

What's New? October 2018

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Affordable Housing

Feature Story

Addressing the Housing Crisis from Your Backyard

By Elizabeth Swenson

The North Coast Housing Action Team of Healthy Mendocino (HAT) was created in response to the Mendocino County Community Health Needs Assessment. With a vision that every person in our area should have access to safe and secure shelter, the North Coast Housing Action Team, has held monthly meetings involving a broad group of stakeholders and interested community members, to work together for solutions on the complex issue of improving housing.

Engaging and informing the north coast community about housing needs, challenges, and opportunities is one of HAT's key goals. HAT plans to organize three public education workshops over the next year. The first workshop, scheduled for October 25th, is designed to provide information to help people interested in building a 2nd Unit or Accessory Dwelling Unit (ADU) on their property either in the city of Fort Bragg or in our county coastal region. We identified 2nd units or ADUs as the topic of a workshop due to the many benefits of ADUs, as well as in

response to changes at the state, county and city level, which were implemented recently to encourage homeowners to build the units.

To read more click [HERE](#).



Walktober and the CalFresh Challenge!

The Walktober Challenge: Walk for 10, 20, or 30+ minutes EVERY day in October.

The CalFresh Challenge: Spend only \$5 for food and beverages per day in October.

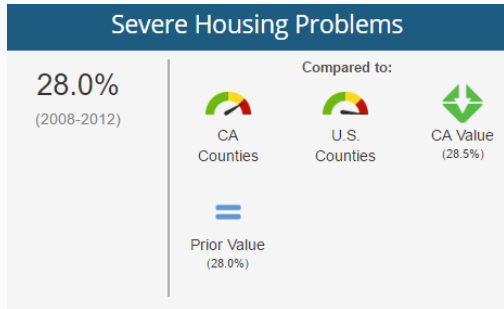
October is the perfect month to get outside, join up with co-workers, friends, and family, and go for a walk. Walktober is about getting outside to move your body and breathe in the crisp fall air. Click [HERE](#) to read more.

The average CalFresh benefit amount is \$5/day. Can you challenge yourself to live on this amount?

Click [HERE](#) to read more.

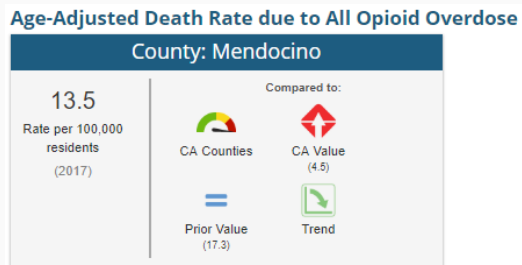
Food For All is sponsoring CalFresh Information Sessions at the Public Library. Come and learn about all of the ways CalFresh is benefiting our community. CalFresh helps families and individuals through difficult times, supports local farmers, and helps our economy in Mendocino County. CalFresh dollars can be spent at the farmer's market (double your money at the market!), grocery stores, and convenience stores with a handy EBT card that looks just like a debit card. People who qualify may be eligible for up to \$200 a month towards grocery bills. Click [HERE](#) for more information.

October Featured Indicators



Safe and affordable housing is an essential component of healthy communities, and the effects of housing problems are widespread. Residents who do not have a kitchen in their home are more likely to depend on unhealthy convenience foods, and a lack of plumbing facilities increases the risk of infectious disease. Research has found that young children who live in crowded housing conditions are at increased risk of food insecurity, which may impede their academic performance. In areas where housing costs are high, low-income residents may be forced into substandard living conditions with an increased exposure to mold and mildew growth, pest infestation, and lead or other environmental hazards.

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



Opioids are natural or synthetic chemicals that bind to receptors in your brain or body. Common opioids include heroin and prescription drugs such as oxycodone, hydrocodone, and fentanyl. Opioid abuse is a serious public health issue, but preventive actions, limiting the number of opioid prescriptions, and treatment for addiction to prevent future use can help. The majority of drug overdose deaths involve an opioid, and at least half of all opioid overdose deaths involve a prescription opioid. Since 1999, the rate of overdose deaths involving opioids (including prescription opioid pain relievers) has nearly quadrupled. According to the CDC, overdoses from prescription opioid pain relievers are a driving factor in the increase in opioid overdose deaths.

