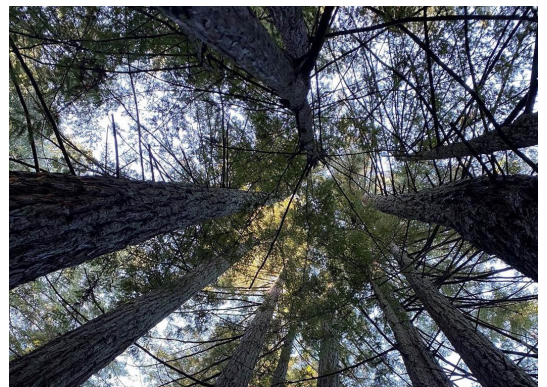
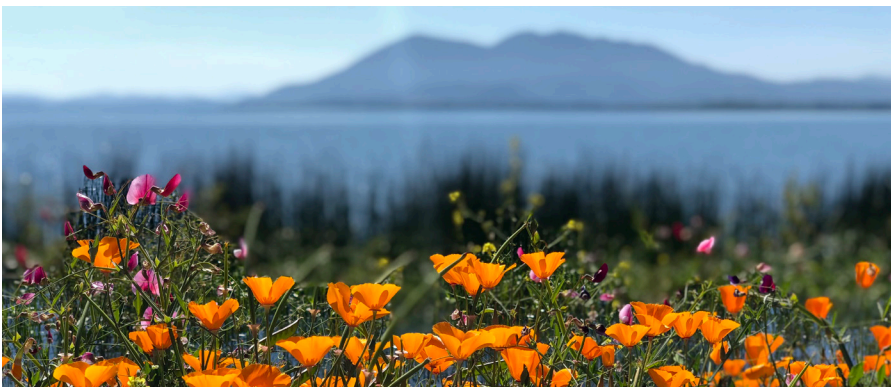


HOPE RISING

LAKE COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

June 1, 2023 – May 31, 2026





About Lake County

Located in north central California as part of the state's famous wine country, Lake County is the 38th largest county in the state by land area, and the 40th largest county by population with a population density of almost 52/square mile. Incorporated in 1861 from the northern portion of Napa County, Lake County has a rich tradition of Native American culture that continues to this day with multiple Pomo tribes living in the area. Lake County's economy is based heavily on tourism and recreation thanks to the number of scenic lakes in the area. The most prominent geographic feature in the county is Clear Lake, California's largest natural freshwater lake and thought to be North America's oldest. Anchored by the city of Lakeport, the county covers 1,256 square miles of land and 73 square miles of water.

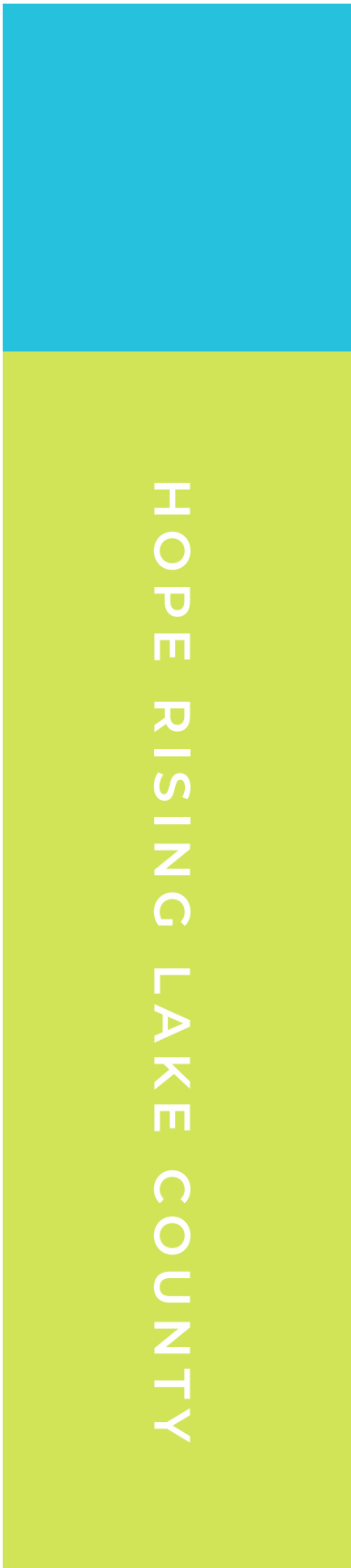
Lake County is considered one of 27 rural counties in the state of California by the California State Association of Counties. Almost 33% of the county's population lives outside of areas listed as urban or suburban. There are a total of 68,766 residents in the county, with a population increase of over six percent from 2010. The current top industries in Lake County are educational services, health and social assistance, retail trade, and professional, scientific, and management, and administrative and waste management services.

