violence and substance abuse services. Initially, 40 families will receive health case management and 24 families will participate in health education workshops.

Western Sierra Medical Clinic, Inc.

Rural: Sierra and Yuba counties

\$40,000 (Total project: \$282,452)

WSMC Mobile Clinic Project

Western Sierra Medical Clinic is the sole provider of medical and dental services for approximately 3,500 residents in western Sierra County and eastern Yuba County. WSMC purchased a mobile clinic that can provide services to isolated communities in the region four days a week. Funding for the mobile clinic and other equipment has been secured and operations began in August 2008. This grant will fund the addition of mobile dental services, a portable X-ray unit, a dental X-ray unit and a power exam table.

HEALTH PROMOTION

Aspiranet

Urban: Turlock (Stanislaus County)

\$35,487 (Total project: \$91,516)

Aspiranet Promotora – Bebes Saludables (Healthy Babies)

Aspiranet, in partnership with Stanislaus County Health Services Agency and Stanislaus County Children and Families Commission, has identified a significant need for prenatal services in the Latina population in Turlock. Their research indicated the need stems from cultural and language barriers. The primary use of the requested funds will be to hire a promotora—a trained person to be a health care liaison who is culturally and linguistically accepted by the community. The promotora, which is a model that has proven successful in other areas, will do outreach and provide information to connect women with care and insurance programs.

Boys & Girls Club of the North Valley

Urban and Rural: Butte County

\$40,000 (Total project: \$95,113)

SPARK (Sports, Play and Active Recreation for Kids)

Grant funding will allow the SPARK program to continue in the eight Boys & Girls Club of the North Valley sites in response to a need for increased physical activity to decrease the effects of a sedentary lifestyle. SPARK began as a research-based elementary physical education program, but it now includes middle and high school physical education programs for after-school recreation and early childhood settings. Students will be engaged in moderate physical activity at least five days a week for one to two hours a day. The overall program goal is to educate children early enough in their lives to adopt healthy exercise and eating habits. Expected program results include improved overall staff development and improved health of children in Butte County.

Children's Network of Solano County

Urban and Rural: Solano County

\$40,000 (Total project: \$48,165)

Strengthening Sustainability Strategies: Increasing Local Children's Trust Fund

This project will expand local, sustainable health promotion funding by raising the visibility of the Children's Trust Fund (CTF), and will work with policy-makers to augment these funds. Each year a CTF information leaflet is inserted into Solano County Assessors' Office real estate tax notices as a way to encourage the community to support the work of local nonprofits in preventing child abuse and neglect by donating to the CTF. The Children's Network will redesign and print the insert, making it more appealing and compelling for residents to donate. The Network also will conduct a public outreach campaign to raise the visibility of the fund and its accomplishments, and will educate policy-makers regarding the needs of children in Solano County.

Colusa Regional Medical Center

Rural: Colusa County

\$40,000 (Total project: \$47,040)

Blood, Energy, Sweat and Talent (BEST)

Colusa Regional Medical Center (CRMC) will initiate a student volunteer corps – BEST – to address two priorities in its volunteer health promotion activities: working with local schools and community organizations to promote good health and reduce childhood obesity, and exploring potential health careers in learning activities with local health care providers. Partnering with local high school after-school programs, CRMC will develop a 20-hour Health Internship Course to prepare volunteers with communication and teamwork skills needed for productive volunteer experiences, and will support a menu of volunteer opportunities that match the interest and talents of student volunteers.

Activities will range from working directly with younger students in obesity intervention/prevention efforts, such as walking clubs, to health promotion activities at the Colusa County Fair, the Colusa Farm Show and through the Family Resource Center's "Color Me Healthy" program.