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



New Opioid Indicators!

We now have 10 new indicators focused on Opioid use in Mendocino County. Opioids are natural or synthetic chemicals that bind to receptors in your brain or body. Opioid abuse is a serious public health issue, but preventive actions, limiting the number of opioid prescriptions, and treatment for addiction to prevent future use can help.

Click [HERE](#) to view.



Updates for the Healthy Mendocino Project

Save the Date for the Fall "Meet Ups" for Inland and Coast Action Teams. Inland teams will meet on November 7th, 9-11 am and the Coast teams will meet on November 13th, 5:30-7:30 pm.

Click [HERE](#) to read more.

Read more in depth updates and meeting times for the Healthy Mendocino Action Teams [HERE](#).

Inland Ukiah Regional Chapter

Childhood Obesity/Family Wellness:

- October Hashtag is: #Walktober
- The team is reviewing goals and objectives and looking at avenues for outreach in schools and the greater community.

Childhood Trauma:

- Information continues to be shared through trainings related to Trauma and Community Resiliency.
- Agencies are discussing the ACEs focus and continuing to develop outreach and education around this issue in the greater community.
- The Champion project has been launched at Nokomis School.

Housing:

- The Housing Action Team was successful in holding a workshop on Alternative Dwelling Units a few months ago and will be reconvening to plan other public workshops on issues around housing. The goal will be to engage and inform the community and influence local policies.

Mental Health:

- Mental Health is developing an online resource guide that can be accessed by the community members and professionals to find services. The guide will be hosted on the Healthy Mendocino website.

Poverty:

- The Ukiah team is working with West Company to form a Community Market at Grace Hudson School for low-income families to sell prepared food, crafts, etc.
- Heather Gurewitz with EDFC is planning an Economic Summit in January with the support of the Poverty Action Team.

North Coast Regional Chapter

Family Wellness:

- This team is currently not meeting but efforts are being done to reconvene the group and meet before the end of the year.

Childhood Trauma:

- The Childhood Trauma Action Team, Mental Health Action Team and FIRST FIVE will present: The 2019 Coast Community Resilience Leadership Summit in April 2019. There will be opportunities to explore skills and resources needed for responding and providing for ourselves and community members in a way that builds resiliency.

Housing:

- One of the primary goals of the Team is to engage and inform the north coast community about housing needs, challenges, and opportunities. The first strategy towards the goal is a workshop, scheduled for October 25th, designed to provide information to help people interested in building an Accessory Dwelling Unit (ADU) either in the city of Fort Bragg or the northern Mendocino County coastal region.

Mental Health:

- The Mental Health Team along with the Childhood Trauma team are collaborating on: The 2019 Coast Community Resilience Leadership Summit in April 2019.
- Continued research is being done on best practices for supporting professionals and educating community members about the risk of suicide. Outreach to chaplains, human health workers, educators, law enforcement and other first responders is being conducted.

Poverty:

- This team is currently not meeting but efforts are being done to reconvene the group and meet before the end of the year.

South Coast Regional Chapter

Mental Health & Childhood Trauma:

The Across Ages and Cultures Coalition is working on preventing child abuse and neglect, domestic violence, poverty, social inequities and other sources of ACEs, as a potent way to promote physical, emotional and mental health.

Strategies have been identified as the following:

- Treating and healing those who have been exposed to, and are victims of, ACEs;
- Educating the community regarding the harm of ACEs and the connection between trauma and alcohol and other drug abuse and addiction;
- Developing policies and best practices in our schools and other agencies that encourage positive parenting, healthy living and nonviolent communication.

Click [HERE](#) to read more.

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 **707-476-3228** to schedule a presentation and find ways you can utilize its many resources.





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