



Healthy Mendocino Roundtable Minutes March 11, 2020 1PM-3PM Zoom Call

Present: Miranda Ramos, Roseanne Ibarra, Patrice Mascolo, Molly Rosenthal, Clinton Maxwell, Eileen Cichocki, Sage Sangiacomo, Judy Leach, Dina Polkinghorne, Una Wirkebau, Ryan LaRue, Mary J. Norris, Jennifer O'Donnell, Annie Liner, Michelle McMillian, Jill Damian, Paul Anderson, Chloe Guazzone-Rugebregt, Lynn Scuri, Lucresha Renteria, Mary Kate McKenna, Juan Orozco, Victoria Kelly, Michelle Hutchins, Ted Williams, Linda Givens, Jackeline Orozco, Tim Karas

Absent: Angela DeWitt, Ann Moorman, Clara Slaughter, Greg Van Patten, Jayma Shields Spence, Judson Howe, Johann Ramirez, Julia Russ, Libby Guthrie, William Feather, Susan Baird Kanaan, Brent Schultz, Camille Schraeder, Richard Matens, Tammy Moss Chandler, Paul Davis, Michelle Hutchins, Patty Bruder, Megan Barber Allende, Julie Fetherston

Meeting Commenced: 1:04PM

Welcome & Introductions

Patrice introduced Miranda Ramos, new Chair of the Healthy Mendocino Leadership Team. She will be leading the discussion today. Patrice thanked Roseanne Ibarra who has filled the role of LT Chair for the last two years.

Miranda introduced the new members of the Healthy Mendocino Roundtable:

- Judson Howe, President of Adventist Health (Judy Leach, Hospital Administrator for Adventist Mendocino Coast, is stepping in on his behalf today)
- Michelle McMillan, Executive Director of COVID Response Network
- Paul Andersen, City Manager of Point Arena
- Mary Norris, Chairwoman of the Cahto Tribe of the Laytonville Rancheria (new LT Member)
- Debra Ramirez, Chairwoman of the Little River Band of Pomo Indians (new LT Member)
- Tammy Moss Chandler, Community Action Development Director at NCO

Patrice gave short synopsis of Community Wellness and Tammy's new role as the Community Action Development Director. Tammy will provide program supervision and program development support for all of NCO's Community Wellness programs and assist with fundraising and development and collaboration between programs. She will be starting full-time in April.

Funding Update

Staff was able to discuss funding with the County right before they were entering budget talks. The County agreed to the \$100K we requested, and the contract will be going in front of the Board of

Supervisors later this month. Staff is very excited to have this backing because HM will be able to maintain two full-time staff people if our current funders support us at the same levels.

Healthy Mendocino received a \$5,000 contract with Mendocino County Office of Education to facilitate networking opportunities. More below in the *Healthy Mendocino Updates* section.

We were also rewarded a \$5,000 grant from the Community Foundation Non-Profit Relief Grant. Thank you to Community Foundation!

The NCO Community Wellness programs collaboratively applied for a California Department of Public Health Equity grant for a Youth Engagement for Health Equity pilot project to engage Latinx and Native youth. Healthy Mendocino has been written into this grant for a significant amount. Healthy Mendocino would be supporting program development, conducting equity assessments, compiling tools and best practice kits, and leveraging the Roundtable to help develop the youth engagement project.

More organizations and community groups have been reaching out to Healthy Mendocino to collaborate in the last year. This is a sign that our work is becoming more visible and appreciated in the community.

The Community Health Needs Assessment

So far, Healthy Mendocino has led two collaborative CHNAs: 2016 & 2019. We initially decided to do a CHNA every 3 years, because many of the collaborative partners needed this timeline. The County only needs it ever 5 years. Last fall, Patrice connected with CHNA partners and other agencies to gather feedback on the process and the value of the report itself, to determine any needed changes going forward. It was determined that while partners find the document useful, many do their own community assessments and did not require the collaborative CHNA for their work. Overall, all partners saw the value in the information the CHNA provides but are unable to come up with the funding to support a 2021-2023 CHNA. Healthy Mendocino decided to push the CHNA back to the 5-year cycle and begin a new process in Spring 2023. This will not only give HM more time to fundraise for the collaborative, but it will also potentially produce results representative of the pandemic recovery efforts of community organizations. In other words, a CHNA process starting this spring, would likely yield the same priority areas from the last assessment (Substance Abuse, Domestic Violence, and Mental Health) as these issues have only been exacerbated throughout the pandemic.

With the current HM strategic plan developed earlier this fiscal year and the collaboration and grant opportunities on the horizon, staff will have more than enough to accomplish this in the interim.

