



We strive to improve quality of life in Mendocino County by encouraging informed dialogue about the action local residents and organizations can take to improve community health.

June 2019

Feature Story: Federally Qualified Health Centers - What They Are & Why They Matter

By: Lucresha Renteria, Mendocino Coast Clinics Executive Director



Anderson Valley Health Clinic, Boonville



Little Lake Health Clinic, Willits



Mendocino Coast Clinics
Family Wellness Center, Fort Bragg



Mendocino Coast Clinics
Reproductive Health Services

In Fort Bragg and throughout Mendocino County, federally qualified health centers (FQHCs) provide excellent outpatient healthcare for the people in our communities, whether those people live on the streets or have high-paying jobs with private health insurance. We are here for everyone. FQHCs, also known as community health centers, assure that healthcare is available to people in medically underserved areas and that people's financial status will not prevent them from receiving the health services they need, including medical, dental, behavioral health and often, some specialty services.

Since the first FQHC opened in 1965 as part of President Johnson's War on Poverty, 1,400 FQHCs can now be found across the country serving 28 million people each year. In Mendocino County, we have community health centers in a variety of different geographic areas of the county, including Anderson Valley Health Center in Boonville, Long Valley Health Center in Laytonville, [MCHC](#)

[Health Centers](#) in Ukiah and Willits (and Lakeport), [Mendocino Coast Clinics](#) in Fort Bragg, and [Redwood Coast Medical Services](#) in Gualala and Point Arena. Together, these health organizations provide healthcare for more 51,463 people in Mendocino County in 2017.

[Read More](#)



Naya: Native American Youth and Adult Partnership Program

By Bonnie Lockhart, MSW, Program Coordinator

The Native American Youth and Adult (NAYA) Partnership Program aims to bridge the gap. NAYA strengthens Native American youth through developing a deeper understanding of cultural identity, leadership and building upon their social network. Youth who participate in the NAYA program are encouraged to grow their strengths with the support of peers and positive adults to be creative, take healthy risks and dream big. Today, Native American youth and adults in the Ukiah Valley and the surrounding areas walk in two worlds. Caught between their identity as Native American and the challenges of the modern world.

Although there is little local data available that specifically focuses on Native American youth, a needs assessment comprised of student and parent surveys, interviews with Tribal Elders and other stakeholders, conducted by [Pinoleville Pomo Nation](#) and [Ukiah Unified School District](#) in 2014, elevated the greatest barriers for Native American youth. The top five barriers and needs reported from the data include:

1. Drugs and Alcohol
2. Lack of Mentorship/Peer Relationships/Family Support
3. Cultural Sensitivity/Cultural Identity
4. Academic Support/College Counseling
5. School-career connection/Career exploration & counseling

[Read More](#)

Announcements and Events

Willits Walk for Health and Community Wellness

Join the WHAT walk for a fun and



W.H.A.T WALK

WHY 10,000 STEPS?

RESEARCH SHOWS THAT WALKING 10,000 STEPS A DAY IS EQUIVALENT TO A 30 MINUTE WORK OUT 5 TIMES A WEEK.

COME JOIN US FOR A FUN AND HEALTHY ACTIVITY!

WALK WILL BEGIN AT 9:00 AM

THIS EVENT IS SPONSORED BY:

WILLITS HEALTHY ACTION TEAM & ACE COPY

For more information Contact: Martin Rodriguez (707) 435-9800

ACE COPY & SHIPPING

healthy activity on Sunday, June 9th. Starts at 9:00 am at the JD Redhouse Parking lot.

[Learn More](#)

Health Fair & Walk/Run Around the Rez

The Hopland Band of Pomo Indians Annual Health Fair is June 29th at 3000 Shanel Rd., Hopland. Walk/Run registration 8:30am at the Healthy Living Center. Health Fair 10:00am - 2:00pm.

