



Organization Information

Legal Name
Vista Community Clinic

DBA (if Applicable)
Vista Community Clinic

Program Name/Title

Poder Popular de Fallbrook

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from approved application.

To date, 300 Fallbrook families (youth, adults, and seniors included) enrolled in the Poder Popular de Fallbrook grant. These is a combinatoon of participants engaged in focus groups, Platicas(educational workshops), health fair and those that also received educational information at large community outreach events we tabled at . This was posible due to the recruitment and mobilization of 10 community leaders who were trained on community outreach and educatio, advocacy and public speaking. They attended a total of 6 planning meetings in which they supported the development of focus group tool, community outreach and health fair logistics.

Fallbrook families that engaged in the project participated in health and wellness activities, were referred to services such as Medi-Cal enrollment assistance, family medice appointments and received educational information on topics such as grassroot community organizing, mental health resources and health preventative resources.

Additionally, participants of the program identified oportunities to build rapport and strenghtenen their community invovement by learning about local resources/services and the different programmed activities happening at the Health and Wellness Center in Fallbrook.

Number of residents that directly benefitted (participant/client) from this program. 300

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	11	33
Young Adults (13-17)	7	17
Adults (18-60)	58	176
Seniors (60+)	24	74
We do not collect this data (indicate with 100%)*	100	300

Target Population not collected - Age

During this grant period, we served a multigenerational group, with participants ranging from ages 6-81 years old. These speaks on the unity typically found in Latino families, when community members join any events, they tend to involve the elderly as well as the children. Additionally, this sheds light on another important fact, parents that participate in the activity, do not have childcare available at home. It was important for our planning events to include childcare to ensure inclusion and low barrier events.

Target Population - Gender

	Percent of program participants
Female	85
Male	15
Non-binary	
Unknown*	

*Target Population - Gender

During the course of this grant, we noticed a higher number of females engage with the program. 85% of the participants identify as females and expressed that although men are the head of their household, they are the one who sustain their homes by ensuring children are fed, are enrolled in school, are keeping up with their medical appointments and also facilitate medical appointments for their male partners. Female participants that we encountered at community events/health fairs, shared that their husbands tend to work on the weekends as well and therefore, are not able to tend these type of events. Given the different public spaces that females navigate, they are most familiar with health centers, community centers, and large community events taking place locally. Additionally, given the rapport they build with other female participants, they learn via word to mouth, about local resources and services that are fitting for their families.

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	
Very Low (50%) Income Limits, ceiling of \$53,500	
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	

	Percent of program participants
We do not collect this data (indicate with 100%)*	100

***Target Population - Income Level**

Given that the nature of our work in this grant was more programmatic than clinical, we did not collect income information from participants. Given that we were restructuring our Poder Popular group in Fallbrook and knew that we were going to ensure we were building trust and connection with participants, we decided to avoid inquiring about income information as this can prevent participants from engaging in activities if they think there is a cost or that we want to inquire further information about their economic status.

Our VCC clinical team, however, does collect income level data from its patients during patient registration as they are checking in for their appointments and need to pay out of pocket due to not having medical insurance. Patients that do not have medical insurance, are asked if they are interested in Medi-Cal enrollment services, in order to help determine Medi-Cal eligibility. Records show that 95% of enrolled patients are low-income (200% of federal poverty level); however, enrollment at VCC is not required to participate in community events and activities led by Community Health Department staff. Their work aims to improve health at the population level, thereby benefitting our patients and non-patients alike. Thus, VCC does not collect income data from community participants; in fact, staff indicates that this would likely be a barrier to civic engagement.

What language(s) does this program accommodate:

- English
- Spanish

What demographic group does this program predominately serve:

- Community - Health & Fitness

Social Determinants of Health (SDOH)

The Fallbrook Regional Health District has identified several Social Determinants of Health that demonstrate a significant impact on the long term health and well being of our community. The following questions address how your program and/or services address these concerns.

Program/Services Description - Social Determinants of Health

- Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Program Goal

The goal of the program was to meaningfully engage Fallbrook residents in improving the health and wellness of underserved, low-income community members, with support from VCC staff and Poder Popular Líderes. In that, the program has outlined three key objectives:

VCC staff successfully recruited and trained 11 community leaders. They hosted a total of 6 planning meetings where they discussed event logistics and outreach strategies.