According to the 2023 County Health Rankings, Lake County ranks 56th in the state of California for health outcomes (length of life and quality of life) and is ranked 49th in California for health factors.

We believe there is room for improvement.



Hope Rising Lake County convenes community stakeholders—including residents—to identify and remove barriers to equitable wellbeing, and coordinates collaborative action to improve the lives of all people in Lake County. This 501(c)3 non-profit community benefit organization was established in 2015. Together, they lead a joint effort, leveraging resources and influences to improve the overall health and wellbeing of the community. Additionally, Hope Rising provides alignment and strategy to community leaders by helping to identify key issues and develop and implement innovative solutions for intractable challenges. This collaborative exists to mobilize and inspire community partnerships and actions that support individual, collective, and community health and wellness.



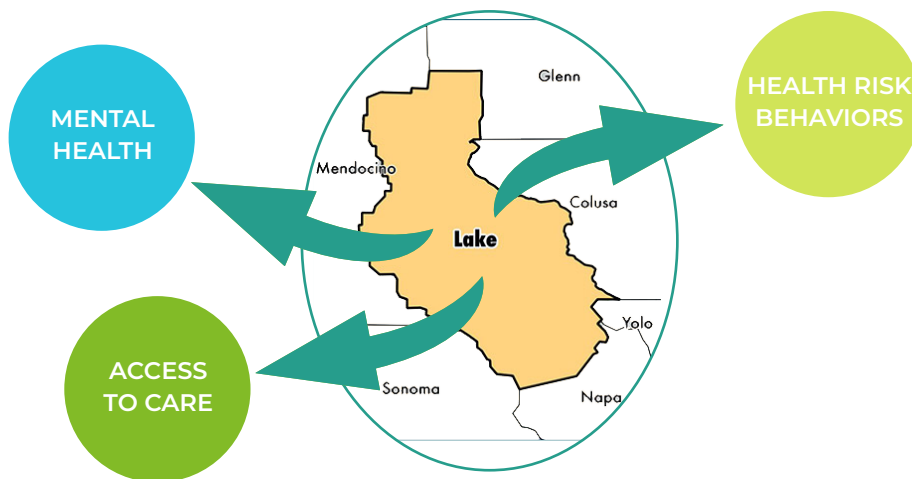
HOPE RISING LAKE COUNTY



Building Off the Community Health Needs Assessment

Lake County ranked #56 of 58 ranked counties in overall health and length of life. (Lake, California | County Health Rankings & Roadmaps) Hope Rising led the efforts on constructing Lake County's 2022 Community Health Needs Assessment. This data was collected by means of community surveys (708 respondents), key informant interviews, focus groups and visioning forums.

The top three priorities from the needs assessment included: **mental health** (access to care, drugs and alcohol, stress and trauma, anxiety and depression, and deaths of despair), **access to care** (primary care physicians, family medicine, internal medicine and pediatrics) and **health risk behaviors** (physical inactivity, tobacco, preventive care, reproductive health, diet and nutrition, illicit drugs, sexually transmitted infections and alcohol).

