

# Fallbrook Regional HEALTH DISTRICT

## AGENDA SPECIAL BOARD MEETING/WORKSHOP

Tuesday, March 22, 2022, 5:00 p.m.

Community Health & Wellness Center, Community Room #2, 1636 E. Mission Rd., Fallbrook

In accordance with California Government Code Section 54953 teleconferencing will be used for this meeting. Board members, staff and members of the public will be able to participate by webinar by using the following link: <https://us02web.zoom.us/j/83828736770>  
Meeting ID: **838 2873 6770**. Participants will need to download the Zoom app on their mobile device. Members of the public will also be able to participate by telephone using the following dial in information: **Dial in #: (310) 372-7549, Passcode 660448.**

### A. CALL MEETING TO ORDER / ROLL CALL / ESTABLISH A QUORUM / PLEDGE OF ALLEGIANCE

A Special Meeting may be called at any time by the Chair, or three Board members, by delivering notice to each Board member and to each local newspaper or general circulation, radio, or television station requesting such notice in writing, personally or by mail. Such notice must be delivered personally or by mail at least twenty-four (24) hours before the time of such meeting as specified in the notice. The call and notice shall specify the time and place of the special meeting and the business to be transacted. No other business shall be considered at special meetings. Such written notice may be dispensed with as to any Board member, who at, or prior to the time the meeting convenes, files with the Secretary a written waiver of notice. Such waiver may be given by telegram. Such written notice may also be dispensed with as to any member who is actually present at the meeting at the time it convenes.

### B. APPROVAL OF THE AGENDA

### C. PUBLIC COMMENTS

Opportunity for citizens to speak on items of interest within subject matter jurisdiction of the District. Please note that, for comments made on items not appearing on the current agenda, the Board may take no action as to the comment at the current meeting (Gov't Code 54954.3[a]), and the Board is allowed only a brief response to the speaker's comment. For the record, please state your name. "Request to speak" cards should be filled out in advance and presented to the Board Chair or the recording secretary. The Board has a policy limiting any speaker to not more than five minutes.

### D. DISCUSSION

D1. Community Health Contract – Grants: Interrater Reliability Training

### E. ADJOURNMENT

**NOTE:** I certify that on Monday, March 21, 2022 I posted a copy of the foregoing agenda near the regular meeting place of the Board of Directors of Fallbrook Regional Health District, said time being at least 24 hours in advance of the meeting. The American with Disabilities Act provides that no qualified individual with a disability shall be excluded from participation in, or denied the benefits of District business. If you need assistance to participate in this meeting, please contact the District office 24 hours prior to the meeting at 760-731-9187.



Board Secretary/Clerk



10. Each objective is clearly described and is connected to the goal <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
11. Each objective is measurable. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
12. The way the objectives will be measured is clearly defined. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
13. The acknowledgment of District support by grantee is clearly described. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
14. It is clear how participants are enrolled or connected to the service/program. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
15. The services to be offered are clearly described. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
16. The benefits of the service/program to the participants are clearly described. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
17. The service/program supports the FRHD mission, vision, and values. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
18. The collaboration aspect of this application is evident. <div style="display: flex; justify-content: space-around; width: 100%;"> <span>①</span> <span>②</span> <span>③</span> <span>④</span> <span>⑤</span> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <span>Low</span> <span>High</span> </div>
<b>Total Score: _____ /60</b>

19. The measurement of the service or program's impact is clearly described. <input type="checkbox"/> Yes <input type="checkbox"/> No  If No, should the application still be considered for funding? <input type="checkbox"/> Yes <input type="checkbox"/> No
20. Is this service/program duplicative or overlapping with existing services/programs? <input type="checkbox"/> Yes <input type="checkbox"/> No  If Yes, should the application still be considered for funding? <input type="checkbox"/> Yes <input type="checkbox"/> No

*Please return this Scoring Sheet ONLY to Rachel before April 20<sup>th</sup> she will provide you with a copy to keep.*

Jot your thoughts to the questions below to share during the April 23<sup>rd</sup> Board scoring session.

21. What did you notice that was impressive about this application?

22. What concerns do you have about this application?

**IRR TRAINING - COMMUNITY HEALTH CONTRACT (CHC) GRANT APPLICATION**  
**CEO Summary**

<u>Agency Name</u>	Be Well Therapy	<input type="radio"/> New Agency to FRHD
<u>Program Name</u>	Be Well Yoga & Mind/Body Wellness for Cancer Recovery	
<u>This Agency meets the basic eligibility requirements:</u>	<input checked="" type="radio"/> Yes <input type="radio"/> No	
<u>Program type</u>	<input type="radio"/> New Program <input checked="" type="radio"/> Established program	

<u>Funding Requested</u>	<u>FY21.22 Funding Provided</u>	<u>Total Program Cost per participant</u>
\$16,899.12		\$281.65

**\*Any item marked No may require additional conversation at the Board Meeting**

1. Applicant demonstrates adequate efforts in acquiring additional funding from other sources  
 Yes     No
2. Budget & Financials are appropriate/Balanced  
 Yes     No     NA
3. Past Impact reports were timely  
 Yes     No     NA
4. Past Impact reports were complete  
 Yes     No     NA
5. Past FRHD Acknowledgements were easily identifiable  
 Yes     No     NA    \*does a great job acknowledging FRHD on social media

What SDOH/FRHD priority does this service/program address, with measurable outcomes.

- Health (Diabetes - prevention, management)
- Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)
- Mental Health (Social Support - Youth or Families)
- Mental Health (Screenings, Prevention)
- Health (Mobility)
- Health (Age Related Deficits)
- Health (Healthy Food/Nutrition)
- Social (Economic Security, Health Literacy, Family/Child Support, Legal/Advocacy)
- Does not specifically address any of our priorities with measurables.

The measurement of the service or program's impact is clearly described

- Yes     No    If No, should the application still be considered for funding?     Yes     No

Is this service/program duplicative or overlapping with existing services/programs?

- Yes     No    If Yes, should the application still be considered for funding?     Yes     No

Notes:

Additional measurement details will be requested upon approval of funding

**IRR TRAINING - COMMUNITY HEALTH CONTRACT (CHC) GRANT APPLICATION**  
**CEO Summary**

Agency Name **Hope Clinic for Women**  New Agency to FRHD

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Program Name **The First Three Initiative**

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This Agency meets the basic eligibility requirements:  Yes  No

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Program type  New Program  
 Established program \*proposing new clinical services

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<u>Funding Requested</u>	<u>FY21.22 Funding Provided</u>	<u>Total Program Cost per participant</u>
\$20,000		\$80

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**\*Any item marked No may require additional conversation at the Board Meeting**

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1. Applicant demonstrates adequate efforts in acquiring additional funding from other sources  
 Yes  No \*no other funding has been secured
  2. Budget & Financials are appropriate/Balanced  
 Yes  No  NA
  3. Past Impact reports were timely  
 Yes  No  NA
  4. Past Impact reports were complete  
 Yes  No  NA
  5. Past FRHD Acknowledgements were easily identifiable  
 Yes  No  NA
- 

What SDOH/FRHD priority does this service/program address, with measurable outcomes.

- Health (Diabetes - prevention, management)
- Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)
- Mental Health (Social Support - Youth or Families) \*says it is offered, no method of measurement
- Mental Health (Screenings, Prevention)
- Health (Mobility)
- Health (Age Related Deficits)
- Health (Healthy Food/Nutrition)
- Social (Economic Security, Health Literacy, Family/Child Support, Legal/Advocacy)
- Does not specifically address any of our priorities with measurables.

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The measurement of the service or program's impact is clearly described  
 Yes  No If No, should the application still be considered for funding?  Yes  No

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Is this service/program duplicative or overlapping with existing services/programs?  
 Yes  No If Yes, should the application still be considered for funding?  Yes  No

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These services are available at the Fallbrook Family Health Center

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Notes:  
There are no program goals or objectives, just a listing of services provided to any clients. Poor description of the clinical services that may be offered, if or when clinic is opened.

