



P A J A R O V A L L E Y  
**COMMUNITY**  
**HEALTH TRUST**

## Pajaro Valley Community Health Trust -- 2020 Grant List

### Access to Care:

#### **Coastal Kids Home Care - \$15,000**

*In-Home Care for Children with Special Healthcare Needs in the Pajaro Valley:* Funding will support the agency's in-home nursing, therapy and social service programs benefiting Pajaro Valley children with illness, disability or behavioral health needs and their family members. Coastal Kids will ensure that medically vulnerable children, especially those from low-income backgrounds, receive compassionate care that improves their quality of life, and brings greater stability to their families.

#### **Community Bridges - \$15,000**

*Mental Health for Pájaro Valley Families:* La Manzana Community Resources, a program of Community Bridges, will expand access to mental health services by administering an individualized assessment to all clients that includes screening for mental health services. Funding will increase access to culturally responsive care to 30 Pajaro Valley families through 80 counseling sessions and provide professional growth opportunities for two bilingual counseling interns. In addition, the counseling team will determine other needed interventions, in a multitude of settings such as individual, group, or family therapy.

#### **Family Service Agency of the Central Coast - \$15,000**

*The Resilient/Resiliente Project:* Funding will support services for survivors of child sexual abuse and their parents/partners, Latinas with a cancer diagnosis and their loved ones, and seniors facing challenges of aging who need peer support in the Pajaro Valley.

#### **Hospice of Santa Cruz County - \$10,000**

*Youth Grief Support Program:* Funding will support the Youth Grief Support Program, which provides youth with individual counseling, school-based education, critical incident response, Camp Erin (a free 2-day camp for youth who have lost a loved one), art nights and community-wide events which involve the entire family. Each year, this

program provides bilingual grief counseling to more than 100 youth, reaches more than 500 students through classroom activities, and involves 55-65 youth in Camp Erin.

**Jacob's Heart Children's Cancer Support Services - \$15,000**

*Improving Access to Care for Children with Life-Threatening Illnesses in the Pajaro Valley:* Jacob's Heart will provide direct and impactful care during the most fragile and devastating times in a seriously ill child's life. Funding will help us deliver a minimum of 1,000 hours of direct support (case management by Family Support Specialists, and clinical counseling by staff psychologist, or contract therapists) including a minimum of 150 home and hospital visits for families in the Pajaro Valley. Additionally, we will facilitate 100 hours of bereavement support in the home, office or via phone conference as appropriate, to families in the Pajaro Valley who are grieving the loss of a child, and host Forever Loved, a retreat for our bereaved families.

**The Diversity Center - \$5,000**

*LGBTQ+ Health and Behavioral Health Care Training:* Funding will be used to train Pajaro Valley health care workers and students pursuing health care professions in culturally appropriate LGBTQ+ health care practices. Trainings will be conducted by LGBTQ+ national health expert Dr. Jennifer Hastings and will include a speaker's a panel of LGBTQ+ individuals who will speak from personal experience about discrimination in health care. Funding will also support Medi-Cal outreach at LGBTQ+ events, support groups, our Conexiones group for the Latinx community, and our senior socials and luncheons in Watsonville.

**Vista Center for the Blind & Visually Impaired - \$10,000**

*Vista Center Safe & Healthy Living Program:* Funding will support the Safe & Healthy Living program, designed to help individuals overcome the physical and emotional impact of sight loss, to remain independent, employed & mobile. Services are customized via an in-home Social Worker assessment and delivered by trained professionals. Outreach builds knowledge and awareness of all available services. Counseling & support groups in English and Spanish reinforce mental health and create inclusion.

**Oral Health:**

**DIENTES - \$10,000**

*Preventative Dental Care in Schools:* Funding will support Community Outreach, addressing transportation as a barrier to care. The Outreach program operates at 12 schools in the Pajaro Valley United School District, supporting kids to establish healthy habits and catch problems before they start, so they can focus on school instead of a toothache.

**Salud Para La Gente - \$10,000**

*Preventative Dental Care in Schools:* This project parallels many of the Health Trust's Oral Health program area outcomes, namely, to increase the number of Pajaro Valley residents with access to comprehensive dental care and to decrease the prevalence of untreated decay among residents. Funds will help provide subsidized dental care to eligible, uninsured, low-income residents served by Salud Para La Gente's Dental team.

