



**AGENDA
STRATEGIC PLANNING COMMITTEE**

**Wednesday, October 19, 2022 at 2:00 P.M.
Virtual and In-Person at Administrative Office
1st Floor Community Room, 138 S. Brandon 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/83455354912> Meeting ID: **834 5535 4912**. 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**.

Committee Members: Jennifer Jeffries, Chair and Howard Salmon, Co-chair
Staff: CEO Rachel Mason, Executive Assistant Linda Bannerman, Wellness Center Administrator Theresa Geracitano, Administrative Officer Judith Oswald

1. Call to Order/Roll Call
2. Public Comments - Announcement
Members of the public may address the Board regarding any item listed on the Agenda at the time the item is being considered. Members of the public attending in-person need to fill-out a "Request to Speak" card and those attending by webinar need to raise your hand at this time and identify the Agenda item they would like to speak on. The Board has a policy limiting any speaker to not more than five minutes.
3. Discussion Items
 - a. Proposed Community Resource Navigator Position
 - b. Community Health Contracts—Grant Impact Reports
Informational piece to assure grantees and board members aware that these quarterly grant reports are readily available for review.
 - Summer Water Safety Program – Boys & Girls Club of North County
 - Triple Play – Boys & Girls Club of North County
4. Board Member Comments and Future Agenda Items
5. Adjournment

I certify that on October 18, 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.

A handwritten signature in blue ink that reads "Linda Bannerman".

Board Secretary/Clerk

Proposed Job Summary:

The Community Resource Navigator helps community members access healthcare and health-impacting resources. Navigators are non-licensed, non-clinical staff who gather information related to economic barriers, healthcare systems concerns, and basic needs (including, but not limited to, food, transportation, and material goods). The Community Resource Navigator uses this collected information to connect community members directly to vetted regional resources and community agencies. Navigators provide support and guidance to help community members access local federally qualified health centers, Medicare or MediCal providers, and other healthcare systems. They address barriers including access to health care, insurance or lack thereof, poor health literacy, transportation and more. The Community Resource Navigator will help individuals and community members adopt healthy behaviors and will support the District's outreach of programs that promote, maintain, and improve individual and community health.

Essential Duties and Responsibilities:

- Be prepared to serve community members that do not readily access common community services (homeless, severe mental illnesses, substance use, medically underserved, in need of preventive services, etc.).
- Connect community members with programs and services by effectively communicating their value and impact.
- Provide on-site and potential in-home assessments for safety risk, health needs, and barriers to care.
- Work with community members and connected resource providers to develop service plans and guides that include health management goals.
- Assist members in overcoming barriers to meeting health goals and update service plans accordingly.
- Assist members in scheduling appointments and accessing community resources.
- Arrange for community member transportation to health services appointments.
- Follow up with members via phone calls, electronically, some occasional home visits, and visits to other settings where members can be found (food pantry, service partner offices).
- Maintain accurate, quality, timely, and consistent documentation in District database of member activities and interventions.
- Continuously expand knowledge of community resources, services, and programs available to members and build ongoing relationships with these organizations to advocate for members.
- As part of the District's outreach efforts this position will support the team by attending community meetings or health fairs to understand community issues or to build relationships with community members.

Skills Required:

- Knowledge of community, County, State and National resources.
- Training or experience in community health, social determinants of health, and peer counseling.
- Understanding of mental illness and addiction and ability to engage with clients who struggle with these issues at all levels.
- Knowledge of community-based healthcare and social services systems and the needs of medically underserved populations, and older adults/seniors.
- Ability to effectively communicate with a diverse population and establish trust.
- Able to maintain clear professional boundaries with members and coworkers.
- Ability to quickly establish trust and build strong relationships.

- Highly organized and self-motivated to work independently and manage schedules efficiently.
- Sound judgment and the ability to quickly analyze situations.
- Maintains confidentiality and follows HIPAA standards in safeguarding patient information.
- Ability to establish priorities and meet deadlines.
- Ability to problem solve in a proactive, creative manner.
- Ability to work independently within a virtual operating environment and as part of a team.
- Represent the company with professionalism.
- Cultural competency-able to work with diverse groups of community members.
- Excellent communication skills.
- Technologically knowledgeable or experienced in note entry systems, smart phones, and laptops.
- Bi-lingual (English-Spanish) capabilities strongly preferred, but not required.