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**IRR TRAINING - COMMUNITY HEALTH CONTRACT (CHC) GRANT APPLICATION**  
**CEO Summary**

Agency Name **Michelle's Place Cancer Resource Center**  New Agency to FRHD

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Program Name **Cancer Support Services**

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This Agency meets the basic eligibility requirements:  Yes  No

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Program type  New Program  
 Established program

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<u>Funding Requested</u>	<u>FY21.22 Funding Provided</u>	<u>Total Program Cost per participant</u>
\$41,908		\$4,489.40

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**\*Any item marked No may require additional conversation at the Board Meeting**

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1. Applicant demonstrates adequate efforts in acquiring additional funding from other sources  
 Yes  No
  2. Budget & Financials are appropriate/Balanced  
 Yes  No  NA
  3. Past Impact reports were timely  
 Yes  No  NA
  4. Past Impact reports were complete  
 Yes  No  NA
  5. Past FRHD Acknowledgements were easily identifiable  
 Yes  No  NA
- 

What SDOH/FRHD priority does this service/program address, with measurable outcomes.

- Health (Diabetes - prevention, management)
  - Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)
  - Mental Health (Social Support - Youth or Families)
  - Mental Health (Screenings, Prevention)
  - Health (Mobility)
  - Health (Age Related Deficits)
  - Health (Healthy Food/Nutrition)
  - Social (Economic Security, Health Literacy, Family/Child Support, Legal/Advocacy)
  - Does not specifically address any of our priorities with measurables.
- 

The measurement of the service or program's impact is clearly described

Yes  No      If No, should the application still be considered for funding?  Yes  No

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Is this service/program duplicative or overlapping with existing services/programs?

Yes  No      If Yes, should the application still be considered for funding?  Yes  No

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Notes:

Additional data could be gathered from support groups.

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**Organization Name**

Hope Clinic for Women

**Year the Organization was founded.**

2006

**Program Name/Title**

The First Three Initiative

**Is this a new (pilot, recently developed) or established program?**

Established Program

**Program Information - Type**

Ongoing

**Requested Amount**

20000

**Organization's Mission Statement**

Hope Clinic for Women provides safe, confidential, supportive medical care that promotes sexual health and well-being.

**Organization's Vision Statement**

Hope Clinic for Women comes along side women and men to offer them no cost medical care, education and resources regardless of age, race or religion. We welcome life with compassionate support and hope.

**Agency Capability**

In 1999 a local teenager decided to assist her friend who faced an unplanned pregnancy. A local physician offered an office in his practice for her friend to meet with an older woman who help her friend to sort through her available options would without judgment. From this initial meeting, Fallbrook Pregnancy Resource Center (FPRC) was born. FPRC moved to several locations in Fallbrook and client numbers increased and new programs and services were added. In 2014, the FPRC Board of Directors (BOD) determined that FPRC required ownership of a building to proceed with the process of medical conversion with enough space and resources to offer medical center services. In October 2018, we renovated the historical Police Station into what we call "Our Home on Hawthorne" at 125 E Hawthorne providing ample room for our current programs with room to grow. Adjacent at 129 E Hawthorne is our Learning Center with space for our free GED program and soon a new "Fatherhood Initiative" and several small support groups for our clients. We received a California State Resolution by the Honorable Joel Anderson, 38th Senatorial District in 2018 for the vital role HCW played in improving the quality of life in the greater Fallbrook community and San Diego County. In 2020, during the pandemic we were licensed as a free primary care medical clinic by the State of California Department of Public Health. HCW is currently recognized by the State of California Assembly and Senate for Outstanding Community Service. We are an active member in the Fallbrook Chamber of Commerce. We are grateful for the generous support of churches and businesses in the community and caring community members who provide resources, volunteers, and funding.

**Agency Collaborations**

HCW serves the same demographic (women age 17-24) as many other agencies in Fallbrook, each providing their own unique services. In order to assure optimal care for our patients (clinic) and clients (pregnancy resource and support) we are a key referral agency (to more than 80 public, private and nonprofit organizations) as young women and their partners experience unplanned pregnancy with or without insurance, homelessness, abuse and



emotional distress. Some but not all of our common referrals are to a patient/client’s physician or medical provider, Acorn Birth Center for education and options for delivery, WIC for resources, churches who provide additional education and support including ESL, Health and Human Resources for additional benefits, local public health nurses and Riverside Public Health Nursing for support, Palomar Family Counseling and North Coast Counseling Center and Grace Family Counseling in support of mental and family wellbeing, Fallbrook Homeless Advocacy for safe sleep, Mental Health Systems San Diego, and Vista community clinic and the Fallbrook Community Resource Center for assistance in Medicaid application.

## Program Information

### Target Population - Age

	Percent of program participants
Children (infants to 12)	0
Young Adults (13-18)	17
Adults (18-60)	71
Seniors (60+)	
We do not collect this data (indicate with 100%)*	

### Target Population not collected - Age

NA

### Gender

	Percent of program participants
Female	97
Male	0
Non-binary	0
Unknown*	3

### \*Target Population - Gender

NA

### Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	86
Very Low (50%) Income Limits, ceiling of \$53,500	8

	Percent of program participants
Low (80%) Income Limits, ceiling of \$85,600	6
Higher Than Listed Limits	0
We do not collect this data (indicate with 100%)*	

**\*Target Population - Income Level**

NA

**Projected number of residents that will directly benefit (participant/client) from this program.**

250

## Social Determinants of Health (SDOH)

### Program/Services Description - Social Determinants of Health

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

### Statement of Need/Problem

The First Three Months Initiative addresses the barriers to **access health care and access to primary care** for the first trimester of pregnancy when young women between the ages of 18-24 are more likely to receive delayed or no care for pregnancy due to affordability of medical care, accessibility of services, the availability of care needed and the confidential, supportive services needed to sustain well-being.

In North County San Diego County 13.25% of our residents are 18–24 years-old.[1] Mothers in our community who are under 20 are more than three times as likely to have received delayed or no care for pregnancy. The average bill for having a baby is about \$4,300 (prenatal care, labor and delivery, postpartum checkup and hospital services for the newborn). Typical average annual income of a couple in their 20s is about \$19,800. Health and insurance coverage plays a role in determining whether or not to secure prenatal care. An increasing number of Americans – 37 million are without any.[3]

The barriers:

1. – HCW is a no-cost primary care medical clinic that specializes in first trimester care in pregnancy with medical services, educational programs and support resources throughout pregnancy and beyond. “Free clinics provide a range of preventive and general medical care for an estimated 10% of the working-age uninsured population who seek care,” according to the release on the study, which was conducted when Darnell was with the University of Chicago. Free clinics have passed the point in history when they can exist below the radar. At the same time, policymakers and other safety net providers must acknowledge the important role that free clinics play. Formal integration of free clinics into the safety net has the potential to strengthen the overall health system, which is important regardless of the outcomes of the national health reform debate.[4] Free and charitable clinics across the U.S. help bridge this gap in health care coverage and provide services to fit the medical needs of uninsured Americans.
2. – HCW is intentionally located in the “Village” in Downtown Fallbrook to increase access to healthcare at a

convenient location with private parking for many of our patients who live downtown. Our clients know what it is like to not have a local hospital, having lost our own in Fallbrook. Pregnant women living in rural America face unprecedented barriers to maternity care. First, hospitals are closing at an alarming rate; nearly 100 rural hospitals have closed their doors since 2010. Of those that remain, 20 percent are at risk of closing. Rural hospitals also are shutting down their obstetric (OB) units, leaving fewer than half of rural counties with such units. These hospital and OB unit closures mean rural women in labor increasingly face lengthy journeys to the births in hospitals without OB care, and in preterm births — all of which carry greater risks for mom and baby.

