



## Affordable Housing

### Feature Story

#### Report from a Housing Action Team Member

*by Benj Thomas*

When Healthy Mendocino led the effort to generate a community health needs assessment, it was not surprising that the housing shortage emerged as a major focus. Housing, is one of the five Action Teams with a goal of addressing a major contributor to community health issues. In monthly meetings since the initial planning session, the Housing Action Team, chaired by MaryLou Leonard, has articulated its goals and reached out to engage a broad group of stakeholders and leaders.

Much of our Team's early work has focused on framing the housing issue. Initially, we focused on low- and moderate-income housing and shelter for the homeless. But we soon realized that the housing crisis in Mendocino County is not limited to the lower end of the housing market. The shortage of housing at all price levels has created a huge logjam in the

region's economy, with consequent problems for employers and job-seekers, and thus for all County residents.

To read more about the Housing Action Team's work click [HERE.](#)

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## **May is Mental Health Awareness Month Reducing the Stigma of Mental Health in a New Paradigm**

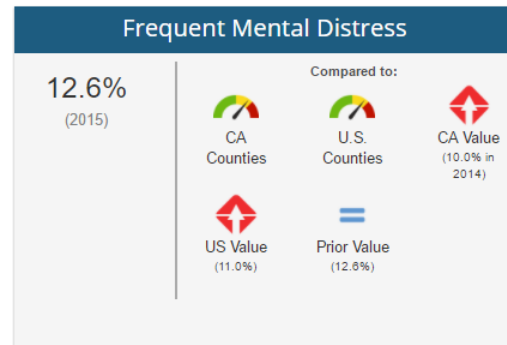
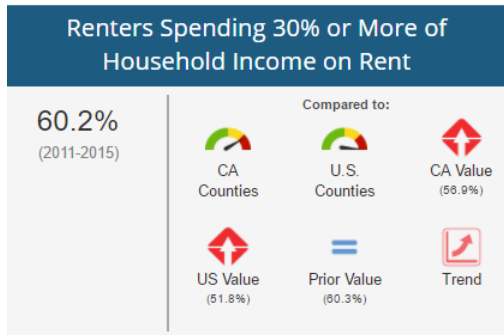
*by Jessi Maness, LCSW at Long Valley Health Center*

Mendocino County's unique communities are gifted with resourcefulness, heart, and a drive to bring in healthier lifestyles and a "back to the Earth" way of life. As a psychotherapist, one question comes to the forefront for me: How are emotional and mental health needs perceived in this new, holistic paradigm? Certainly, we have journeyed far in our understanding of the mind/body connection in the past twenty-five years; a fact evidenced in neuro-biological research and kindergarten class-rooms alike. A stigma around mental health issues remains, however, and currently creates difficulty for many people in seeking needed professional help. Ethically, we must continue to explore ways to remove stereotypes and other barriers so that our communities can truly experience 'whole person' care.

To read more click [HERE.](#)

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## May Featured Indicators



Spending a high percentage of household income on rent can create financial hardship, especially for lower-income renters. With a limited income, paying a high rent may not leave enough money for other expenses, such as food, transportation and medical. Moreover, high rent reduces the proportion of income a household can allocate to savings each month.

Click [HERE](#) to view the indicator.

Psychological distress can affect all aspects of our lives. It is important to recognize and address potential psychological issues before they become critical. Occasional down days are normal, but persistent mental/emotional health problems should be evaluated and treated by a qualified professional.

Click [HERE](#) to view the indicator.



## Health Impact Assessment and Housing

Health impact assessments present an important lens for assessing life in Mendocino County and working to improve it. Policy decisions that affect housing quality, affordability, and location as well as neighborhood characteristics can influence whether these places are supportive of or detrimental to community health and well-being and can play important roles in reducing or even preventing disease.

Click [HERE](#) to read more about "**Guidance for the Public Health Sector, Health impact assessment and housing**" and links to more articles on this topic.

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## Updates for the Healthy Mendocino Project

- Thaïs Mazur, Project Manager for Healthy Mendocino, has been busy working on launching regional chapters throughout Mendocino County to be part of the Healthy Mendocino Project. There will be a presentation on **May 10th from 6-8 pm in Fort Bragg** about launching **North Coast Regional Action Teams**. For more information please click [HERE](#).
- On May 23rd at 9am on KZYX Community Radio's Mind Body Health Politics show Thaïs and Action Team members from Childhood Obesity and Family Wellness will talk about the Healthy Mendocino Project and the Community Healthy Improvement Plan.
- There will be a feature article about the Healthy Mendocino North Coast Regional Chapter in the Mendocino Beacon and Fort Bragg Advocate May 4th.
- **Childhood Obesity/Family Wellness (CHOW)**: they will put on a Kids triathlon event July 21<sup>st</sup> in Ukiah, July 29<sup>th</sup> in Fort Bragg and possibly in Round Valley.
- **Childhood Trauma**: they hope to have their goals and objectives ready by June.
- **Housing**: John Lowery, former ED of Burbank Housing and now a commissioner in Santa Rosa, spoke at the last meeting. Talked to the developer of the Lover's Lane development. He will come to their May meeting to talk to the group.
- **Poverty**: They have chosen to focus on "Financial Stability", especially for families. They will be educating themselves on existing programs and opportunities. Catholic Charities did a presentation at the last meeting.
- **Mental Health**: They met on April 18th and will be setting up regular meetings.

Click [HERE](#) to read more about the Action Teams and their meeting times and locations.

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## Presentations Available for your Organization!

Do you want to learn more about [HealthyMendocino.org](http://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](mailto:healthymendocino@ncoinc.org) or call **707-476-3228** to schedule a presentation and find ways you can utilize its many resources.



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