### **Diabetes & Contributing Factors:**

#### **Farm Discovery at Live Earth - \$15,000**

*Youth Summer Farm Immersion for Health:* Funds will support outreach expansion and provide stipends to up to 30 youth Leaders in Training, Junior Staff and new in 2020, a 10-month internship to learn leadership and job skills, while taking real responsibility for campers, the farm, and programming during the summer. In addition, it will provide scholarships to expose up to 45 low-income young people to experiences with healthy, whole foods and nutrition and fitness.

#### **Food, What?! - \$15,000**

*Youth Empowerment through Sustainable Agriculture, Nourishing Food and Loving Community:* Funds will support our core programs, within which youth build a toolkit that supports their well-being. FW is a meaningful space where youth cultivate their empowerment, liberation and wellbeing. Funds will also support food access through our CSA and Prescriptive Produce Stand.

#### **Girls Incorporated of the Central Coast - \$15,000**

*Health and Wellness for Middle School Girls in the Pajaro Valley:* Funds will support the Friendly PEERsuasion and Will Power/Won't Power programs, which are health-focused programs helping girls to Identify healthy vs. unhealthy behaviors, and avoid behaviors that can lead substance abuse, sexually transmitted diseases, and unwanted pregnancies. These programs will be held at Cesar Chavez Middle School in Watsonville and Aptos Jr. High School. Smart Choices, held at UC Santa Cruz, helps girls prepare for high school, plan for college, and avoid risky behaviors that can derail their progress.

#### **Natividad Medical Foundation - \$5,000**

*5 Steps to Prevent Diabetes® Program:* Grant funds will be used to continue the effective "5 Steps to Prevent Diabetes Program", a community-based, scientifically proven health promotion education program for safety net populations with various levels of English proficiency and health literacy.

#### **Nourishing Generations Educational Project - \$5,000**

*Nutrition, Cooking, Fitness Program for Children in Affordable Housing Communities:* Health Trust funds would be used to provide Mid Pen sites - Schapiro Knolls, Sunny Meadows, San Andreas, and Parkhurst Terrace with a program consisting of a healthy snack, engaging nutrition instruction and activities, hands-on cooking instruction,

fitness activities, and food sharing during the six, two-hour long sessions at each site. The program will provide participants with the nutritional knowledge and culinary skills necessary to prepare and eat a healthy whole foods diet, as well as fun fitness activities to encourage regular exercise.

**Second Harvest Food Bank - \$5,000**

*Using a Door-to-Door Assessment to Increase Chronic Disease Awareness and Prevention Efforts:* Funds will sustain canvassing efforts, an evidenced-based practice to better understand who is coming and not coming to the food bank's nutrition education programs and why, in key PV neighborhoods as in order to improve engagement with the community around nutrition education, diabetes prevention, and food access.

**Teen Kitchen Project - \$10,000**

*Healthy Meals for Healthy Communities – Watsonville Program:* Teen Kitchen Project's program provides critically and chronically ill people with medically-tailored, home-delivered, free or low-cost meals that are nutritionally appropriate for patients' medical needs. Funds will train and support 65 teens in preparing, cooking and packaging medically tailored meals to be delivered to patients with diabetes in Pajaro Valley.

**United Way Jovenes SANOS - \$15,0000**

*Youth H.E.A.L.ing (Healthy Eating Active Living) in Pajaro Valley:* Funds will be used to grow powerful skilled young leaders working towards creating a culture of health and a thriving Watsonville community, by increasing access to healthy eating and active living. The Jovenes SANOS youth will lead a one-hour class; half hour nutrition workshop and half hour physical activity, for seven weeks in order to document increased HEAL knowledge, use of HEAL knowledge and any other behavioral change. Classes are focused on Lakeview Middle and Radcliff Elementary schools and also partnering with the Department of Public Health for content creation.

**Watsonville Family YMCA - \$15,000**

*Healthy for Life Program:* The Watsonville YMCA will pilot the Start for Life Program, consisting of a series of 24 lesson plans and is administered by the Y Kid Zone's early learning teachers in 30-minute sessions five days per week. It will provide a variety of fun activities to help build strength, endurance, cardiovascular fitness and flexibility. In addition, a series of self-management and skill-building exercises are used to reinforce health behaviors over time.