[Learn More](#)



ANNUAL HOPLAND BAND OF POMO INDIANS

Health Fair & WALK/RUN AROUND THE REZ

SATURDAY JUNE 29, 2019
3000 SHANEL ROAD HOPLAND, CA 95943

TENTATIVE ACTIVITIES

- HEALTH SCREENINGS
- CHILDREN'S ACTIVITIES
- HEALTH EDUCATION & REFERRALS
- NATIVE AMERICAN ARTS & CRAFT VENDORS
- ACCESS TO LOCAL RESOURCES & HEALTH AGENCIES
- HEALTHY LUNCH AND RAFFLES
- LIVE FITNESS WORKOUT

WALK/RUN

REGISTRATION 8:30 AM (HEALTHY LIVING CENTER)

START 9:00 AM

ANNOUNCE WINNERS 9:45 AM

HEALTH FAIR

(5PM)

FAIR OPEN 10:00 AM

FAIR CLOSE 2:00 PM

FOR WALK/RUN INFO: ROBIN CARNEY 707-472-2100 X1109
FOR AGENCY / VENDOR REGISTRATION: LEAH SAUTELET (707) 472-2100 X1102 LS.AUTELET@HOPLANDTRIBES.COM



Community Marketplace
Mercado Comunitario

Market Days/Dias del Mercado

Sunday, June 2
10 AM to 2 PM
domingo 2 de junio

Sunday, July 7
10 AM to 2 PM
domingo 7 de julio

Sunday, August 4
10 AM to 2 PM
domingo 4 de agosto

Sunday, September 8
10 AM to 2 PM
domingo 8 de septiembre

Join us to support local entrepreneurs & businesses at Ukiah's New Community Marketplace.

Join us to celebrate Ukiah's first Community Marketplace. New local entrepreneur will be selling and promoting their businesses. Our vendors will be selling tacos, tamales, salsas, jewelry, and more!

Location: Grace Hudson Language Academy
1640 S. State St. Ukiah CA, 95482

Want to be a vendor? Contact The ARC Family Resource Center or Visit their Facebook Page for an application today (707) 234-3300

Building Community
Fortaleciendo la Comunidad

Únase a nosotros y apoye a nuestros empresarios locales y negocios en el nuevo mercado comunitario de Ukiah

Únase a nosotros para celebrar el primer mercado comunitario de Ukiah. Nuevos empresarios locales vendrán y promoverán su negocio. Nuestros vendedores de comida estarán vendiendo salsas, tamales, tacos por nombrar algunos.

Ubicación: En Grace Hudson Language Academy
1640 S. State St. Ukiah CA, 95482

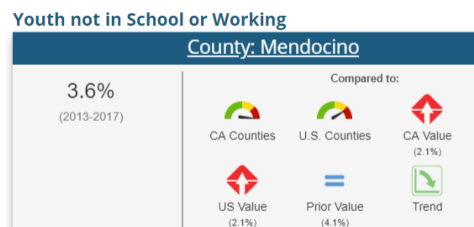
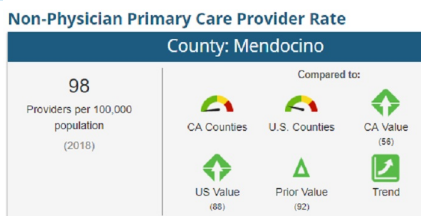
¿Quieres ser un vendedor? Contáctate al ARC Family Resource Center para obtener una solicitud hoy (707) 234-3300

Community Marketplace, Mercado Comunitario

Support local entrepreneurs & businesses at Ukiah's New Community Marketplace! Be a Vendor and market your wares! First Sunday of the month through September, 10:00am-2:00pm, Grace Hudson Language Academy, 1640 S. State, Ukiah.

[Learn More](#)

June Featured Indicators



This indicator shows the non-physician primary care provider rate per 100,000 population. Primary care providers who are not physicians include nurse practitioners (NPs), physician assistants (PAs), and clinical nurse specialists.

Access to primary care providers increases the likelihood that community members will have routine checkups and screenings. Moreover, those with access to primary care are more likely to know where to go for treatment in acute situations. The number of physicians is not keeping up with population growth, leading to an increasing shortage of primary care physicians. However, the number of non-physician clinicians has been increasing and is projected to continue to rise, partially making up for the shortfall of physicians.

[View the Indicator](#)

This indicator shows the percentage of youth, aged 16 to 19, who are not enrolled in school and not working.