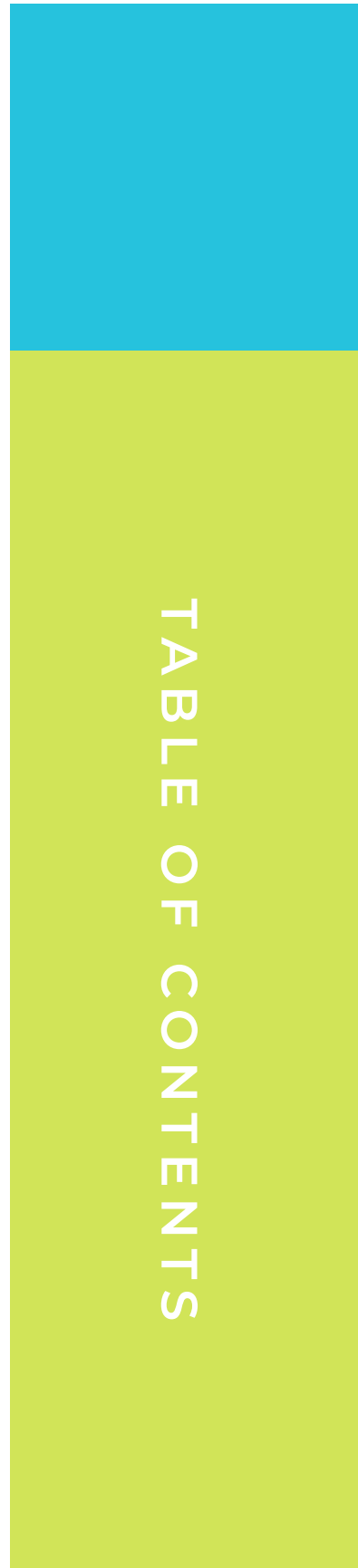


The community recognizes that several of the issues overlap and root causes must be addressed. Lake County has already made positive strides in all three of the priority areas and is working to expand the impact and outcomes of these initiatives. Be sure to review the Bright Spots, which are positive community stories, throughout this document.

BUILDING OFF THE COMMUNITY
HEALTH NEEDS ASSESSMENT

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Our Purpose, Vision, and Our Guiding Principles

VISION

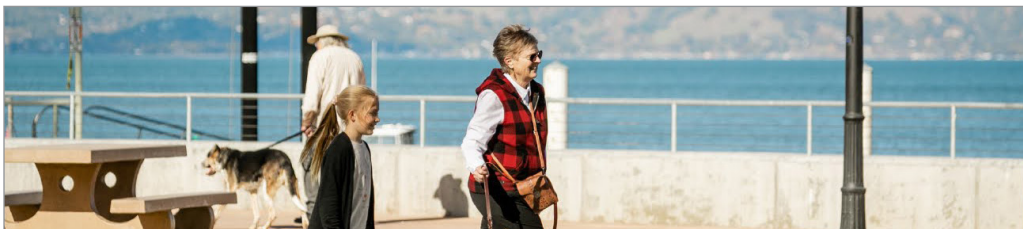
Our vision is that Lake County is a healthy place for every person to live, learn, engage and thrive.

Purpose

Hope Rising Lake County convenes community stakeholders, including residents, to identify and remove barriers to equitable wellbeing, and coordinates collaborative action to improve the lives of all people in Lake County.

Guiding Principles

- Our work is rooted in a **strong personal commitment** to our communities, friends, families, and neighbors.
- We use a **civic mindset**.
- We **work intentionally** to eliminate racial, ethnic, socio-economic, and geographic disparities in health and wellbeing.
- We are committed to **creating opportunities for authentic community engagement and involvement**.
- We **enable and facilitate connection, alignment, and coordination** of existing projects in our communities, while **catalyzing and supporting** new projects.
- We are willing to make mistakes and to **learn, reassess, and refocus**.
- We **use system dynamics models** to assist in short- and long-term planning.
- We are **committed to change at every level** (personal, community, regional, policy).



PURPOSE • VISION
GUIDING PRINCIPLES



OUR PRIORITIES

Mental Health

Access to Care

Health Risk Behaviors

We believe that if individuals and organizations work together to promote access to care, improve mental health, and address health risk behaviors, we will have a healthier community overall.



PRIORITIES



OUR EQUITY STATEMENT

Hope Rising Lake County is committed to promoting health equity and reducing health disparities in Lake County. We recognize that access to quality healthcare, nutritious food, safe housing, and other social determinants of health are not equally distributed among all members of our community. We are dedicated to partnering with community members, organizations, and public health agencies to identify and address the root causes of health inequities.

We believe that all individuals have the right to live healthy lives regardless of their race, ethnicity, gender, gender identity, sexual orientation, socioeconomic status, immigration status, religion, age, or ability. We are committed to working towards a future where health outcomes are not determined by these social factors, but rather by access to high-quality care and resources.