Education and Experience:

- Bachelor's degree in healthcare related field required (Social Work preferred).
- Three to five years of related experience required.

Other Requirements:

Physical stamina and ability to meet the physical requirements necessary to safely and effectively perform the assigned duties, including,

- Walking/Standing up to 7.5 hours per day.
- Lifting, the ability to assist with other staff folding tables, chairs and other event related materials; as well as be able to lift up to 25 pounds independently.
- Talking: Expresses ideas and shares information by means of spoken word and by telephone.
- Hearing: Hears well enough to receive communication in person and by telephone.
- Hands/Arms: Operates computer for up to 7 hours per day.
- Vision: Reads written or video messages for up to 8 hours per day

Work Hours: The Programs Coordinator is full-time position. The organization core operating hours are 9:00 a.m. to 5:00 p.m. Monday through Friday; however, weekend and evening schedules will be needed.

Salary Range and Benefits: \$40,000 - \$55,000 annual salary, exempt. This position qualifies for bi-lingual add-on pay, which is three percent (3%) additional pay calculated from the base rate. Health and retirement benefits are available and will be discussed with successful candidates.

Supervisor: Wellness Center Administrator

FY22.23-Q1 FRHD Community Health Contract Grant Impact Report

Organization Information

Legal Name

Boys Club of Fallbrook

DBA (if Applicable)

Boys & Girls Clubs of North County

Program Name/Title

Summer Water Safety

Target Population - Age

	Percent of program participants	Total Number of Participants
Children (infants to 12)	98	175
Young Adults (13-17)	2	3
Adults (18-60)	0	0
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

N/A

Gender

	Percent of program participants	Total Number of Participants
Female	50	89
Male	50	89
Non-binary	0	0
Unknown*	0	0

*Target Population - Gender

N/A

Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	30	51
Very Low (50%) Income Limits, ceiling of \$53,500	25	46
Low (80%) Income Limits, ceiling of \$85,600	21	38
Higher Than Listed Limits	24	43
We do not collect this data (indicate with 100%)*		

*Target Population - Income Level

N/A

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

1035

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)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Program/Services Description - FRHD Community Needs Assessment

Health (Diabetes - prevention, management)

Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)

Mental Health (Social Support - Youth or Families)

Health (Mobility)

Program Objectives - Goal #1

Provide daily swimming lessons and water safety instruction to 150 youth

Provide daily open swim time for 50 youth per day

Program Outcomes/Measurables - Goal & Objectives #1

Program enrollment will be tracked for all programs. Daily attendance sheets and participation counts will be kept. We will track the numbers of youth that progress from one level to the next, and reach out to those failing to progress and offer additional interventions.

Anticipated Acknowledgment

Anticipated Acknowledgment

Social Media Postings

Anticipated Acknowledgment

Posts to our social media accounts.



Boys & Girls Clubs of North County

Published by Meredith Anderson · July 25 at 12:12 PM · 🌐



🙏 Thank you, [Fallbrook Regional Health District](#), for making sure our kids have fun and stay safe this summer! 🌈🌻



Swim Narrative

Zabdi F. was our swim success story for summer 2022. She is only 6 years old, and the first time she came to the pool, she had to be assisted by a lifeguard. In fact, two separate assists were done to rescue Zabdi in June. After we awarded her a scholarship for swimming lessons, which she diligently attended for an entire month, she graduated from level 3 swim classes and was considered water safe! She came to rec swim every day for three hours and enjoyed every minute of it! She passed the deep end test, learned how to dive, and made a bunch of friends in the pool. She even joined our swim team! Every evening, she would beckon her dad to the chain-link fence so he could watch her perform the new tricks that she learned that day. We are so proud of the progress she has made, and we can't wait to have her back in our pool next summer!



Zabdi F. jumping into the pool at BGC.