VCC staff completed a total of 2 focus groups and identified the need for drug prevention/fentanyl prevention workshop as well as mental health related resources and services.

100-160 Fallbrook residents were engaged in 3 community education campaigns: 2 Pláticas (educational workshops) and 1 health fair.

Program Objectives & Measurable Outcomes

Objective 1: By September 30, 2024, revitalize the Poder Popular de Fallbrook volunteer group of 8-10 regular members and begin hosting monthly meetings and trainings.

- The group of Poder Popular lideres hosted a total of 6 planning meetings and thanks to your community partnerships, utilized spaces such as the Fallbrook Library, the Health and Wellness Center, and the Community Garden in Fallbrook.

- Community leaders participated in trainings, specifically on how to conduct outreach and recruitment in the community to promote community health and wellness. These trainings included a safety outreach protocol as well as tools and strategies to facilitate recruitment of participants. Meetings and trainings were facilitated by VCC staff who will charted attendance, took notes, and supported and guided members in their volunteer activities.

Objective 2: By November 30, 2024, conduct 2 focus groups and review of local data to identify 2-3 community priority needs.

- The Poder Popular group hosted focus groups to better understand and identify the needs in the community. Similar to past priorities, the group identified the need for parental education about the dangers of fentanyl and mental health resources. High on the list are bilingual and monolingual parents that may be hard to reach; other targets include farmworkers, migrant workers. After identifying the priorities, the group strategized and plan 2 educational workshops to address the need and provide support in other areas requested, such as appointment booking assistance, transportation services to appointment to VCC patients, etc.

Objective 3: By June 30, 2025, engage Fallbrook residents in 3 community education campaigns: 2 Pláticas (educational workshops) and 1 health fair.

- Poder Popular group hosted 2 different workshops, one on mental health (as it ranked high on the priority list) and the other one on community organizing, with a component of enrollment assistance services.

Our team also successfully delivered a resource/health fair in partnership with the Community Health and Wellness center and in collaboration with our VCC Mobile Medical team. Attendees received family medicine appointment with a clinician, blood pressure screenings, Medical enrollment information, and education on Tobacco prevention, HIV testing resources, and other local resources.

Anticipated Acknowledgment

Please describe how the Fallbrook Regional Health District's investment in this program will be acknowledged. This includes all print and electronic materials, press releases, website references, and any other form of written and verbal publicity that relates to the funded program.

District Support Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Contact Information