Current Projects

Website Update

Molly gave an update on platform/website changes: new, original articles celebrating local projects, including Project Sanctuary's Youth Advocate training and The Promotores de Salud de Nuestra Alianza; new data indicators around arrests, teen vaping and more; new tutorials on how to navigate the website and build a custom dashboard.

Contract with MCOE

HM has entered into a contract with MCOE to help facilitate networking opportunities between industry leaders and school district's CTE programs through the Roundtable meetings, with the goal

of engaging industry around creating more local professional experiences for youth so they want to stay and pursue a career here.

- Lucresha commented that she is excited about the partnership with MCOE. Mary shared that it is a beautiful thing when you see a kid go out into the community with the intention of making it a better place.

Promotores de Salud Partnership

Healthy Mendocino has partnered with the Promotores de Salud to promote their resource access document. Promotores are actively referencing this document to ensure monolingual residents can access resources in their community. The document is unique to any other resource guide as it contains information on eligibility requirements, documentation required, and bilingual contact information for each service in the community. We are asking organizations that offer services to please ensure their info is correct or to make new entries.

- [Resource Access Document](#)
- [Resource Access New Entry Form](#)

COVID Awareness Project/Vaccine Outreach

Healthy Mendocino has been collaborating with the NCO COVID Awareness Project (CAP) (formerly Mask Awareness Project) since last summer. CAP is now shifting to vaccine outreach and has created an in-take form to help eligible individuals who are experiencing barriers to vaccines obtain a shot. Organizations can use [THIS FORM](#) for their clients experiencing barriers to vaccine access, for instance, those without access to internet or a computer, seniors, and monolingual Spanish speakers. *This form is only for individuals experiencing barriers to vaccination access and should not be used for just anyone to skip the line.* Once someone is entered, they will be put into a database and an NCO volunteer or staff member will call when we receive last-minute word of extra/unclaimed doses at the vaccination events in the individual's area. We have also established a hotline for individuals to call and an NCO representative will enter information on the caller's behalf: 707-467-3239. This number should also be given out sparingly.

CalFresh Outreach

Patrice shared that Healthy Mendocino is assisting with the CalFresh county contract deliverables. We will be updating the CalFresh page regularly, writing articles about the program and who uses it to dispel myths and dissolve the stigma.

- Jennifer O'Donnell asked which organizations on the call complete CalFresh applications. MCC does through its patient advocate program (an individual does not have to be a patient of MCC to use these services). Mendocino College also helps their students apply for CalFresh.

In the Media

Patrice and Molly were interviewed on March 4th on KZYX for the program Putting Down Roots which celebrates non-profit work in the county. The theme for the March 4th broadcast was Community Health. Megan Barber Allende of the Community Foundation and Jocelyn Boreta of The Botanical Bus: The Bilingual Mobile Herb Clinic were also interviewed.

Roundtable Discussion

Recovery from the Pandemic: It is important to start discussing post pandemic recovery plans now, to stay ahead of the curve. We should be anticipating a whole new host of needs for our communities and organizations. Have you started to discuss a recovery plan within your agency? What new needs do you see emerging for your organization and the people you serve as we slowly move out of the pandemic?

First question: have you started to discuss recovery in your organization and if so, what does it look like?

Mary Norris, Cahto Tribe of the Laytonville Rancheria: Recover looks like trust; trust of other humans and their activities and opinions of the pandemic. Trust in the vaccine and trust in the environment. Mary just got her first vaccine and she normally does not get vaccines.

Dina Polkinghorne, Project Sanctuary: At Project Sanctuary, most of the staff have been vaccinated but a few are hesitant. Management is trying to navigate vaccine hesitancy among staff and how that, along with the UK variant, might affect transitioning staff and clients back into the office full time. The coast office is still 100% remote. There needs to be a Cal OSHA webinar training for small non-profits.

Mary Kate Mckenna, Mendocino Coast Healthcare Foundation: MCHF has experienced a huge shift in what recovery looks like. Some elements of how the organization used to function, they will never return to, but that is a good thing. Defining the aspects of how the work culture and environment need to change post pandemic has been a huge weight. MCHF can function well with everyone being remote, so Mary Kate is exploring how staff can continue to collaborate working remotely. Being in healthcare, MCHF is holding themselves to a higher standard of risk—in everything they do they have to promote health and wellness. She doesn't see the Foundation ever going back to the days where they just open the doors for large events.