3. **Available** - At HCW we are committed to spending one hour at each visit per patient/client in our clinic and pregnancy care programming. 2018 data suggests that most U.S. physicians spend between 13 and 28 minutes with patients. About 1 in 4 spend less than 12 minutes, and roughly 1 in 10 spend more than 25 minutes. All in all, it seems like doctor-patient time isn't changing substantially. Longer visits are also connected to positive patient outcomes. When patients get more time with doctors, they tend to be more satisfied with their care, experience reduced rates of medication prescriptions, and be less likely to file malpractice claims. Discovering you might be pregnant, especially when not planned is one of the most urgent concerns for HCW clients. That said, the demographic we serve has an extremely high no-show rate. Research shows that appointments with a lead time of less than a week had the lowest no show cancellation rate of 25%. "Same-day scheduling sets aside appointment blocks for patients to see a doctor on the same day rather than needing to schedule days or weeks in advance." It is for this reason that we make every attempt to schedule new clients for same or next day services. A patient's first visit may be due to an emergency physical need such as diapers or formula or they may call for an appointment or walk in for initial medical services. Depending on what they present with, on site he/she will receive pregnancy testing, STD testing, counseling for emotional support or assistance and an ultrasound if the pregnancy test is positive and the patient presents during their 7th-15th week of pregnancy.

4. **Confidential** – Hope Clinic for women provides services to a Fallbrook demographic who are 17-24 years old, often fearful of seeking medical care because of concerns for confidentiality related to an unplanned pregnancy, lack of documentation and lack of insurance. Relationships between our medical team and patients is essential for the free flow of information necessary for sound medical care. Only in a setting of trust can a patient share the private feelings and personal history that enable the physician to comprehend fully, to diagnose logically, and to treat properly. Patient privacy encompasses a number of aspects, including personal space (physical privacy), personal data (informational privacy), personal choices including cultural and religious affiliations (decisional privacy), and personal relationships with family members and other intimates (associational privacy). For teenagers who may be eligible for Medicaid during a pregnancy, concerns about confidentiality may be significant. Although procedures vary widely, most states do not have Medicaid policies and practices that protect teenagers' confidentiality. States generally provide a family with only one Medicaid card, which forces teenagers to ask their parents for use of the card before seeking services. Unless they are assured confidentiality, adolescents may choose to protect their secret rather than seek prenatal care.

5. **Supportive** - There are six basic needs that as patients we need and deserve; friendliness, understanding and empathy, fairness, control, options and alternatives and information. The most valuable asset at HCW is the deep relationships we form with our clients. Because our programs include support through

pregnancy and for 2 years beyond; we have the privilege of helping a young woman turn into amazing parents. For all young children to grow and thrive, they need stable relationships with caring adults who are invested in their healthy social, cognitive, physical and language development. Apart from the initial testing, health checks in the first trimester and related pregnancies services, we do not offer prenatal, perinatal or postnatal support. Patients experiencing pregnancy are referred for OB/GYN and pediatric care for them and their child. Should a patient suffer reproductive loss due to miscarriage, the death of a child or abortion, we offer counseling and resources and referrals. New or returning patients suffering medical, emotional, and physical distress due to pregnancy, abuse, trafficking, etc., are referred to agencies in the community for professional support.

**6. Promoting sexual health and wellbeing** - At HCW we openly discuss the dangers of STIs and look forward to the ability to provide on-site testing with treatment when our Clinic opens. We look at the opportunity to provide STI testing and treatment as a means of educating them on risk, it a benefit to our entire community. Sexual health and wellbeing are directly related with how our clients feel about themselves. So many are impacted by broken family relationships and have little support. They also have few positive role models. Each year in the United States, about 750,000 teens become pregnant, with up to 82 percent of those pregnancies being unintended. Young people ages 15-24 account for 25 percent of all new HIV infections in the U.S. and make up almost one-half of the over 19 million new STD infections Americans acquire each year. Sex education teaches young people the skills they need to protect themselves. The California Department of Public Health (CDPH) released 2018 data showing that sexually transmitted diseases (STDs) in the state continue to climb and are at the highest levels in 30 years. If left undetected and untreated, STDs like chlamydia and gonorrhea can lead to serious long-term health problems including infertility and cancer. Syphilis can cause paralysis, blindness, internal organ damage, and neurological problems. Congenital syphilis can be fatal to infants. STDs also increase an individual's risk of contracting HIV. In 2018 the reported number of gonorrhea cases rose to almost 80,000, which is 211 percent more than 10 years ago. Chlamydia cases in the state topped 230,000 – a 56 percent increase. Most concerning is the continued steep increases in the number of congenital syphilis cases, which are 14 percent higher than 2017 and nearly 900 percent higher than in 2012. There were 22 stillbirths or neonatal deaths associated with congenital syphilis reported in 2018.[\[14\]](#)

## **Statement of Need/Problem - Others**

Fallbrook Family Health Center/OBGYN and pregnancy services Acorn Community Birth And Wellness Center  
Theresa Stigen MD-Mystical Rose OB/GYN  
Graybill Medical Group - Fallbrook Office

## **Program/Services Description - Program Entry**

### **Participants learn about us by:**

Walking in for a free pregnancy test, ultrasound or an emergency visit for pregnancy support.  
Scheduling an appointment for medical services or pregnancy support  
Responding to a social media post for medical services or Pregnancy support  
Word of mouth referrals  
Our sign on the building and on the sidewalk  
Referrals from public, private or charitable organizations who serve the same clients such as WIC, Community Health Nursing, MAAC program and local churches  
Fallbrook High School for Community Service Hours and GED program  
Other Pregnancy Medical Clinics and Resource Center

### **Participants are enrolled in our programs by request.**

All of our medical services and resources are at no cost to those who participate.

Participants enroll in our programs by committing to one hour per week, every other week or monthly with one our mentors.

Participants determine the classes they wish to take and earn points for resources in our site Boutique.

Partners are free to join in the classes or may request their own (such as fatherhood class for dads).

Partners may participate in co-hort classes if desired (such as parenting).

## **Program/Services Description - Program Activities**

HCW is a free primary care medical clinic licensed by the State of California Department of Health to operate by our Medical Director, Theresa Stigen MD/OBGYN. Our medical services are directed by PA/Nurse Manager who is supported by a paid medical team including a Nurse Practitioner, 2 trained RNS and 2 volunteer trained RNs. All visits are free and confidential for 1 hour/patient visits with the availability to set appointments weekly for support for up to two years.

Prevention:

- Obtain a thorough pregnancy history, past medical history and family history for early intervention
- Early STD screening
- Provide and supply patients with abortion pill reversal therapy on request
- Local referrals for home health nursing
- Diet and lifestyle counseling/support
- FEMM family planning education is offered
- Early STD screening
- Recommendations for routine well woman care with their preferred care provider
- Screen for mental health of patient/with referrals if needed
- Pregnancy loss counseling is offered and provided on request
- Referrals for social situations including housing/transportation/food/clothing
- Medi-Cal, WIC referrals to augment early prenatal care
- Screen for mental health of patient, with appropriate referrals
- Screen for abuse/trafficking
- Referrals to safe houses
- Adoption referrals
- OB/GYN referrals in SD/Riverside for follow-up office visit
- Diet/lifestyle counseling with support

## **Treatment - Provision of care in medical health**

- Free pregnancy tests

- Free ultrasounds (U/S) for early diagnosis and intervention at 5 to 6 weeks pregnant with U/S at approximately 8 weeks.
- Sets EGA and EDC early with U/S confirmation
- Blood pressure check and monitoring
- Diabetes testing
- Weight monitoring
- Provide and supply patients with abortion pill reversal therapy on request
- Resources/support for social situations including housing/transportation/food/clothing
- Provide prenatal vitamins/folic acid support

## **Program/Services Description - Follow Up**

Follow up provided post intervention/service

- For those that do not return to the clinic after an initial visit, we complete a phone follow-up, if so allowed via a signed consent, over the phone.
- If the pregnancy test is negative the patient is referred to one our mentors should they wish to discuss safe relationships and to inform them of the need for STD testing if they have more than one partner.
- If the pregnancy test is positive, the patient is scheduled for an ultrasound that day when possible or on the next day the clinic is open to determine the gestational age of the baby. We partner with an outside source to reading the ultrasounds.
- The patient is offered options counseling for parenting, adoption and abortion is discussed.
- Those choosing to parent may remain in our BrightCourse training and attend classes weekly or monthly until their child completes their second year.
- For those wishing to continue in learning parents may join one of co-hort groups for education in safe relationships, parenting, GED prep, reproductive loss, etc.
- If moms choose adoption, we connect them with several adoption agencies in San Diego County or attorneys depending on what form of adoption they wish.
- If patients choose abortion, we invite them to return to the clinic for after abortion care including group support for reproductive loss and or referrals for any other assistance they need.
- If pregnant the mother is referred to one our mentors and if desired is enrolled in our programming to help her prepare for a healthy pregnancy and delivery and after birth care.
- Those in our BrightCourse virtual or on sight education and Earn While You Learn programs at Hope receive free resources including but not limited to a new baby bed, mattress, stroller, highchair, baby clothing, diapers etc.
- Newly diagnosed pregnancies are referred to local medical providers in the community for pregnancy medical care.