Contact Name

Deysi Merino

Title

Program Manager

Primary Contact Phone

17604021254

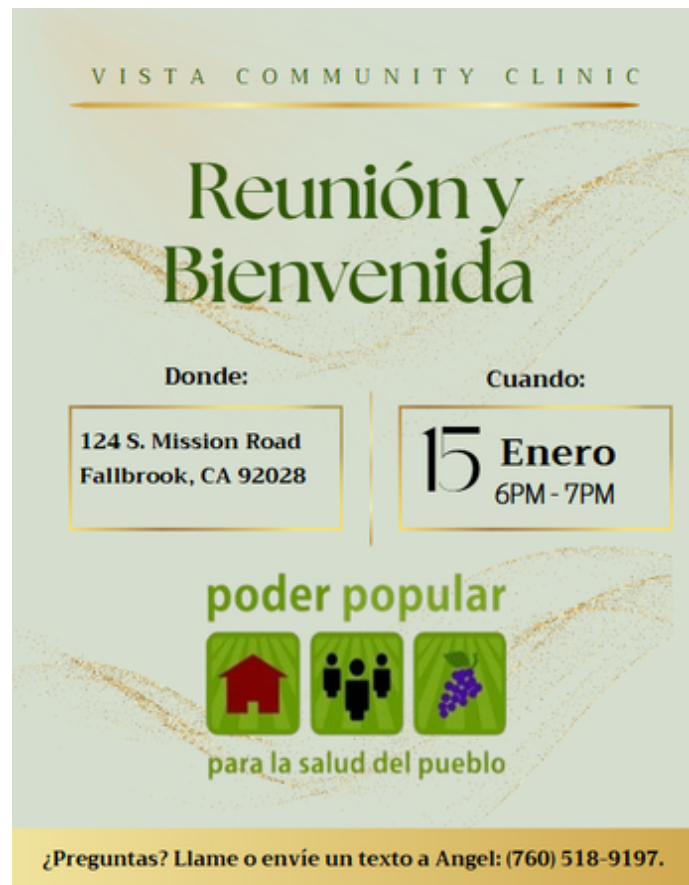
Email Address

deysi.merino@vcc.org

Organization Physical Address

1000 Vale Terrace Drive,
Vista, CA, 92084

District Support Acknowledgment



Workshop flyers 4.8 & 4.29 (3).pdf



Poder Popular Health Fair_UPDATEDED f... .pdf

Program Budget



24_25 FRHD CHC_VCC_Q4.xlsx

Confirmation

NO - this information may not be complete or may be inaccurate

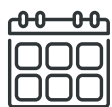
PODER POPULAR DE FALLBROOK PRESENTA:



TALLER



EMPODERANDO A LA JUVENTUD: PREVENCIÓN DEL FENTANILO Y OTRAS DROGAS



FECHA: 8 DE ABRIL DE
2025.



UBICACIÓN: 1636 E
MISSION RD,
FALLBROOK, CA 92028.



HORARIO: 5:00 PM -
6:30 PM

APRENDE SOBRE

- LOS EFECTOS DEL TABACO Y LAS DROGAS EN LA SALUD
- ESTRATEGIAS PARA DECIR NO
- IMPACTO EN LA COMUNIDAD Y LA FAMILIA
- RECURSOS Y APOYO



poder popular



para la salud del pueblo

¿MÁS INFORMACIÓN?

TELÉFONO
(760)518-9197

CORREO ELECTRÓNICO
ANGEL.B.CRUIZ.HERNANDEZ
@VCC.ORG

PODER POPULAR DE FALLBROOK PRESENTA:



TALLER



Desarrolla tu bienestar emocional, herramientas para una mente sana.



FECHA: 29 DE ABRIL 2025



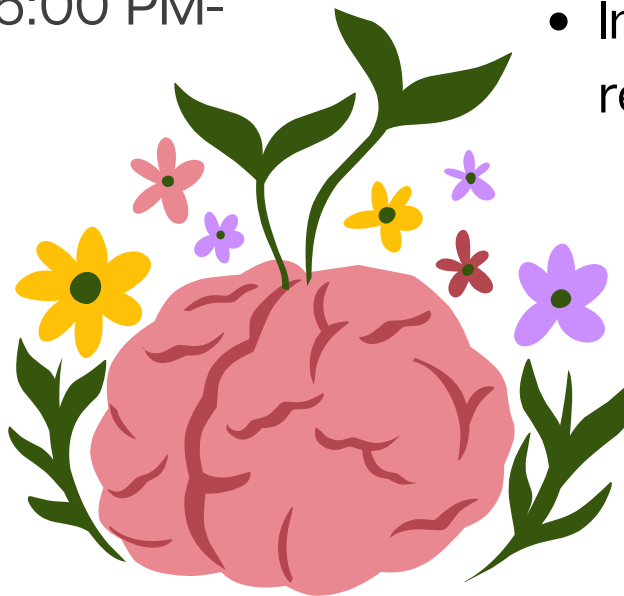
UBICACIÓN:
1636 E MISSION
RD, FALLBROOK,
CA 92028.



Horario: 5:00 PM-
6:30 PM

APRENDE SOBRE

- Habilidades de afrontamiento
- Reconozca las señales de advertencia.
- Formas de encontrar recursos.
- Información sobre recursos disponible.



¿MÁS INFORMACIÓN?

TELÉFONO

(760)518-9197

CORREO ELECTRÓNICO

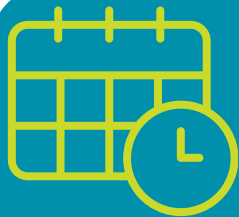
ANGEL.B.CRUZ.HERNANDEZ
@VCC.ORG



Poder Popular de Fallbrook

Feria de Salud

¡Salud, recursos y alegría para toda la familia!