Roseanne Ibarra, Adventist Health: Adventist has partnered with Blue Zones. The next informational meeting is March 17th 12-1PM for the Ukiah region. Adventist is working to build interest in the community regarding a county-wide approach to Blue Zones. Back in 2017, the concern for bringing Blue Zones in was the cost. While Adventist is committing to paying for a portion for this project, they will be fundraising for the rest. Roseanne wants to plant a seed for our community partners to attend an informational session to see what the project is about. With this program, Adventist endeavors to build out what well-being will look like in Mendocino County alongside partners. Building this out and defining the policies and projects is a community-driven process, and how are we rebounding from the pandemic and improving the health of the community.

Lucresha Renteria, Mendocino Coast Clinics: Vaccinating the staff was the first step to getting back to normal. Throughout the pandemic, MCC has shut down lobbies and has recently made the decision to open them up and have patients come back for in patient care. She is currently navigating how to get patients back in the office to get volumes up to pre-pandemic-- as challenging as tele-health is for some, many patients find it convenient—and how to prioritize people in-person versus tele health. They are doing pretty well with quality metrics, immunizations rates are doing okay also. MCC is also changing over behavioral health visits. The department is seeing more patients than they did before the pandemic. There's been a huge decrease in no-shows for appointments in all departments because patients no longer have to travel to the office. Screenings for anyone walking in the door seems like it will be the new normal.

Chloe Guazzone- Rugebregt, Anderson Valley Health Center: Chloe shared it has been interesting having a business that is always patient facing. AVHC has been having a lot of conversations internally with employees about the ideal home/work/school balance for staff and how that fits into a patient-facing

job. It is going to take some adjustment to feel safe. AVHC has asked employees not to travel for the last year and has begun to loosen that up.

Sage Sangiacomo, The City of Ukiah: There's still a great deal of fear, but Sage tends to be more optimistic based on where our numbers are trending, and the great work community partners are doing. He has a great deal of faith in how local businesses have responded. The simple safety protective factors have gone a long way in getting the City Offices back to normal. The City is trying to take everything we have learned in the pandemic and implement it going forward. Zoom has provided opportunities for inclusion. On the family sector side, families have been forced to be closer.

Clinton Maxwell, Mendocino County Office of Education: MCOE is implementing policies to reduce risk where it makes sense. The pandemic has been harder on districts than MCOE because districts have direct contact with the students. The size of engagement and interaction in high school is so much different than primary. K-12 is focused on setting the model and holding to high level of risk aversion. MCOE is working to promote EAP assistance programs among staff and HR is working to increase access to mental health tools.

Jennifer O'Donnell, United Way of the Wine Country: Jennifer appreciates that this Healthy Mendocino meeting is by Zoom because she is in Sonoma County. Re-entry into the office is complicated. United Way has some staff that want to go back and others that do not. Management is grappling with the issue of some staff choosing not to be vaccinated. Plan to make sure our staff has a way of being healthy and productive. My biggest concern is what it does to staff culture and morale if some people work remotely and some in office.

Miranda Ramos, ARCH: the pandemic has been starkly revealing things that we've known have always existed, but maybe not apparent for those that have a great seat of privilege.

Jill Damian, Mendocino Community Health Centers: Jill has noticed weaknesses internally within the MCHC systems. They are currently restrictions to work through for the upcoming challenge of reopening. Healthcare and health centers employ many working parents, and the pandemic has been a strain on them as they balance their work schedules and getting their kids back to school. There is so much uncertainty around the impact of the pandemic has had on children and we can't underestimate the toll that is having on parents. We want kids back in school, but the established hybrid schedules interfere greatly with working parents' schedules. However, Jill does share some of Sage's optimism.

Sage Sangiacomo, The City of Ukiah: We need to work together to find short term solutions. If there are resources or needs, we can work collaboratively. That is part of why we get together in this Roundtable working group. We do not just have to do this within our own organizations.

Some RT members shared stories of families that live far from town and the challenges working parents face escorting their children to and from short school days. Once the parents drop their kids off and get home, they only have about an hour to work before having to turn around and drive back to pick them up. One RT member suggested organizations partner to establish more co-work spaces in town for working parents to use while their kids are at school.

Tim Karas, Mendocino College: Mendocino College is at a pivot point: they are finishing the schedule for fall and thinking about forces on the ground, what percentages of students they can bring back safely. Healthcare and Ag programs have never stopped in person instruction. MC is in a fortunate position where they have the privilege to remain remote until this semester is done. Tim is not making people come back to campus for several months and is mindful that their employees' and students' lives are highly chaotic right now. Next semester, MC will be more digital than before with 10-20% courses online

and will continue to provide wireless access points and Chromebooks to eligible students so they can reach more remote prospective students. Remote learning could broaden access permanently. Athletics will start this spring because of vaccinations.