Community Pride Project

Urban: Sacramento's Oak Park and Stockton Boulevard neighborhoods

\$38,700 (Total project: \$69,180)

Community Against Sexual Harm (CASH)

CASH will provide peer-based counseling and harm-reduction support to Sacramento sex workers as they transition out of the sex work industry. Outreach and support are the project's two central components, and will include health and mental health referrals, and on-site rapid HIV/AIDS testing. The grant also will help fund part-time staff positions, including two peer counselors and a mental health professional. The mental health professional will train sex work survivors in peer-based counseling methods, so they will be able to co-facilitate support groups with the peer counselors. Desired results include making contact with at least 20 women per month on the street and distributing at least 200 personal healthcare packets to women on the street and at a drop-in center.

County of Sacramento Department of Health and Human Services

Urban: Sacramento County

\$40,000 (Total project: \$40,000)

Senior Health Fall Prevention and Home Safety Program

The primary goal of this program is to reduce or prevent the incidence of falls and injury by providing fall prevention and home safety classes to a minimum of 750 seniors age 60+ in Sacramento County using a multifaceted approach. Lively 60-minute interactive presentations will include learning to identify potential hazards in the home, resources for home modifications, the importance of exercise as a means of staying fit and preventing falls, the importance of a proper diet, the importance of regular health screenings, instruction in the proper use of durable medical equipment to reduce risk of falls, and emergency service resources. A major goal of the program will be to inspire seniors to incorporate this information into their daily lives. A total of 20 to 30 presentations will be offered at senior centers, retirement centers, assisted living facilities, senior housing projects, churches and senior volunteer programs.

Gathering Inn

Urban and Rural: Placer County

\$27,331 (Total project: \$60,133)

Access to Recovery Program

The Gathering Inn, which provides overnight housing and nutritious meals for homeless men, women and children, will increase health promotion by reducing substance abuse and by assisting homeless individuals and families to access medical and psychiatric services in Placer County. The Access to Recovery Program will provide health assessments, outpatient treatment and increased case management to move participants toward greater responsibility for their health and recovery. Outpatient treatment will include three-hour sessions three times per week for 13 weeks. Through individual and group activities, clients will be assisted in identifying areas of need that keep them from being successful in substance abuse treatment. The project goal is to link clients to a range of interventions and eliminate the barriers that contribute to continued substance abuse and failure to follow through with treatment and services.

Harm Reduction Services

Rural: Placer County

\$40,000 (Total project: \$44,500)

(No project name)

Placer County will partner with Harm Reduction Services in Placer County to serve the needs of the indigent and injection drug users by providing service referrals, health promotion outreach and mobile rapid HIV testing in rural Placer County. Harm Reduction Services and Placer County community volunteers will make four outreach trips per month to rural areas in the county to test for HIV and hepatitis C virus, and to conduct health education with the distribution of condoms, lube and other risk-reduction materials to high-risk drug users to reduce the risk of infectious disease transmission. Information will include referrals to services in Placer and Sacramento counties.

La Raza Galeria Posada

Urban: Sacramento

\$40,000 (Total project: \$42,100)

Documenting Our Community

La Raza Galeria Posada is an art and community center dedicated to empowering the Latino community. Documenting Our Community is a preventive health project that will teach 25 at-risk teens from two low-income Sacramento neighborhoods how to use the power of digital photography as a means of positive expression, creative outlet and a tool for critical thinking. The project will examine, through the eyes of participants, the economic, social and physical environments that positively and negatively affect the health of people living in low-income neighborhoods. Teens will capture images showing obstacles that families face, and use critical thinking skills to identify and document obstacles that might be historic and rooted in political neglect. Additionally, the project will guide participants to see and document community assets that have been ignored rather than celebrated, including cultural values, customs and traditions.