## **Program Goal #1**

Our goal is to provide no-cost medical services and pregnancy support during the first three months of pregnancy and beyond when needed for no less than 100 new patients and 150 returning clients.

Affordability is a key barrier for patient care and support for 18-24 year old's who are single parents, unemployed or underemployed with low or no income and financial constraints, including no insurance, inadequate insurance or public funds such as Medicaid to purchase adequate prenatal care. "Free clinics provide a range of preventive and general medical care for an estimated 10% of the working-age uninsured population who seek care. Formal integration of free clinics into the safety net has the potential to strengthen the overall

health system, which is important regardless of the outcomes of the national health reform debate."<sup>1]</sup> It is estimated that patients who have been without insurance for over one year will pay approximately one-fifth of their care out of pocket and typically pay higher fees than the insured.<sup>[2]</sup>

HCW is a no-cost primary care medical clinic that specializes in first trimester care in pregnancy with medical services, educational programs and support resources throughout pregnancy and beyond. "Free clinics provide a range of preventive and general medical care for an estimated 10% of the working-age uninsured population who seek care," according to the release on the study, which was conducted when Darnell was with the University of Chicago. Free clinics have passed the point in history when they can exist below the radar..

## **Program Objectives - Goal #1**

Our objectives are to provide no-cost medical services and pregnancy support during the first three months of pregnancy and beyond when needed to encourage early entry into prenatal care. We plan to increase our patient/client number to no less than 100 new patients and 150 returning clients. When we applied for our primary care medical clinic license we were told to prepare for a 25% increase in clients due to the ability to offer in house medical services. This year we saw 126 individual clients at over 742 medical and pregnancy support sessions. These services impacted the lives of over 500 additional client family members.

### **For new patients our objectives are to make available these no-cost services:**

1. To provide 150 pregnancy tests allowing us to diagnose pregnancy, determine gestational age and then offer additional services as required.
  1. To provide 100 ultrasounds for those with positive pregnancy tests to confirm pregnancy and confirm a healthy pregnancy.
    1. To provide 100 STD tests for those who have more than one sexual partner.  
Should the patient determine to have an abortion they will need to know if they have STIs so they are not spread into their uterus.
2. To provide 50 STD treatments for those who are a client or the partner of a client who test positive.
  1. To provide 100 free birthing classes, parenting classes, etc. to support those who are pregnant for the first time.
  2. To offer pregnancy support resources to 100 new mothers in our programs allowing them to earn items for themselves, their nursery or their baby.
    - a. To provide 5 sessions for counseling sessions or co-horts for moms experiencing miscarriage, still birth or the birth of a special need child. For ongoing no cost medical services and pregnancy support for those who are pregnant
      - i. To provide 100 diabetes test for those who are pregnant to determine whether they have gestational diabetes. If they do they are referred for medical care and supervision by their OBGYN.
        1. To provide 100 Blood pressure monitoring to determine hypertension during pregnancy. If they have high blood pressure they are referred for medical care and supervision by their OBGYN.
          - a. To provide 100 weight management sessions to encourage a healthy diet for the mother and baby allowing for a healthy delivery and easier physical recovery to pre pregnancy weight.



1. To provide 5 Abortion pill reversals. There are more women choosing the abortion pill without medical supervision and consultation. This as an option for those who first choice was abortion but decided to alter that decision. **For ongoing no cost medical services and pregnancy support for those who are not pregnant**
  1. To provide weekly GED cohort support for up to 10 students for a year.
2. To provide weekly co-hort sessions for 10 clients needing to create relationship boundaries.
  1. To allow all clients my pick any educational session of interest to them in areas they need support.

## **Program Outcomes/Measurables - Goal & Objectives #1**

**All patients/clients in or programs have the opportunity to sign up for our educational programs allowing them to earn free resources for themselves or their baby.**

**For new patients our objectives are to provide our services at no-cost to them. We provide entry exit surveys to determine if the free service made a difference in choosing to come to HCW, how helpful the services were, what additional services they need and would they return for more services and if they would recommend others to see services with us.**

To provide 150 pregnancy tests allowing us to diagnose pregnancy, determine gestational age and then offer additional services as required.

To provide 100 ultrasounds for those with positive pregnancy tests to confirm pregnancy and confirm a healthy pregnancy.

To provide 100 STD tests for those who have more than one sexual partner. Should the patient determine to have an abortion they will need to know if they have STIs so they are not spread into their uterus.

To provide 50 STD treatments for those who are a client or the partner of a client who test positive.

To provide 100 free birthing classes, parenting classes, etc. to support those who are pregnant for the first time.

To offer pregnancy support resources to 100 new mothers in our programs allowing them to earn items for themselves, their nursery or their baby.

To provide 5 sessions for counseling sessions or co-horts for moms experiencing miscarriage, still birth or the birth of a special need child.

**For ongoing no cost medical services and pregnancy support for those who are pregnant. We provide entry exit surveys to determine if the free service made a difference in choosing to come to HCW, how helpful the services were, what additional services they need and if they would recommend others to us.**

1. To provide 100 diabetes test for those testing positive for pregnancy to determine whether they have gestational diabetes. If they do they are referred for medical care and supervision by their OBGYN.

To provide 100 Blood pressure monitoring to determine hypertension during pregnancy. If they have high blood pressure they are referred for medical care and supervision by their OBGYN.

To provide 100 weight management sessions to encourage a healthy diet for the mother and baby allowing for a healthy delivery and easier physical recovery to pre pregnancy weight.

To provide 5 Abortion pill reversals. There are more women choosing the abortion pill without medical supervision and consultation. This as an option for those whose first choice was abortion but decided to alter that decision. **For ongoing no cost medical services and pregnancy support for those who are not pregnant. We provide entry exit surveys to determine if the free service made a difference in choosing to come to HCW, how helpful the services were, and if they would recommend others to us.**

To provide weekly GED cohort support for up to 10 students for a year.

To provide weekly co-hort sessions for those needing to create relationship boundaries.

Clients may pick any educational session of interest to them in areas they need support.

## Program Goal #2

Accessibility problems created by long distances to care, inadequate transportation, and lack of child care are compounded by limited clinic hours. Most prenatal services are offered during "normal" working hours (that is, weekdays from, 9:00 a.m. to 5:00 p.m.). For women who work or go to school, the only time available for appointments is usually the lunch hour, when many clinics do not see patients. Even if appointments can be scheduled during the lunch hour, a woman's ability to make such a visit depends on her distance from the provider. If the distance is great—and thus more than an hour is required to complete the visit—women working for hourly wages must forego pay, those in salaried positions risk recrimination for taking too much time off, and those in school miss class time or must miss school altogether. Recently, the District of Columbia began offering prenatal services during evenings and weekends in order to accommodate work and school schedules; it was also recognized that child care is often more easily arranged during evenings and weekends. Patient load increased dramatically at sites with the expanded hours. Although other reforms were also instituted simultaneously, program staff believe that the change in hours was the most important cause of the increased enrollment.<sup>[8]</sup>

## Anticipated Acknowledgment

Social Media Postings    Signage at Service Sites

Print Materials to Service Recipients    Website Display    **Other**

### Anticipated Acknowledgment

The District's name and logo will be promoted on our email newsletter (Constant Contact) website and social media including Facebook and Instagram.

**Organization Name**

Michelle's Place Cancer Resource Center

**Year the Organization was founded.**

2001

**Program Name/Title**

Cancer Support Services

**Is this a new (pilot, recently developed) or established program?**

Established Program

**Program Information - Type**

Ongoing

**Requested Amount**

41908

**Organization's Mission Statement**

Empowering individuals and families impacted by cancer through education and support services.