Ryan LaRue, Rural Community Housing Development Corporation: Ryan still witnesses fear around the virus among his employees and shared that it seemed ostracizing for their staff members to persuade them to think one way or another about the threat of the virus. RCHDC has quite a few staff members with children under 1 or 2. Some staff members do not want to return. He asked the other Roundtable members how they are managing the expectations of employees through this stressful transition.

Lucresha Renteria, Mendocino Coast Clinics: Vaccination of staff makes a huge difference. Not all MCC staff chose to get the vaccine, but enough did and a lot of fear has been allayed. MCC tries to be very understand that their employee's families come first and have been flexible in allowing staff to cover for one another when family obligations arise. Maintaining flexibility is hard but it's how employees at MCC support one another and this flexibility is one of the ways to build culture within our health centers.

Annie Liner, Mendocino Coast Children's Fund: the Children's Fund is looking at impacts of families in difficult housing environments and the stress of taking care of elders. MCCF has established a new student-run resource center at Fort Bragg High School to distribute clothing, shoes, hygiene items. This is a great opportunity for kids to develop inventory, retail, and confidentiality skills. This helps kids feel connected to the community and their peers. MCCF also just partnered with the Mendocino Coast Botanical Gardens to buy 200 annual memberships that will be distributed through schools and to at-risk families. They are hoping to expand the program and find sponsors to continue the memberships for those families past the 1-year mark. MCCF is also working with daycare centers to make sure they have resources and supplies they need. Annie is very concerned about the imminent forest fire season. They have fans and filters in storage that can be used to pull particulates and allergens from the atmosphere to keep kids and families healthy. She is looking for partnerships to help distribute these fans to families, since MCCF does not have direct contact with families.

Julie Fetherston, First Five Mendocino (Absent from meeting. Patrice shared Julie's comments submitted through email): For us, the recovery focus is on the needs of families with young children which are so many and varied. However, our engagement efforts are focused on:

- stabilizing and improving quality childcare, providing tools for parents and children to manage stress and develop resilience, including our own staff!
- provide additional support and information to new parents that have additional stressors due to the pandemic
- support our external collaborators to improve access and delivery to substance use treatment to pregnant mothers and parents with children 0-5
- advocate for recovery funds to be applied to those most affected by the pandemic in meaningful and equitable ways (for example more sober living spots vs. fixing roads)

Michelle McMillian, COVID Response Network: Michelle has been trying to bring up the topic of recovery in CRN meetings, but there is a huge hesitancy to discuss this topic since the group is so focused on immediate action and many members are worried about the new variants emerging. There is a hesitancy to discuss recovery because they do not want to let communal guard down. Michelle shared that hearing this group speak on what recovery looks like in their organizations has made her realize that the CRN groups is in fact starting to talk about recovery on their own personal level.

Juan Orozco, Ukiah Vecinos en Acción: UVA is volunteering to sign people up for vaccines. If you need support on how to reach Spanish speaking communities, you're welcome to reach out to UVA for that kind of work. UVA is here to help as much as possible.

Jackeline Orozco, Periódico al Punto/ Mendocino College HS Equivalency Program: Mendocino College HS Equivalency Program serves migrant and seasonal workers to obtain GED. Since the pandemic started, this program has been providing academic services to these students. Before the pandemic, the challenge was that many students were not computer literate—many could not even turn on a computer, let alone use Zoom. Through these months these students have learned out of necessity and they have achieved so much. This is a silver lining of the pandemic, many of them are more computer literate.

Lucresha Renteria, Mendocino Coast Clinics: Lucresha pointed out just how flexible and nimble our organizations have been over the last year. Health Centers turned on a dime to embrace different healthcare models. She feels it has been rewarding to see joy in vaccine patients. We should take some time to celebrate the people that have made recovery possible.

Mary Norris, Cahto Tribe of the Laytonville Rancheria: Mary Norris encouraged people to keep an eye out for extra shots at vaccine events near them. That is how she was able to get vaccinated early—the local clinic called her with news that they had unclaimed doses that would otherwise go to waste.

Annie Liner, Mendocino Coast Children's Fund: The Free Thrift Store is closing to get people back to a normal pattern, so MCCF is buying gift certificates to thrift stores to hand out to families. This way we can support our stores that have been raising money for local causes (Humane Society, Hospice care) for 150 years.

Suggestions for Future Roundtable Topics

Funding opportunities or grants coming down the pipeline. Knowing what funds people are pursuing will only strengthen our applications.

Meetings will be the second Thursday on the last month of the quarter.

Next meeting is June 11, 2021

Meeting adjourned

Respectfully submitted by Molly Rosenthal, Healthy Mendocino