Mary Magdalene Youth and Family Multi-Cultural Center

Urban: Stockton (San Joaquin County)

\$40,000 (Total project: \$60,000)

HIV/AIDS and African American Community

The vision for this project is to establish a vehicle for improving the existing health disparities among African-Americans at risk for and living with HIV/AIDS. Project organizers plan to educate, mobilize and partner with the community, especially youth, to address a disproportionate prevalence of HIV/AIDS among African-Americans in San Joaquin County. During the start-up period, focus will be on building organizational capacity and project development. Organizers plan to work with churches, venues frequented by African-Americans, community centers in African-American communities, African-American health fairs, Black Family Day and other events. The project will provide a funding source for dedicated staff and will help to reinforce the organization's expansion into HIV/AIDS work in the community. Partners include the NAACP, San Joaquin County Office of Substance Abuse and San Joaquin County Public Health Services.

Plumas Rural Services

Rural: Plumas County

\$40,000 (Total project: \$71,067)

PRS Resource Center Services

This project will provide access to services, resources and referrals that promote mental, social and physical health through community resource centers. Grant funds will support the Almanor Basin Community Resource Center (ABCRC) and the Mohawk Community Resource Center (MCRC). At ABCRC, the objective will be to provide families with short-term food, resources, referrals and other assistance to support self-reliance. At MCRC, the aim will be to promote the physical and mental health of the local population in an effort to increase their ability to age in place. Access to nutrition and emergency food resources will be provided through WIC, senior nutrition lunches, emergency food assistance and free community suppers. Non-emergency medical transportation will increase residents' access to health care services. Mental/social/emotional health care will be provided through programs such as Women's Circle gatherings, which promote independence and well-being for victims of domestic violence.

Rural Innovations in Social Economics (RISE)

Rural: Yolo County

\$38,076 (Total project: \$56,354)

Building Sustainable Food Choices in Rural Children

RISE will implement a program to actively incorporate children in the planning, purchasing and preparation of food, using a "disguised learning" tool to educate children about better nutrition, balanced meal planning, food valuing, and the relationship between food choices and good health. In partnership with local farmers, the program also will bring seasonally fresh, locally grown food to children daily through the School District After School Program, operated by RISE. In addition, participating children will conduct "teach-back" sessions with peers and host local growers to link all campus children to local community food systems, better nutrition, better food planning and better food choices. This program expands and institutionalizes a summer pilot program that collaborated with local organic growers to provide fresh-picked, healthy, seasonal foods to children.

San Joaquin Community Data Cooperative

Urban: Stockton (San Joaquin County)

\$37,849 (Total project: \$37,849)

Promoting Health in North Stockton

The Cooperative will promote health in the impoverished Kentfield area of Stockton by conducting a comprehensive community health assessment that will facilitate the community's ability to gather and utilize health data. The project will be modeled after the North Carolina Community Health Assessment Initiative, and will include the establishment of a community assessment team, the collection and analysis of community data, reports to the community, the selection of health priorities and the development of a community health action plan. Through this process, Stockton will gain an understanding of the health concerns of the community by identifying, collecting, analyzing and disseminating information on community assets, strengths, resources and needs. The diverse population in Kentfield includes Cambodian, Hmong, Laotian, Vietnamese and Hispanic residents. Almost half of Kentfield residents live below the poverty level. Partners in this effort include the Community Partnership for Families, the City of Stockton, the Stockton Record and Kentfield residents.

Sutter County Human Services Department – Health Division

Rural: Sutter and Yuba counties

\$33,550 (Total project: \$48,341)

Living Strong

This innovative nutrition and physical fitness program, developed by Sutter County Health Division Health Education staff, will be integrated into substance abuse treatment programs. Living Strong will give participants the knowledge, tools and hands-on experience needed to enjoy an increased sense of personal well-being, a vital and often underrated area of recovery. Peer mentors will be hired and trained in how to present the Living Strong curriculum, a four-session program designed to increase knowledge and change behavior related to nutrition and physical fitness through educational sessions, cooking demonstrations, physical fitness activities and gardening. Peer mentors will conduct the program a minimum of two times at three drug treatment programs, reaching an estimated 150 participants. Small vegetable gardens will be developed at three substance abuse treatment facilities. Vegetables from the gardens will be used in meal preparation at the facilities, and participants will be offered vegetable seedlings to take home.