To achieve this goal, we will prioritize community engagement, data-driven decision making, and collaboration with partners across sectors. We will work to identify and reduce systemic barriers that prevent individuals from accessing the care and resources they need to be healthy. We will also prioritize the voices and experiences of those who have historically been excluded from decision-making processes.

Ultimately, our success in promoting health equity will be measured by the degree to which all members of our community are able to access the resources and opportunities they need to thrive. We are committed to ongoing learning and improvement in our efforts to promote health equity and reduce health disparities in Lake County.



PRIORITIES

PRIORITY - MENTAL HEALTH

Mental Health Terms

Mental health: Emotional, behavioral, social, and spiritual peace.

Stigma: A strong feeling of disapproval and fear that people in a society have about something, especially when it is unfair or fueled by misinformation, particularly regarding people with substance use and or mental health needs, which can lead to people not receiving or seeking care they need.

Goal One:

Reduce stigma and build trust to create a culture of safety for accessing mental health services.

Strategies:

- Engage and survey residents to obtain a baseline on attitudes toward accessing mental health services.
- Launch a mental health ad or communication campaign.
- Reduce stigma in youth and elderly populations.
- Host community engagement and listening sessions regarding mental health services.



MENTAL HEALTH

Goal Two:

Maintain collaboration of agencies to ensure coordination of services that are available.

Strategies:

- Identify gaps in seeking further services.
- Apply for a shared grant opportunity with the five health systems.
- Host education sessions for providers to be aware of available resources.
- Conduct mental health first responder training.
- Build systems and processes to make it easier for providers to refer patients to needed services.
- Create a resource guide and flow chart to support the social determinants of health.
- Advocate for and promote Community Health Workers.

Goal Three:

Increase types of services and options available to prevent and address service needs.

Strategies:

- Identify and strengthen crisis response strategies.
- Strengthen and develop strategies to address preventative measures.
- Raise awareness of available resources.
- Expand access to mental health services.



MENTAL HEALTH

Goal Four:

Increase awareness and understanding of historical trauma that has taken place in Lake County.

Strategies:

- Conduct regular trainings and pay the indigenous populations for their expertise.
- Conduct trauma-informed and cultural sensitivity or humility trainings with providers.
- Acknowledge and respect the value of indigenous cultures.



Critical Partners

- Community Health Workers
- Emergency Medical Services (EMS)
- Hubs (Big Oak Peer Center, La Voz de la Esperanza, Harbor on Main, Hope Center)
- Lake County Behavioral Health Services
- Law Enforcement/Healthcare
- Lake Family Resource Center (LFRC)
- Lake County Office of Education (LCOE)
- Mendocino Community Health Clinic (MCHC- Behavioral Health)
- Mother Wise
- Senior Center
- Transportation
- The Seven Local Tribes
- Lake County Tribal Health Consortium



Bright Spot Harbor Youth Resource Center

The Harbor on Main Youth Resource Center is a place where transition-age youth can find support and services to help them move from adolescence to adulthood successfully. The Harbor provides social, emotional, and physical support and care. The program offers education support, housing navigation, peer mentorship, mental health and well-being support, employment workshops, and more.