Agency Name: **Boys & Girls Clubs of North County** PROGRAM NAME: **Summer Water Safety**

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	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	A1	Administrative Support	\$ 7,364.00	\$ -				
	A2	General Insurance (not program specific)	\$ 1,750.00	\$ -				
	A3	Accounting & audit expenses	\$ -	\$ -				
	A4	Consultant/Contractor Fees	\$ -	\$ -				
	A5	Physical Assets (Rent, Facility Costs)	\$ 4,800.00	\$ -				
	A6	Utilities	\$ 1,200.00	\$ -				
	A7	IT & Internet	\$ -	\$ -				
	A8	Marketing & Communications	\$ 100.00	\$ -				
	A9	Office Supplies	\$ -	\$ -				
	A10	Training & Education	\$ 1,500.00	\$ -				
	A11	Other: specify	\$ -	\$ -				
TOTAL INDIRECT EXPENSE			\$16,714.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	B1	Head Lifeguard	\$ 6,400.00	\$ 3,200.00	\$ 4,036.00			
	B2	Lifeguards/Swim Instructors	\$ 33,600.00	\$ 11,800.00	\$ 12,426.20			
	B3	Salary (list position)	\$ -	\$ -				
	B4	Salary (list position)	\$ -	\$ -				
	B5	Payroll Expenses (WC, taxes) @9%	\$ 3,600.00	\$ -				
	B6	Benefits	\$ -	\$ -				
	B7	Other: specify	\$ -	\$ -				
TOTAL PERSONNEL EXPENSE			\$43,600.00	\$15,000.00	\$16,462.20	\$0.00	\$0.00	\$0.00
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	C1	Equipment	\$ -	\$ -				
	C2	Program/Project Supplies	\$ 1,600.00	\$ -				
	C3	Printing/Duplicating	\$ -	\$ -				
	C4	Travel/Mileage	\$ -	\$ -				
	C5	Program Specific Insurance	\$ -	\$ -				
	C6	0	\$ -	\$ -				
	C7	0	\$ -	\$ -				
	C8	0	\$ -	\$ -				
	C9	0	\$ -	\$ -				
	C10	0	\$ -	\$ -				
	C11	0	\$ -	\$ -				
	C12	0	\$ -	\$ -				
	C13	0	\$ -	\$ -				
	C14	0	\$ -	\$ -				
	C15	0	\$ -	\$ -				
TOTAL OTHER EXPENSES			\$1,600.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
			W	Z				
D	TOTALS		PROGRAM COST	FRHD Funds Expended				
			\$61,914.00	\$16,462.20				

FY22.23-Q1 FRHD Community Health Contract Grant Impact Report

Organization Information

Legal Name

Boys Club of Fallbrook (Inc)

DBA (if Applicable)

Boys & Girls Clubs of North County

Program Name/Title

Triple Play

Target Population - Age

	Percent of program participants	Total Number of Participants
Children (infants to 12)	91	1182
Young Adults (13-17)	9	108
Adults (18-60)	0	0
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Gender

	Percent of program participants	Total Number of Participants
Female	47	609
Male	52	678
Non-binary	1	3
Unknown*	0	0

*Target Population - Gender

n/a

Income Level

	Percent of program participants	Total Number of Participants
Extremely Low-Income Limits, ceiling of \$32,100	35	449
Very Low (50%) Income Limits, ceiling of \$53,500	33	431
Low (80%) Income Limits, ceiling of \$85,600	20	247
Higher Than Listed Limits	12	163
We do not collect this data (indicate with 100%)*		

*Target Population - Income Level

n/a

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

3870

Social Determinants of Health (SDOH)

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

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

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

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Program/Services Description - FRHD Community Needs Assessment

Health (Diabetes - prevention, management)

Health (Cholesterol, High Blood Pressure, Hypertension, Obesity)

Mental Health (Social Support - Youth or Families)

Health (Healthy Food/Nutrition)

Social (Economic Security, Health Literacy, Family/Child Support, Legal/Advocacy)

Program Objectives - Goal #1

Hire and train staff to deliver Triple Play activities at each site. Provide 60 minutes of physical activity to each member each day at every site to serve at least 400 youth per day . Provide 3 family nights each year at each site. to

Program Outcomes/Measurables - Goal & Objectives #1

Hiring and training logs will be kept to ensure that each site has staff that are trained in Triple Play activities. Participation counts and survey results will track data related to physical activity, nutrition and members ability to cope with challenges.