**Organization's Vision Statement**

No one should face cancer alone.

**Agency Capability**

Michelle's Place is a full service cancer resource center providing free resources to families affected by cancer. Michelle's Place was created in 2001 as a dying wish of Michelle Watson, a 26 year old victim of breast cancer. Michelle was frustrated with the lack of resources available to her while facing the challenges of cancer treatment. She wanted to create a place where women and families facing breast cancer could find comfort, resources and information. Toward that end, the Mission of Michelle's Place is to empower individuals and families impacted by cancer through education and support services. Since inception, over 172,000 free services have been received by families dealing with cancer. Michelle's Place started as an all volunteer organization providing 5-10 mammograms a year and about 200 services annually. Today, the Center has grown to providing on average 11,000 services annually, employing 10 staff and 165 volunteers. 2021 will mark the organizations 20th anniversary. From it's humble beginnings in a small 660 sq. ft space to today's 10,000 sq. ft cancer center, Michelle's vision that no one should face cancer alone lives on. Two years ago, Michelle's Place staff and Executive Board realized that the need for cancer resources was much greater than just for breast cancer patients. We started a capital campaign to purchase our forever home and expand our resources to include all cancers. The first year of serving all cancer patients, we helped people with 46 different kinds of cancer. Today, Michelle's Place is the only cancer resource center in the region. Last year, Michelle's Place expanded even further with the addition of our Fallbrook satellite office located within the Fallbrook Regional Healthcare District office.

**Agency Collaborations**

Michelle's Place is proud to collaborate with a variety of local agencies and non profit organizations to provide cancer resources to the Fallbrook Bonsall community. With the help of the Fallbrook Healthcare District, Michelle's Place has had a physical location in Fallbrook one day a week. Having the office location has provided our Patient Navigators the opportunity to meet with cancer patients in their own community. This access is especially important to those who do not have reliable

transportation. We have worked with the Fallbrook Family Health Center to provide the community with mobile mammography screening events, educational opportunities and support resources. Our Patient Navigators continue to work with the team at FFHC to find ways to support the community. Michelle's Place is a Fallbrook Chamber of Commerce member. We work with the staff at the Chamber to ensure that the community is aware of the free resources we provide. They distribute information on the types of support we provide, events we host and seminars they have access too. Michelle's Place also works with the Foundation for Senior Care. We have worked with them to provide seniors transportation, food and cancer resources. We also have relationships with the Fallbrook Rotary Club, Women's Club and the food pantry. We look forward to making more connections and collaborations in the community to best serve cancer patients and their families.

## Program Information

### Target Population - Age

	Percent of program participants
Children (infants to 12)	
Young Adults (13-18)	
Adults (18-60)	68
Seniors (60+)	32
We do not collect this data (indicate with 100%)*	

### Target Population not collected - Age

NA

### Gender

	Percent of program participants
Female	98
Male	2
Non-binary	
Unknown*	

### \*Target Population - Gender

NA

### Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	10

	Percent of program participants
Very Low (50%) Income Limits, ceiling of \$53,500	26
Low (80%) Income Limits, ceiling of \$85,600	48
Higher Than Listed Limits	16
We do not collect this data (indicate with 100%)*	

**\*Target Population - Income Level**

NA

**Projected number of residents that will directly benefit (participant/client) from this program.**

75

## Social Determinants of Health (SDOH)

**Program/Services Description - Social Determinants of Health**

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

**Statement of Need/Problem**

The Cancer Assistance Program provides free resources to cancer patients, education on prevention and early detection, patient navigation services, temporary financial assistance, transportation and support to families dealing with cancer. Michelle's Place provides education and outreach to the community through presentations on early detection to local groups and organizations. Participating in health fairs and other community events ensures the community at large understands the importance of early detection and that resources are available locally for families dealing with cancer. Early detection is key to survival of most cancers. According to the 2018 Fallbrook Community Review, 21.1% of Fallbrook residents did not access any kind of medical tests within a 12 month time period. This means they did not get their annual screenings. Educating the community on how to access certain screening tests and how to be their own best advocate for their health is potentially life saving. Through the cancer assistance program, Michelle's Place facilitates free and low cost mammograms, ultrasounds and other diagnostic breast health services. Additionally, Michelle's Place Patient Navigators connect clients with available screening opportunities and educate them on what screening they potentially need. The Patient Navigators at Michelle's Place provide insight into a new cancer diagnosis, answer questions and offer resources to meet the needs of families facing cancer. These resources include information on their treatment, physicians, medication, pathology, financial assistance, legal assistance, transportation, etc. Additionally, Michelle's Place has two Spanish speaking navigators to assist with our Spanish only speaking clients. Fallbrook has a significant Hispanic population (15,151) that faces specific cultural barriers to access to healthcare. Our Spanish Speaking navigators can help them access screenings, financial assistance, transportation and provide a safe place for them to talk and get support through their cancer journey. Our Patient Navigator, Laura Lawrence, is working with the Fallbrook Family Health Center to provide psycho social support at our monthly virtual Spanish speaking support group. Expanding this group and introducing an in person group would be beneficial to this community. Due to lack of transportation and access, a mobile mammography screening event would help this population access their annual screening mammogram free of charge. For many cancer patients access to resources and support is difficult. Having a Patient Navigator accessible one day a week at the Fallbrook Wellness Center ( it is currently at the District office) provides cancer patients within the District the ability to meet with a Navigator in person. This personal connection helps get cancer

patients in the District the resources they need. The Navigator is armed with information they need on their diagnosis, financial assistance, transportation and other resources available to them. But more importantly, they have someone to talk too. In addition to office hours, the Navigators will participate in hosting educational seminars, classes, additional support groups, and participate in health fairs to educate the community on early detection and screenings available. Michelle's Place serves on average approximately 120 Fallbrook, Bonsall and surrounding area clients per year. According to the 2018 Fallbrook Community Overview.

3.7% of Fallbrook residents received some form of cancer treatment. If there are approximately 31,701 residents in Fallbrook than approximately 1,173 people in Fallbrook faced cancer in 2018. Based on this number, Michelle's Place has a lot of work to do. Our Patient Navigators and Program Manager need to educate the community about the resources and support available to them.

### **Statement of Need/Problem - Others**

There are currently no other organizations providing similar programs/services for cancer patients.

### **Program/Services Description - Program Entry**

Most Michelle's Place clients are referred by friends or their physicians once they are diagnosed with cancer. Once they call or visit the Center their needs are assessed by a volunteer. Depending on their needs, clients will be provided the necessary resources by our front desk volunteers. These resources include a wig, prosthesis, a library book or just a tour of the Center then the client is introduced to a Patient Navigator. Through this program the client facing cancer will receive one-on-one navigation services that include answering their questions regarding their disease, finding them financial assistance, scheduling free transportation to their medical appointments, providing them with information on physicians in their area, provide them wigs, prosthesis, access to support groups and other information pertinent to their diagnosis. Once a client has been to the Center, attended a group or reached out via phone, that client will be entered into the database. After each visit or service a follow-up date is entered into the system so we can continually provide support calls. Through these calls, they can provide solutions to some of the problems clients are having. For instance, if a call is made to someone who just started treatment, we can offer transportation or suggest a support group. Clients are called and supported until they tell us they do not need us anymore. With the addition of the Fallbrook location, clients can access a patient navigator at the location via appointment and received one on one support.

