

## FHD awards \$681,186 in Community Health Contracts

By Newsroom on July 21, 2016

FALLBROOK – At the regular meeting of the Fallbrook Healthcare District (FHD) Board of Directors on July 13, Community Health Contracts (previously referred to as grants) were awarded to 18 non-profit organizations providing health and wellness services and programs in the communities of Bonsall, De Luz, Fallbrook and Rainbow.

Since some entities sponsor more than one program, a total of 24 checks were issued totaling \$681,186 for 2016-2017.

The services provided through the recipients of the Community Health Contracts include the following: access to medical, dental and behavioral/mental health services; transportation to medical appointments; eye exams and appropriate treatment for preschoolers that safe-guard eye development; provision of food and nutrition resources; programs that include exercise, nutrition and water safety; advocacy for seniors; a youth education/prevention program regarding drug and alcohol use; a dental exam and treatment program for youth; and a program that provides horse-back therapy enabling strengthening of body and spirit to those who cannot move safely of their own accord.

There is also a program for special needs individuals and parents addressing the need for safe harbor and home as they grow and age.

Five new applications were received and granted – a senior care program, a breast health assistance program, the GANAS mentoring program (for crime prevention), a senior mobility/exercise program, and a CPR, first aid and emergency preparedness program.

Rachel Mason, executive director of the Foundation for Senior Care, sent FHD a thank you note in which she stated, “We understand the efforts the district board and staff put in to reviewing the contracts and appreciate that those efforts will allow us to continue serving our community. Thank you.”

The board of directors carefully assesses each of the applicants for Community Health Contracts to assure the services and programs they provide have value in regard to health and wellness to the residents in the district. Most often, quarterly reports are due to the district from each recipient. Reports reflect progress/accomplishment of goals and objectives as defined in the grant application. Final reports include a statement of funds spent and the number of individuals served by the program(s).

FHD is dedicated to providing and helping to facilitate health and wellness in the communities served by the district. Funding services through their Community Health Contracts is one way this is accomplished. In addition, new collaborative groups are being formed through combining some existing committees to unite in their efforts to better meet health and wellness needs.

A health needs assessment had been commissioned by the district and identified the district's major health concerns as the following: diabetes, hypertension and heart disease.

A goal of the collaborative groups and Community Health Contract recipients is to reduce the incidence of these health concerns through education, screening, referring, advocacy and community outreach as well as integrating community classes, exercise/physical therapy activity.

The district's health initiative, "Call to Activity – Wellness – One Step at a Time", will be facilitated and celebrated each month by recognizing a business or individual as its Health Champion. "We have redesigned our process to include specific outcome measures focusing on the three health disparities prevalent in our resident area," said Bobbi Palmer, executive director of FHD. "A more targeted approach and redirection of tax revenue is important data defining our role and relevance as a healthcare district."

Fallbrook Healthcare District congratulates the following 2016-2017 Community Health Contract recipients: Boys & Girls Club of North County, Fallbrook Citizens Crime Prevention Committee, Fallbrook Family Health Center, Fallbrook Food Pantry, Fallbrook Senior Center, Fallbrook Smiles Project, Fallbrook Union High School, Foundation for Senior Care, Healthy Adventures, Jeremiah's Ranch, Mental Health Systems – North Inland Community Prevention Program, Michelle's Place, North County Fire Protection District, Palomar Family Counseling, Palomar Health Foundation, Reins, Trauma Intervention Program of San Diego (TIPS), and the UCSD Eye Mobile for Children.