All sites have staff that have been trained in Triple Play activities. 520 members receive a nutritious super snack each day and participate in 60 minutes of vigorous physical activity each day.

Anticipated Acknowledgment

Anticipated Acknowledgment

Social Media Postings

Anticipated Acknowledgment

In the first quarter the Triple play grant was acknowledged in our social media account.



Boys & Girls Clubs of North County

Published by Meredith Anderson · July 18 at 2:36 PM · 🌐



**CULTIVATE HEALTH
PARENTING WORKSHOP**

**CULTIVA TU SALUD
TALLER PARA PADRES**



**TEEN
DEPRESSION**

Learn to recognize signs of depression and ways to help your teen.

[Register Today!](#)

760.731.9187
fallbrookhealth.org



**DEPRESIÓN EN
ADOLESCENTES**

Aprenda a reconocer los indicadores de depresión y las formas de ayudar a su adolescente.

[Register Today!](#)

760.731.9187
fallbrookhealth.org

Fallbrook Regional Health District

July 12 at 2:15 PM · 🌐

Join us July 19th, 2022 at 9:00 am where parents will learn to recognize signs of depression and ways to help their teens, including coping mechanisms, approach... See more

See Translation



Boys & Girls Clubs of North County

Published by Meredith Anderson · August 5 at 5:46 PM · 🌐

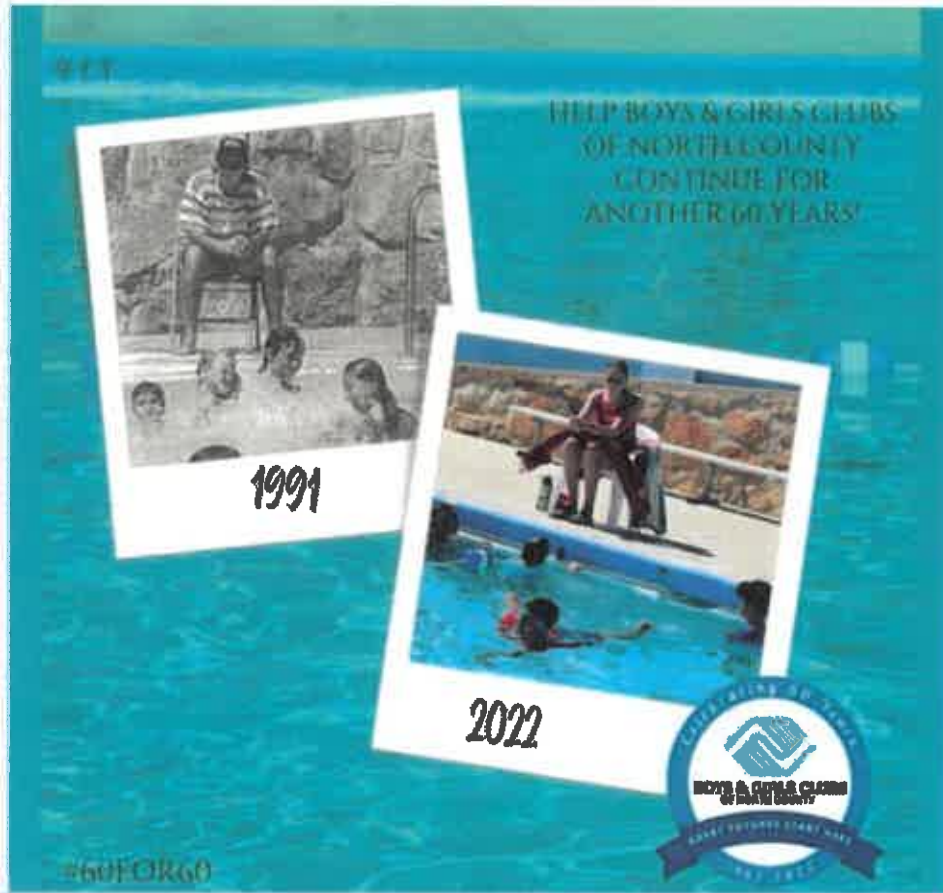


Pool safety at the Club never goes out of style. 🧡 🧡

Thanks to [Fallbrook Regional Health District](#) and YOU, we can keep swimming for another 60 years! 🧡

bgcnorthcounty.org/donate

#60for60 #fallbrookca #forthekids #wehaveapool #donatetoday #nonprofit #northcounty