## **Program/Services Description - Program Activities**

The free resources available at Michelle's Place include wigs, prosthesis, bras, hats and support groups. Michelle's Place has five patient navigators that provide support and navigation through the treatment process to families newly diagnosed. The patient navigators facilitate women who have a symptom of breast cancer through the medical process of breast screenings, diagnostic imaging and/or biopsies. We also have a lending library and a survivor support system that provides newly diagnosed people and their families with a source of answers to their questions, comfort and insight into their new diagnosis. Other services include monthly educational seminars, open to the public offering information on nutrition, cancer prevention, stress relief and methods to help in the healing process. The Center provides monthly support groups including a metastatic cancer support group, ovarian cancer support group, a Spanish speaking support group a survivorship support group, young women's group and 'Husbands Hangout', a group for men who are supporting a woman with cancer or a man facing cancer. Michelle's Place also provides weekly Reiki and yoga, bi-weekly art therapy classes, MP Stitchers, journaling, spirituality class, haircuts and lymphedema fittings. Additionally, Michelle's Place offers temporary financial assistance to people going through treatment and transportation to medical appointments. At the Fallbrook Family Health Center we hope to co-host mobile mammography screening events. This program will potentially save the life of a woman by providing early detection of breast cancer. Additionally, educational seminars to various community groups on early detection, cancer resources and cancer screening opportunities will be hosted once gathering restrictions have been lifted. One day a week a Patient Navigator will offer one on one support at the Fallbrook Wellness Center (currently located in the District office) so District residents with cancer who are unable to visit Michelle's Place can access support and resources. The Patient Navigator will facilitate a cancer support group during the month. Once a client has been to the Center, attended a group or reached out via phone that client will be entered into the client database. After each visit or service a follow-up date is entered into the system so we can continually provide support calls. These calls are administered by the Patient Navigators and/or our volunteer 'encouragement' callers. These callers are cancer survivors. They offer a different kind of support as they have been through cancer themselves. They can offer resources available at Michelle's Place. For instance ,if a call is made to someone who just started treatment, we can offer transportation or suggest a support group. Clients are called and supported until they tell us they do not need us. The direct services provided such as wigs, prosthesis, financial assistance, transportation and mammograms are key to making their cancer journey easier. The navigation and support provided through this program are key to their mental health while going through treatment. Our clients average 5 services per person. This means they access our program multiple times throughout their journey.

## **Program/Services Description - Follow Up**

Once a client accesses our services, they are documented in our client management system. We document as much information as we can including their diagnosis, family, insurance, needs, what resources they utilized, etc. Once they are documented we enter a follow-up date. These reports are run every day to see who needs to be called that day. Our Patient Navigator and/or encouragement caller will call the client and check-in. They practice active listening and offer any resources or just support. Clients in active treatment are called more often. Clients that are in later stages of treatment are called less often. After each call, a follow-up date is scheduled. Clients are called until they ask us not to call them anymore. Regular feedback from clients include : "I don't always call you back when you leave a message, but it is nice to hear you call and care about me." "I so appreciate you checking

on me." Traditionally, most cancer journeys are 2-6 months. Metastatic cancer patients are living with cancer for the rest of their lives. These clients are priority and fall at the top of the follow-up list. Client surveys are administered quarterly. The surveys gather information from our clients on types of programs they enjoy, what more we can provide them and resources they would like to see at the Center. We also ask them how their experience at the Center was? We ask them if they would refer a friend to the Center. We utilize this information to change or add new programs. We also use the information to train volunteers. At each educational seminar we request evaluations from each participant about the content, presenter and overall experience of the seminar. This helps direct us on what seminars to provide in the future. Michelle's Place is currently working on a texting program that will allow us to follow-up on our clients via text. This will allow our Navigators to send reminders for appointments, support groups and classes. It will also be an option for clients as a way to reach them. Through this grant, Michelle's Place would like to create a more in depth survey system after our clients have completed their cancer journey. We would like to create and implement a five question survey that determines how effective the resources provided by Michelle's Place were to their overall cancer journey.

### **Program Goal #1**

The Cancer Support Program will provide 75 cancer patients within the FRHD with at least five resources per person that they need while going through cancer.

### **Program Objectives - Goal #1**

1. Within one year, Michelle's Place will provide 375 resources to cancer patients within the FRHD. These resources will include wigs, prosthesis, hats, scarves, support groups, financial assistance, transportation, one on one support, etc.
2. Within one year, Michelle's Place will host 12 support groups averaging 5-10 cancer patients in attendance. Ideally, these groups will meet in person.

### **Program Outcomes/Measurables - Goal & Objectives #1**

Success is ideally measured by ensuring that 75 cancer patients get the resources they need and they don't feel alone during their journey. Constant monitoring, communication with clients and survey of programs and services will be instrumental in measuring success. Michelle Place will track each of the above objectives through our client database. The database will provide reports on how many clients served and what resources they received. Implementing a new surveying system will help measure individual success. We would hope to achieve a 5 out of 5, 5 being best. The survey will ask a series of questions. These questions include, "On a scale of 1 to 5, 5 being very confident, how confident were you about your cancer journey before you utilized Michelle's Place services?." We hope to find that at least 75% of our clients found that they were a '4' or higher after their Michelle's Place experience. Our Program Manager will work with our CRM specialist to create and implement the survey system.

### **Program Goal #2**

Educate the residents of the FRHD on early detection of cancer, provide information on cancer screenings available and the cancer resources available to families dealing with cancer.

## **Anticipated Acknowledgment**

Social Media Postings                      Print Materials to Service Recipients  
Website Display

### **Anticipated Acknowledgment**

The Health District will be acknowledged through our social media channels including our Facebook and Instagram. We will give mention in press releases and printed materials.



**Organization Name**

Be Well Therapy, Inc.

**Year the Organization was founded.**

2014

**Program Name/Title**

Be Well Yoga &amp; Mind/Body Wellness for Cancer Recovery

**Is this a new (pilot, recently developed) or established program?**

Established Program

**Program Information - Type**

Ongoing

**Organization's Mission Statement**

Be Well Therapy, Inc.'s Mission Statement is, "to teach others how to bring balance and harmony into their lives thereby creating optimal healing and wellness. " Be Well Therapy, Inc. is a North County, San Diego based nonprofit specializing in providing yoga, reiki and mindfulness practices to individuals battling cancer. Founded by two local women, Mary Baker (Carlsbad) and Heidi Borsch (Oceanside), Be Well currently offers 11 weekly donation-based classes which are currently entirely online via Zoom due to the pandemic. This new, virtual format means that individuals from ANYWHERE are now able to participate in the Be Well program. Be Well Therapy's dedicated leadership is guided by a distinguished Board of Directors including, Dr. Sheila Patel, Medical Director at the Chopra Center for Wellbeing and a board-certified family physician who is passionate about bringing holistic healing practices into the western medical system. Scientific research has proven the benefits that yoga provides to cancer patients including the following: strengthens the immune system, increases range of motion and flexibility, strengthens the spine, helps manage weight, reduces inflammation, reduces high blood pressure, helps manage pain, helps manage fear and anxiety, improves sleep, and enhances body image. Our Be Well classes provide a respectful, safe and nurturing environment for those who are living with a diagnosis of cancer, which greatly enhances overall feelings of empowerment and well-being. The new, virtual format has truly been a life saver for cancer patients to ensure their continued health and safety.

**Organization's Vision Statement**

Our Vision is to expand the Be Well Therapy brand across the country and around the world. We envision virtual and on-site Yoga for Cancer Recovery classes led by Be Well trained teachers reaching cancer patients globally. The more access individuals with cancer have to wellness services, the better their quality of life and survival rates will be.

**Agency Capability**

Be Well Therapy, Inc. was established in March 2014 by Co-founders Mary Baker and Heidi Borsch. Both Mary and Heidi experienced cancer as caregivers. Mary lost both parents within 6 months of one another and Heidi lost her mother to cancer 20 years ago. The two felt ill equipped to help their own parents and decided to use their love and knowledge of yoga to impact others with the disease. They began in 2014 with one Yoga for Cancer Recovery class in Vista and now proudly offer 11 weekly classes which are all currently online via Zoom due to the pandemic. In 2017 they launched a 55-hour Yoga Alliance approved Yoga for Cancer Recovery teacher program. As of December 2020, Be Well has graduated over 80 teachers. In March 2021, Be Well launched a fully online, self-paced version of their training making it accessible to anyone around the world. Over the last five years, Be Well has awarded scholarships to over 150 individuals to attend Be Well events free of charge. These events have included two-day wellness retreats, single day retreat events, art therapy events, Chopra Center Meditation Weekends, Chopra Center Women's Retreats, as well as scholarships to attend our Reiki training, and our Be Well Yoga for Cancer training (for qualified individuals). In 2019, Be Well added an additional 5 weekly Be Well Yoga for Cancer Recovery classes, expanding the program into Orange

County as well as Downtown San Diego. In 2020, Be Well established a virtual "Yoga Studio" for their cancer recovery program due to the Covid-19 pandemic. This fully on-line offering of live streaming Be Well classes is now able to reach students from all over the world. This virtual program will remain intact even when the onsite program is deemed safe to resume.