Youth who are not in school and are not employed face both short- and long-term barriers to career success. Young people who lack financial stability may be forced to postpone major life decisions such as purchasing a home or starting a family. Prolonged unemployment increases the likelihood that individuals will earn lower wages or face more periods of unemployment throughout their lives. Economic prospects for youth can be improved by increasing high school graduation rates, increasing access to post-secondary education, and providing career counseling services to students as well as youth who have either completed or dropped out of school.

[View the Indicator](#)

Annual Report 2018-2019

KEY HIGHLIGHTS 2018 – 2019

- We now have a full time Program Manager and full time Inland and Coast Action Team Coordinators to help us accomplish the work of the **Community Health Improvement Plan (CHIP)** to support the Action Teams and build strong and healthy communities.
- All Action Teams have completed their Goals and Objectives with Measurements and Key Strategies for their work on community level change using best practices and equity as a lens.
- Hosted two **Healthy Mendocino Summits**, one Inland and one on the coast for the Action Teams.
- We started on the **2019 Community Health Needs Assessment (CHNA)** in collaboration with Mendocino County, Adventist Health Hospitals, FIRST 5, North Coast Opportunities, Redwood Community Services, Redwood Quality Management Company, and the health clinics.
- Created **"The Susan Baird Kanaan Award"** as an annual award to be presented to a community member who has exhibited "Exemplary Service for Creating Community Health." Susan was the 2018 inaugural recipient.
- The website continues to be updated, we have new indicators for **Oral Health and Homelessness**. The home page has a new design creating a fresh, clean look emphasizing our Priority Areas.
- Provided **Announcements** for local health related events, classes, clinics, and trainings on the website.
- Featured local projects on healthyhendocino.org.






UPDATES FROM THE ACTION TEAMS

<p>Family Wellness & Childhood Obesity Working on a pilot project in the schools to promote more physical activity for the whole family. Goal is to have a wellness champion at each school.</p> <p>Childhood Trauma Developing a detailed capacity map to better understand where there are gaps and overlaps in prevention, intervention and program capacity. North Coast has created a Community Resilience Leadership campaign.</p> <p>Housing Working with the cities of Fort Bragg & Ukiah and the County to review their housing elements, which will guide housing development for the next 8 years. Established Free ADA Storage plans for Fort Bragg and the County.</p>	<p>Mental Health Curating a digital library of best practices and policies to improve the physical, social and mental health of our workforce. North Coast is working with Childhood Trauma on the Community Resilience Leadership campaign.</p> <p>Poverty Facilitating a collaborative effort to create an entrepreneurial incubator for low-income individuals who have a service or product they want to monetize, called the Community Marketplace. Working to expand the Earned Income Tax Credit (EITC) program to capture an estimated additional \$2.5 million for Mendocino County families.</p>
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Funders: Adventist Health Howard Memorial, Adventist Health Ukiah Valley, ACHC/CHRN, Community Development Commission, The Community Foundation of Mendocino County, FIRST 5, Inland Public Health, MCHW, Mendocino Community Health Clinic, MCOE, NCO, Partnership HealthPlan, RCI, Redwood Quality Management Company, United Way of the Wine Country.

Read the Key Highlights for 2018 - 2019 and updates from the Action Teams working on the Priority Areas from the 2016 Improvement Plan. Click the button below to view this report and see the archive of past reports.

[Read the Report](#)

Updates from the Healthy Mendocino Action Teams



Keep updated with the work of the Healthy Mendocino Action Teams by reading the First Quarter 2019 updates. If you are interested in getting involved with changing the health of our community, check out the meeting times for teams in Ukiah and Fort Bragg on Family Wellness, Childhood Trauma, Mental Health, Housing, and Poverty.

Action Team Updates

Presentations Available for your Organization!

Do you want to learn more about HealthyMendocino.org?

Learn about the new Community Dashboards, how to navigate the site, tools you can use to help write reports and grants, and how to add a custom Dashboard to your website.

Email:

healthymendocino@ncoinc.org or call **707-467-3228** to schedule a presentation and find ways you can utilize its many resources.





Email Us

Resources and Tools