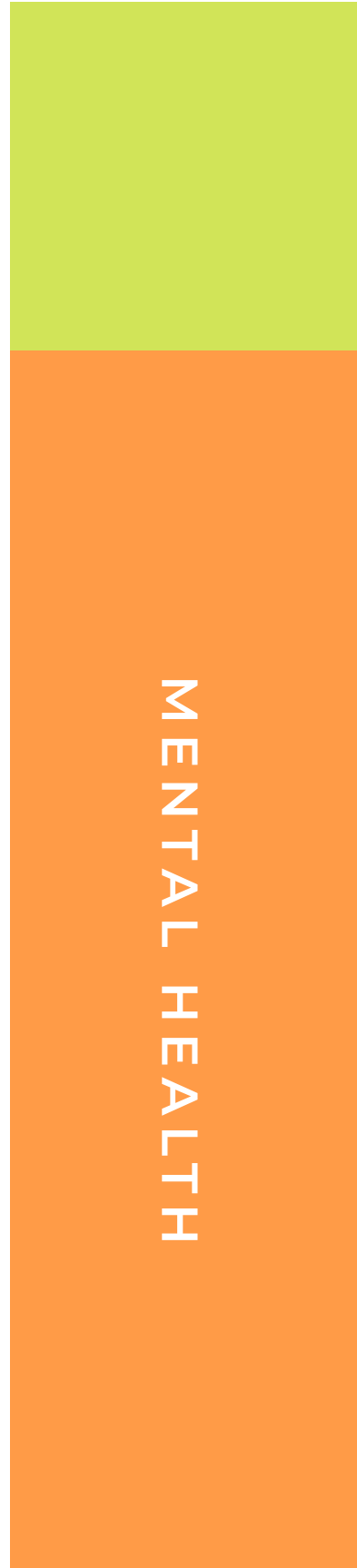
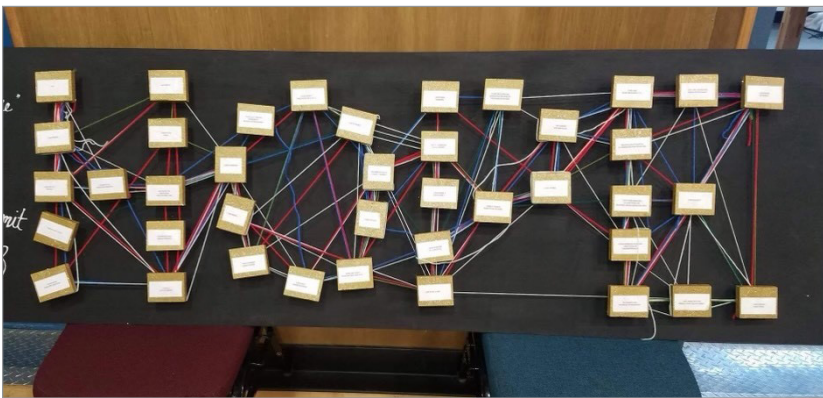


The Harbor focuses particularly on resources and services that promote opportunities to engage youth as partners and provide youth the opportunity to develop the real-life skills necessary to succeed as community citizens and workers. On a daily basis, the Harbor provides one-on-one peer support services with state-certified staff, referrals to mental health programs, client-focused peer support groups, and activities that promote mental wellness - such as mindfulness exercises, creative therapeutic writing, and art expression. At the Harbor on Main, their motto is “Strive For Progress, Not Perfection. Let Us Walk With You”. The caring and compassionate staff strive to help youth reach both their goals in life and mental wellness and are there to help every step of the way.

MENTAL HEALTH

Bright Spot YOUTH Summit/Hope Board

Every year in July, four tribes, along with various partners, collaborate on the YOUTTH (Youth Outreach Uniting Tribes Through Health) Summit which is hosted by Robinson Rancheria. During the Summit a HOPE board is used to bring awareness to the needs of the youth along with healing. Thirty-eight pins have been put on the board to create the letters. A question is placed by each pin and the kids wrap a strand of yarn around the pins on each statement/question that they identify with. Some examples of phrases on the pins are: I feel alone, I am happy, I live with my parents, I have tried drugs or alcohol, I feel depressed. This activity has helped the youth see that they are not alone in the struggles that they live with each day. It also has helped the organizers know what areas are most important to cover during the three-day Summit.



PRIORITY - ACCESS TO CARE

Access to Care Terms

Providers: A professional who provides services that support the whole person.

Telehealth: When healthcare providers care for a patient without an in-person office visit.

Cultural Awareness: Recognizing and understanding that everyone has different values shaped by diverse cultural backgrounds.

Goal One:

Recruit and retain providers.

Strategies:

- Explore collaborative recruitment and incentive options.
- Utilize and create supports to lessen burden on providers.
- Partner with local Universities and Medical Schools to offer loan forgiveness.
- Consider recruiting families instead of individual providers.



ACCESS TO CARE

Goal Two:

Encourage collaboration to promote coordination and integration among healthcare service providers.

Strategies:

- Commit to consistently practicing cultural awareness and integration.
- Bring key players to the table to strengthen partnerships and build relationships.
- Educate and celebrate what each system is doing well.
- Look at challenges and how to collectively address those challenges.

Goal Three:

Increase access to and utilization of telehealth.