### Agency Collaborations

Be Well collaborates with many other non-profits and like-minded agencies to bring our clientele the best we have to offer. Be Well's current partnerships include: Michelle's Place Temecula, The Chopra Center for Wellness, North County Cancer Fitness, several local yoga studios including Sage Yoga Studio, Oceanside Museum of the Arts, Mamma Chia (owned by Bonsall business woman, Janie Hoffman), San Diego Juice Company, Choice Juicery, and Legoland. Be Well is proud to collaborate with the Fallbrook Family Health Center on their annual health faire by providing promotional handouts for participants. Mary Baker and Heidi Borsch continue to collaborate with Michelle's Place to expand our offerings. During non-Covid times, two Be Well certified Yoga for Cancer Recovery teachers provide weekly classes at Michelle's Place. Additionally, Be Well provided a full scholarship to a volunteer at the center to take part in our fall 2019 Be Well Teacher Training Program. Be Well was the first non-profit invited to partner with The Chopra Center. As a result of this partnership, Be Well has been able to provide several scholarships and reduced price entry to wellness events held at the Chopra Center in La Costa, California. In 2018, Be Well held its first annual retreat at the Omni La Costa providing, yoga, meditation, MELT, Ayurveda sessions and many various health and wellness seminars. 20 full paid and 10 partial paid scholarships were provide to cancer survivors to attend this weekend retreat. Be Well partners with North County Cancer Fitness providing referrals to our clients broadening the reach and impact both Be Well and NCCF have on the cancer community. Legoland has generously provided annual park passes for us to share with families affected by cancer, sponsored a table of 10 for our fall gala and donated many opportunity drawing prizes generating over \$2000 in funds for Be Well.

## Program Information

### Target Population - Age

	Percent of program participants
Children (infants to 12)	
Young Adults (13-18)	
Adults (18-60)	85
Seniors (60+)	15
We do not collect this data (indicate with 100%)*	

### Target Population not collected - Age

NA

## Gender

	Percent of program participants
Female	95
Male	5
Non-binary	
Unknown*	

### \*Target Population - Gender

NA

## 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	
We do not collect this data (indicate with 100%)*	100

### \*Target Population - Income Level

Cancer does not discriminate based on income level. For this reason our Be Well Program has always been donation-based and/or free (classes which are covered by direct sponsorship or grant funding) to anyone in need.

### Projected number of residents that will directly benefit (participant/client) from this program.

60

## Social Determinants of Health (SDOH)

### Program/Services Description - Social Determinants of Health

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

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

### Statement of Need/Problem

Be Well Therapy's purpose is to provide Yoga and mindfulness practices that compliment traditional therapies providing optimal physical and mental healing for the recovering patient as well as to their caregivers and support structure. Approximately 39.3 percent of men and women will be diagnosed

with cancer of any site at some point during their lifetime.(1) It is estimated that the Fallbrook Regional Health District has approximately 3000+ cancer survivors, a number that unfortunately, will only continue to grow every year. (2)Numerous studies have proven the effectiveness and benefits of Yoga and mindfulness (3,4). Medical doctors and treatment centers now recommend Yoga and mindfulness as a complementary practice for their patients (5). The cancer population not only has very specific needs both physically and mentally, many of them also are facing serious financial hardship due to their on-going cancer related expenses. Be Well classes are donation-based or free to allow for students to receive these much needed wellness services without any financial stresses. Scientific research continues to prove the benefits that yoga provides to all cancer patients including the following: strengthens the immune system, increases range of motion and flexibility, strengthens the spine, helps manage weight, helps manage pain, helps manage fear, anxiety and stress, and enhances body image. Extensive research has been conducted on the benefits of yoga for women with breast cancer which specifically includes reduced inflammation and improved mood issues and fatigue in breast cancer survivors. (3)Furthermore, specific research on men with prostate cancer (the leading cause of cancer deaths in men) shows that men who took a yoga class twice a week during treatment reported less fatigue, fewer sexual side effects, and better urinary functioning than men who did not. (6) Thanks to last year's grant, we now offer a men's only class led by a male teacher that has garnered regular attendance. We continue to work to expand the attendance of this important offering. It is also worth noting that "Cancer is the leading cause of death among Hispanics. Compared to non-Hispanic Whites, Hispanics are more likely to be diagnosed with advanced stages of disease and experience poor quality of life following a cancer diagnosis."(7)The social determinants of health that are addressed by our Be Well program include Social Cohesion as well as Health Literacy. Our program promotes Social Cohesion, which is a key issue in the Social and Community Context domain. Social cohesion refers to the strength of relationships and the sense of solidarity among members of a community (8). Cancer survivors share a unique bond in their experience and our program unites them in a manner that allows them to not only share their stories of struggling and surviving, but provides tools for overall mind and body wellness. A 2020 study of the impact of social support on female cancer survivors found that "Therefore, it is necessary to develop and apply intervention methods to improve social support thereby improving quality of life among female cancer survivors" (9)The Be Well program also helps improve participants health literacy by supporting survivors and care-givers efforts to improve their health in an environment that is easy to understand and gives them powerful tools to improve their health even beyond our classes. Given that "One study found that 74% of Spanish-speaking patients have less-than-adequate health literacy as compared to 7% of English-speaking patients" (7), we believe the bilingual class we launched in 2020 further promotes social cohesion as well as health literacy with a population that has been historically underrepresented. 2020 was a year in which Covid dramatically changed the manner in which businesses operate on a daily basis. Currently, our entire program is virtual via Zoom making our full schedule of 11-weekly classes available to anyone regardless of location. For this reason, we were generously granted permission to reallocate funds intended to cover assistants for on-site classes to temporarily cover 3 of our other virtual Be Well classes. Our request for 2021 includes the following:1. The continuation of funding of our four weekly classes – two standard Be Well classes, one bilingual class and our weekly men's only class.2. Funds to provide in-person private sessions for individuals who are unable to participate in our virtual program due to poor wifi service as well as for students who are unable to attend on-site classes due to a compromised immune system. 3. Funds to cover sanitization supplies for props – yoga mats, blocks, etc. – once our classes resume on-site to ensure cleanliness and safety for our students. Regularly attending Be Well Yoga for Cancer Recovery classes provides attendees with peace of mind, feelings of belonging, renewed hope, integrity, respect, strength, and courage. Because of the generous funding and partnership of FRHD, we have been able to positively impact the lives of men and women cancer survivors and their families. We look forward to this continued partnership this year and beyond. Testimonials from FRHD residents:"I have participated regularly in the Sunday "Broga" classes with Dr. David Phears. It is helpful both physically and mentally. Physically, it is helpful because it improves all of our range of motion. Mentally, it helps to eliminate a clouded mind and assist in a calming focus. I would encourage you continue this program."

Keith D. Taylor “The camaraderie of cancer patients doing Yoga was part of it... The biggest surprise of all for me was that lymphatic drainage massage was included! I struggle with lymphedema in my right arm from having lymph nodes removed ... – but to have it included with Yoga was just plain awesome! And then of course, COVID hit. That was such a time of uncertainty and sorting out what to do and how to stay healthy. What a pleasant surprise that the Be Well Therapy classes were made available through Zoom! 2020 was a tough year, and depression was much harder to keep away. The BWT classes via Zoom were a huge help with this – they got me through the year by helping to keep me in shape and keep my spirits up. On a gloomy gray day in Fallbrook in December I decided to count my blessings for the year. At the top were my new granddaughter born in August (my first grandchild), and the fact that my family was thus far alive and well. And right there with those was Be Well Therapy. I am thankful everyday they are in my life. These teachers with their bright spirits and pearls of wisdom and knowledgeable guidance are a blessing I feel privileged to have and will never forget.”

### **Statement of Need/Problem - Others**

Be Well Therapy is the only organization within the FRHD region offering a Yoga for Cancer Recovery Program. In fact, we are the only wide spread program offering this service throughout San Diego County as well as throughout California. We do partner with Michelle's Place in Temecula where (during non-pandemic times) we have trained teachers who offer on-site classes.