Success Story

July, August, September 2022

Throughout the summer, nursing students from California State University San Marcos completed their service learning hours at our Club. The nursing students provided health and wellness education classes for our Club members. They taught San Diego County's Oral Health curriculum. The members loved learning how to floss with a playdoh mouth the nursing students created. Members learned how to properly wash their hands and avoid passing germs. The nursing students were able to provide a nurses' station for any member that had a scrape, stomach ache, or needed an ice pack. They were so valuable in assisting with the members that had anxiety or were having a rough day. The nursing students not only taught members about health and wellness; they participated in a wide variety of other activities with the kids. They assisted during ukulele lessons. Along with the members, the nursing students enjoyed hiking field trips with the Fallbrook Land Conservancy. The members loved having the nursing students join them during soccer or basketball games. The nursing students from CSUSM were a helpful asset during our summer program.



FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name: **Boys & Girls Clubs of North County** PROGRAM NAME: **Triple Play**

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	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	A1	Administrative Support	\$ 14,729.00	\$ -				
	A2	General Insurance (not program specific)	\$ 3,500.00	\$ -				
	A3	Accounting & audit expenses	\$ 1,360.00	\$ -				
	A4	Consultant/Contractor Fees	\$ 800.00	\$ -				
	A5	Physical Assets (Rent, Facility Costs)	\$ 1,500.00	\$ -				
	A6	Utilities	\$ 5,250.00	\$ -				
	A7	IT & Internet	\$ 350.00	\$ -				
	A8	Marketing & Communications	\$ 400.00	\$ -				
	A9	Office Supplies	\$ 1,700.00	\$ -				
	A10	Training & Education	\$ 950.00	\$ -				
	A11	Other: specify	\$ -	\$ -				
TOTAL INDIRECT EXPENSE			\$30,539.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	B1	Athletic Director .15 FTE	\$ 5,304.00	\$ 5,304.00	\$ 1,317.09			
	B2	Director of Program Services .15 FTE	\$ 5,928.00	\$ 5,928.00	\$ 1,507.66			
	B3	Site Staff 1@ each of 8 sites	\$ 120,000.00	\$ 15,000.00	\$ 6,412.51			
	B4	Data Manager .15 FTE	\$ 5,304.00	\$ 5,304.00	\$ 1,202.65			
	B5	Payroll Expenses (WC, taxes) @9%	\$ 12,288.00	\$ 2,838.00	\$ 939.59			
	B6	Benefits	\$ -	\$ -				
	B7	Other: specify	\$ -	\$ -				
TOTAL PERSONNEL EXPENSE			\$148,824.00	\$34,374.00	\$11,379.50	\$0.00	\$0.00	\$0.00
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	C1	Equipment	\$ -	\$ -				
	C2	Program/Project Supplies	\$ 25,000.00	\$ 6,250.00				
	C3	Printing/Duplicating	\$ -	\$ -				
	C4	Travel/Mileage	\$ -	\$ -				
	C5	Program Specific Insurance	\$ -	\$ -				
	C6	0	\$ -	\$ -				
	C7	0	\$ -	\$ -				
	C8	0	\$ -	\$ -				
	C9	0	\$ -	\$ -				
	C10	0	\$ -	\$ -				
	C11	0	\$ -	\$ -				
	C12	0	\$ -	\$ -				
	C13	0	\$ -	\$ -				
	C14	0	\$ -	\$ -				
	C15	0	\$ -	\$ -				
TOTAL OTHER EXPENSES			\$25,000.00	\$6,250.00	\$0.00	\$0.00	\$0.00	\$0.00
	D	TOTALS	PROGRAM COST	FRHD Funds Expended				
			\$204,363.00	\$11,379.50				