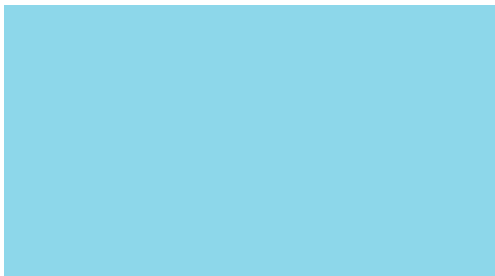
Strategies:

- Provide incentives for patients and employers with fewer sick days.
- Create targeted messaging for variety of services (i.e., mental health and substance use disorder).
- Improve and expand Wi-Fi access and increases places to charge a device.
- Provide training on telehealth at senior centers, libraries, food banks, school, shelters/warming centers.
- Engage/educate employers so that they can include information on telehealth services during their on-boarding process.
- Increase physical spaces to access telehealth and increase transportation.
- Promote diversity of telehealth providers.
- Make sure all navigators have information on telehealth access and training.

ACCESS TO CARE

Critical Partners:

Adventist Health
California Department of Public Health
Chamber of Commerce
County and City Governments
Lake County Behavioral Health
Lake County Department of Health Services
Lake County Tribal Health Consortium
Lake Family Resource Center
Library
Mendocino Community Health Center
Partnership Health Plan
Redwood Community Services
Senior Centers
Lake Transit
Lake Links
Sutter Health
The Seven Local Tribes
Lake County Tribal Health Consortium
University of California Davis
University of California San Francisco



Bright Spot

Adventist Health Clear Lake Launches Pop-up Care Shower Project in Lake County

Adventist Health Clear Lake launched a Pop-up Care Shower Trailer, a mobile shower unit that helps friends, family and neighbors who are homeless or are living in poverty with access to clean showers, hygiene products, a good meal and other vital health services. The Pop-Up Shower began in 2019 and has steadily grown each year.



Serving an average of 100 guests per week, the trained staff offer unconditional positive regard, provide coaching and support, and ongoing care management. This has resulted in referrals to Hope Center, Restoration House, North Coast Opportunities, Lake County Tribal Health Consortium, Lake Family Resource Center and other agencies. Over time, the guests begin to trust the Project staff and identify areas where they need help. The staff are ready to assist in recovery of documents, provide housing navigation and on-site behavioral health support, along with referrals to other community resources. The new Adventist Health Street Medicine van is providing on-site medical assistance for wound care and medication management and will soon offer virtual provider visits to the Shower Trailer guests.

ACCESS TO CARE

Bright Spot

Assemblymember Cecilia Aguiar-Curry's Bill to Expand Access to Telehealth Care Signed by Governor Gavin Newsom

In his last day to act on legislation from the 2019 Session, Governor Gavin Newsom signed AB 744 by Assemblymember Aguiar-Curry who represents Lake County. This legislation means that health plans must provide reimbursement to healthcare providers for performing covered services, regardless of whether the care is provided in-person or through telehealth.



During the North Bay Fires in 2017, Sutter Lakeside Hospital was closed for two weeks. The hospital was able to use telehealth in order to continue treating patients in the Lake County community, but they did this without knowing whether the providers would be reimbursed for their services.

“California, the technology leader in our nation and the world, should also lead on

access to health services. Telehealth overcomes barriers to healthcare access by using technology to connect patients to their doctors, no matter where they live, what the demands of their jobs are, or what mobility challenges they may have,” said Aguiar-Curry. “By taking advantage of technological innovations in the healthcare industry, we can use our doctors’ time and expertise more efficiently while expanding access to all types of care for Californians.”

ACCESS TO CARE

PRIORITY - HEALTH RISK BEHAVIORS

Health Risk Behaviors Terms

Provider: A professional who provides services that support the whole person.

Telehealth: When healthcare providers care for a patient without an in-person office visit.

Medication for Addiction Treatment (MAT): The use of medications, with the use of psychosocial therapies and supports as needed, to provide a whole-person approach to the treatment of substance use disorders.”