### **Program/Services Description - Program Entry**

Entering the Be Well program is simple. Once a student and their caregivers become part of the Be Well family, they immediately benefit from Yoga and mindfulness practices that are tailored to their specific needs. Participants learn about our Be Well Program through sources such as doctor/nurse referrals, flyers posted at medical centers, support groups, on-line, social media, referrals from friends, and targeted local advertising. Now that the program is completely virtual, our intake process has changed. Students are directed to the Be Well website where they are able to fill out our New Student Intake Form and sign our Waiver. This is in both English and Spanish. This confidential form is captured into a spreadsheet which is available to our entire Be Well staff. It allows teachers to look up details on new and existing students so they can be fully informed about a student's medical/physical history and provides Be Well with all necessary data for tracking our students. The new student receives an email with more details on our program and the full schedule of our Zoom classes including login information. Students are required to register for each occurrence of class. This allows for easy tracking our student attendance data. Students are automatically enrolled in our mailing list upon registration. They receive a weekly student update email with all pertinent information for that week's classes as well as details on special events and scholarship opportunities. They also receive our monthly Be Well Newsletter with general organizational updates.

## **Program/Services Description - Program Activities**

Every Be Well class is led by a Be Well certified teacher who has completed our 55-hour certification course. What makes a Be Well class so unique is the training our teachers have received on how to appropriately and safely modify the yoga practice for individuals with cancer. Understanding the side effects of cancer treatment, the many physical limitations brought on by cancer surgeries, as well as the mental and emotional side effects of cancer ensures that our teachers are highly qualified to work with this special population. Our teachers offer multiple options for poses so students always feel safe, successful, and happy no matter what they are dealing with on a given day. In our new, virtual format, we have ensured that all of our students have appropriate yoga props at home to use during class. Last year we requested and were granted permission to reallocate \$1600 from our grant funds to purchase yoga props including blocks, bolsters, and blankets which were distributed to our FRHD students free-of-charge. All Be Well classes, either onsite or virtual, begin with time to connect and check in. Once class is settled, we begin with time to quiet the mind and focus on the breath. Teachers offer inspiring and thought-provoking messages to begin class and create an overall theme for the day. Students are provided an intention, or short positive statement, to use to keep their mind focused. Students receive instruction on simple breathing practices to help quiet the mind and calm the nervous system. The movement portion of our classes is methodical and slowly paced to ensure student safety at all times. While our number one goal is safety, we also focus on helping our students regain strength and mobility which is lost due to surgeries, treatment, and lack of activity during cancer. Students are taught the many benefits of standing and balancing poses and how to gradually progress as they get stronger. Once the standing and balance portion of class is completed, it's time for restore and rest time. This is also a crucial part of each class. Students learn how to calm their nervous system and create an environment for greater healing and wellbeing. At least once a month, students experience our signature "Guided Deep Relaxation" at the end of class, which is a systematic relaxation technique for creating optimal healing. Every class ends with a quiet time of rest before students move on to the next part of their day. Our Be Well teachers enter the virtual classroom early and stay on after to greet and interact with students so they feel a connection and have time to share. When a new student attends class for the first time, they receive a follow-up email from the class teacher asking for feedback and to ensure they feel welcomed.

## **Program/Services Description - Follow Up**

**Outside of class time, our Be Well teachers stay in contact with their students via email, phone, and text messages. If a student is missing for more than two sessions, they are contacted to ensure all is well. Students who are not doing well are offered virtual private sessions which may include gentle movement, Guided Relaxation and Guided Imagery, as well as distant Reiki healing energy. This extra attention and care are just a few of the benefits our Be Well students experience. Students report feeling peace of mind, increased sense of worth, feelings of belonging, renewed hope, flexibility, integrity, respect, strength, better sleep, and courage. In spite of not being together in public for our classes, students continue to report feeling incredibly supported, connected, and loved. This feeling of connection has been vitally important for their mental health and wellbeing during the pandemic. In 2020, Be Well implemented a Quarterly Student Survey which provides us with more detailed data from our students on their progress since joining our program. These results are shared with FRHD in our Quarterly Grant Reports. In 2021, we intend to establish Zoom "hang out groups" to continue the deepening of connectedness between our students. This will include an All Students Hangout, a Young Survivor Hangout, a Bilingual Hangout, and a Caregiver Hangout. Hangout groups will be facilitated by rotating volunteers and may transition to onsite meetings once deemed safe for our population. These groups are less formal than a traditional support group or therapy session, and allow the participants to simply spend time bonding and supporting one another. While we love our statistics and hearing about new and exciting research on the benefits of yoga and mindfulness for cancer patients, we also know that the real "magic" that happens at our Be Well classes is in the COMMUNITY that our students feel the first time they attend – even virtually. Newly diagnosed students arrive seeking guidance and**

encouragement from those who have been on their same journey. Those who are long past treatment continue to attend to offer support and guidance. All feel a warm sense of welcome and belonging. So often cancer patients are sent off from their final treatment with a "congratulations, you can go back to your normal life again". A life with cancer is never normal, no matter how much time has passed. Fear, worry, PTSD, and lingering side effects are always present. Our Be Well classes offer a bridge to a "new normal", an instant family of others who are living with the same altered reality, and a place to learn to love and care for a body that feels violated and betrayed by life. It is this community of love and support that makes our work at Be Well so incredibly rewarding and hugely beneficial to all.

### **Program Goal #1**

To improve the health and well being of cancer survivors by providing Yoga and mindfulness practices that compliment traditional therapies thereby providing optimal physical and mental healing for the recovering patient as well as to their caregivers and support structure.

### **Program Objectives - Goal #1**

Our first objective will be to increase the number of program participants in our FRHD Yoga and Mindfulness for cancer recovery classes to greater than the number enrolled and participating pre-Covid. Because we will soon be able to more heavily promote the program, we intend to grow the number of participants from the pre-Covid weekly average of 44 to 60 or more. We will continue to run our four weekly classes that include a men's only as well as our Spanish language class. We will work to re-establish on-site socially distanced classes as soon as deemed safe for our population with a goal of having at least two classes on site by mid-summer.

1. Our second objective will be to provide one on one socially distanced sessions for those survivors who have been unable to attend our virtual classes due to a lack of internet or who do not yet feel comfortable attending public classes once resumed. We will target holding 2-3 private sessions per month.

### **Program Outcomes/Measurables - Goal & Objectives #1**

Students entering the Be Well Program register on our website prior to attending our classes. This information on each participant is collected and stored in our student data base. Students also register for each class they attend and provide data including zip codes which is tracked on a weekly, monthly, and quarterly basis. Private session participants will also be recorded, tracked and surveyed. These metrics are reviewed by the Be Well CEO, CFO on a periodic basis in order to ensure the objectives are being exceeded. Performance against these objectives will also be reported and reviewed by Be Well's board of directors for additional feedback and to ensure the objectives are being exceeded. To ensure we are having the type of impact on our students we expect, Be Well implemented a Quarterly Student Survey which provides us with more detailed data from our students on their progress since joining our program. These results are shared with FRHD in our Quarterly Grant Reports. Gathered data includes but is not limited to questions on improvement in the areas of balance, mobility, self-esteem, sleep, strength stress, overall wellbeing, teachers, safety and whether we are providing an inclusive and compassionate environment.

### **Anticipated Acknowledgment**

MBe Well will acknowledge acceptance of the grant on our website, in our monthly newsletter, and on Facebook and Instagram. FRHD will continue to be listed on our class schedule showing the 4 classes supported by the grant as "made possible in part by Fallbrook Regional Health District." The FRHD logo will also be listed on our community partners page of our website. Marketing materials and banners will include the FRHD logo and sponsor line of "This program made possible/in part by Fallbrook Regional Health District." Be Well will actively participate in local events to help promote the program and the support from FRHD. We strongly believe that the partnership created between Be Well and FRHD is mutually beneficial and received very positive feedback regarding our efforts acknowledging this partnership. We believe we can continue to build on and improve our public acknowledgments if selected to continue this program.