Sábado, 17 de
mayo, 2025
11:00 AM – 3:00 PM



Community
Health &
Wellness
Center

1636 E Mission
Rd, Fallbrook,
CA 92028

Recursos Comunitarios:



Mesas con recursos
comunitarios



Oportunidad de ganar
premios



Actividades para
todas las edades

Servicios de salud:



Chequeo de la presión
arterial



Consultas clínicas
“Solo con cita”

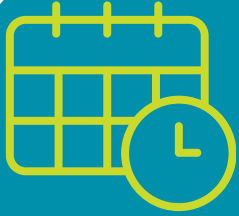


Más información, comuníquese al:
(760)518-9197



Poder Popular Fallbrook Health Fair

Health Services, Resources, and Joy for Your Family!



Saturday, May 17,
2025
11:00 AM – 3:00 PM



Community
Health &
Wellness
Center

1636 E Mission
Rd, Fallbrook,
CA 92028

Community Resources:



Community Resource
Tables



Opportunity drawing



Activites for all
ages

Health Services:



Blood pressure screenings



Medical consultations
“only with appointment”



For more information, please
contact: (760) 518-9197



FRHD CHC GRANT BUDGET FORM

Agency Name: **Vista Community Clinic** PROGRAM NAME: **Poder Popular de Fallbrook: Engaging Fallbrook Residents in Community Health**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or group it in the best category possible. However, be sure your program budget is fully itemized.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	A1	Administrative Support	-	-	-	-
	A2	General Insurance (not program specific)	-	-	-	-
	A3	Accounting & audit expenses	-	-	-	-
	A4	Consultant/Contractor Fees	-	-	-	-
	A5	Physical Assets (Rent, Facility Costs)	-	-	-	-
	A6	Utilities	-	-	-	-
	A7	IT & Internet	-	-	-	-
	A8	Marketing & Communications	-	-	-	-
	A9	Office Supplies	-	-	-	-
	A10	Training & Education	-	-	-	-
	A11	Other: Indirect rate @ 17.6% of Total Personnel	-	-	-	-
		TOTAL INDIRECT EXPENSE	-	-		
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	APPLYING ORGANIZATION		
	B1	Program Supervisor	5,721.39	-		
	B2	Program Coordinator	13,845.00	-		
	B3	Salary (list position)	-	-		
	B4	Salary (list position)	-	-		
	B5	Payroll Expenses (WC, taxes)	-	-		
	B6	Benefits	3,649.67	-		
	B7	Other: specify	-	-		
		TOTAL PERSONNEL EXPENSE	23,216.06	-		
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	APPLYING ORGANIZATION		
	C1	Outreach Supplies	\$ 6,735.48			
	C2	Program Materials	\$ 727.63			
	C3	Printing/Copies	\$ 519.38			
	C4	Travel/Mileage	\$ 706.67			
	C5	Meeting Supplies	\$ 2,096.57			
	C6	Stipends	\$ 5,995.00			
	C7	Cell Phone				
	C8	Office Supplies				
	C9	Computer Supplies				
	C10	Internet				
	C11					
	C12					
	C13					
	C14					
	C15					
		TOTAL OTHER EXPENSES	16,780.73	-	-	-

W X Y Z

D	TOTAL ALL EXPENSES	PROGRAM COST	% REQUESTED FROM FRHD
		\$ 39,996.79	

2) FUNDING SOURCES

E	FUNDS FOR PROGRAM		
E1	APPLYING ORGANIZATION	X	-
E2	OTHER FUNDERS	Y	-
E3	REQUESTED FROM FRHD	Z	-
	TOTAL FUNDING SOURCES	\$ -	40,000.00

NOTE: THIS AMOUNT SHOULD BE EQUAL TO YOUR PROJECT COST.

3) % OF AGENCY BUDGET

F	CALCULATE % of Total Agency budget that this Program represents.		
		\$ 39,996.79	
	AGENCY BUDGET**	PROGRAM COST	% of AGENCY BUDGET

** Agency budget is your agency's entire budget for the year. Fill in the amount.