Medication for Addiction Treatment | Office of Addiction Services and Supports (ny.gov)

Aim One: Education

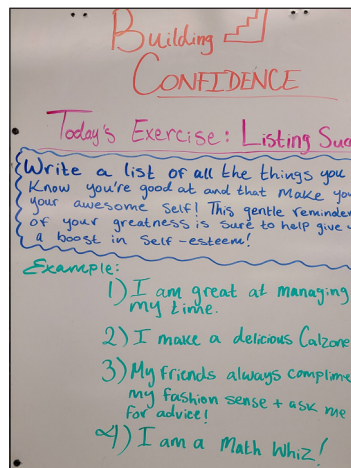
Promote physical and mental wellbeing at the community and partner level.

Goal One:

Promote a productive, healthy, and engaged community.

Strategies:

- Promote storytelling—highlight local stories to inspire others for positive change.
- Increase the awareness and depth of resources that promote the “whole person”.
- Increase mentorship programs.



HEALTH RISK BEHAVIORS

Goal Two:

Increase the number of individuals accessing substance use disorder services.

Strategies:

- Research funding options to cover schooling of substance use counselors, social workers, and medication for addiction treatment (MAT) providers.
- Promote the prescription and usage of medication for addiction treatment.
- Explore opportunities to expand sober living environments in Lake County.
- Start and continue open dialogues around substance use disorder to reduce stigma.

Goal Three:

Teach life skills to be stable physically and mentally; teach the importance of the whole body.

Strategies:

- Teach youth and adults life skills necessary to be stable physically and mentally.
- Address community members' fear of providers.
- Encourage providers be trauma-informed and culturally competent.
- Take care of yourself—body, spirit, and emotions.
- Promote a work-life balance in order to help with people's physical and mental health.



Aim Two: Movement

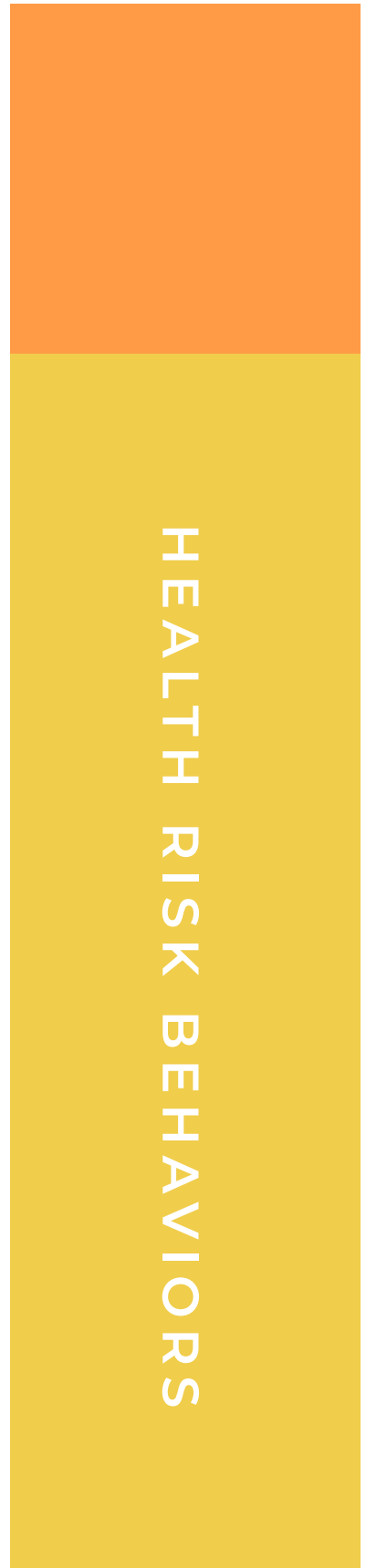
Increase equities around movement within Lake County.

Goal Four:

Increase accessibility of movement within Lake County.

Strategies:

- Identify gaps in equity around movement (equity mapping, and data collection/surveys).
- Support and continue the work of Blue Zones Complete Streets project.
- Organize community exercise classes.
- Promote a countywide beautification project.
- Explore applying to the CalTrans Sustainable Transportation Planning Grants (ATP) Active Transportation Program.



Critical Partners

- Alcoholics Anonymous
- Alicia Hardy (CEO of Olay Health)
- Any Positive Change Syringe Service Program
- Blue Zones
- Celebrate Recovery
- Chamber of Commerce
- Citizens Caring for Lake County
- City Planning Department
- Community Based Self-Help Support Groups
- Community Health Network
- County and City Governments
- Elks Lodge
- Five physician systems
- Fran's House
- Hilltop Recovery
- Lake County Office of Education
- Lake County Tribal Health Consortium
- Local radio stations
- Narcotics Anonymous
- North Coast Opportunities
- Recovery Groups
- Redwood Community Services
- Safety and wellness committees
- School well-being committees
- Senator and Assembly members
- Six school districts
- The Seven Local Tribes
- Volunteer Networks



HEALTH RISK BEHAVIORS

Bright Spot - Lake County Youth Bigtime

The Community Leaders Gathering Youth Committee hosted the first Lake County Youth Bigtime in May 2021. The group wanted to bring youth out of their homes into the outdoors. With plenty of activities, games, information booths, food and culture, the team created a safe place for families to come together for a fun-filled day. Community partners are invited to come out and join along with all the Native American Youth from Lake County. Each year, the park location and activities change. Activities in the past have included: color run, youth vs. adult softball game, horseshoe tournament, bounce houses, and basket weaving.



The Youth Bigtime always ends with an inter-tribal ceremonial dance. A highlight for families is watching all of the youth coming together to dance.



HEALTH RISK BEHAVIORS

Bright Spot - Safe Rx

SafeRx is Lake County's opioid misuse coalition dedicated to drastically reducing the number of deaths associated with accidental overdose. Local and state data show that Lake County has the highest overdose rate in the state of California and the coalition is determined to turn the curve on this devastating trend.



Healthcare providers throughout the community have joined forces to combat the ongoing opioid epidemic. SafeRx recognizes that stigma is the largest barrier to receiving help with addiction and has launched an anti-stigma campaign. In addition, the Coalition has conducted hundreds of Narcan/ Naloxone trainings, hosted numerous community overdose events and shared resources on substance use disorders with residents and school, government, nonprofit and community partners. The Coalition is tracking data related to Naloxone distribution and overdose reversals. Naloxone is a medication designed to rapidly reverse an opioid overdose. It can very quickly



restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with heroin, fentanyl, or opioid medications. In some cases, it can prevent someone who has overdosed from dying. SafeRx is continually raising awareness and encouraging others to receive help with addiction and reduce stigma.

HEALTH RISK BEHAVIORS

Call to Action

Now the real work begins.

Priorities have been made. Strategies have been outlined and partners have been identified. Lake County needs your help to realize each of the visions set for mental health, access to care and health risk behaviors.

This is a **three-year** Community Health Improvement Plan. Not a six-month plan or even a one-year plan.

1. Pick a priority you would like to support.
2. Review the strategies and see which one you can help with.
3. Get with a small group, with the help of Hope Rising Lake County leadership, and put together an implementation plan. Just start with the first 90-days.
4. Meet every 90 days to share progress, identify blocks and barriers, and then plan the next 90 days!



CALL TO ACTION

Acknowledgments

The Community Health Improvement Plan would not be possible without the support and participation of our public and private partners.

Community/Collaborating Partners:

Angela Cuellar

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Lake County Office of Education

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Lake County Health Services

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Lake County Chamber of Commerce

Laura Sullivan

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Leila Romero

Lake County Health Services

Mary Gross

Hope Rising Lake County

Patricia Russell

Lake County Behavioral Health Services

Patty Bruder

North Coast Opportunities

Philip Wegner

Lake County Health Services

Rachel Walsh

Sutter Lakeside Hospital

Rainy Grafton

Lake County Health Services

Rod Grainger

Mendocino Community Health Clinic

Samantha Bond

First 5 Lake County

Scott Abbott

Lake County Behavioral Health Services

Shannon Kimbell-Auth

American Red Cross

Shawn Paonessa

Lake County Tribal Health Consortium

Tammy Moss-Chandler

North Coast Opportunities

Timothy Stephens

Sutter Lakeside Hospital

Victoria Kelly

Redwood Community Services

Zachary Ray

Native Spirit Consulting



Hope Rising Lake County and our partner agencies are committed to mobilizing and inspiring community partnerships and actions that support individual, collective and community health and wellness.

For more information or to find out how you or your organization can become involved, contact:

Mary Gross

Hope Rising

www.hoperisinglc.org

mary@hoperisinglc.org

518-339-5015



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