



## A Message From Our Leaders

THIS PAST YEAR encapsulated a year of deep listening, partnership, and growth for the John Muir Community Health Fund (CHF), as we continue to fund organizations that address the root causes of health. Those include economic mobility, food security, institutional racism, and access to health services.

And because we know the importance of supporting an organization's overall success and resilience, we continued to fund not only a program, but also provided capacity-building support that we designed in collaboration with our community partners.

The CHF has also continued to fund in alignment with our racial equity commitment. For example, over this past year, we have explicitly focused on supporting emerging organizations that serve those most affected by health inequities. In 2024, many of the organizations that we have funded were led by individuals with lived experience of the communities they live and work in. That experience is critical because we know that proximate leaders are often those most likely to generate innovative solutions that reflect community priorities. They are the experts and our role as a funder is to trust their experience and authentically respond, collaborate, and connect them to complementary organizations.

The impact is evident, in that we are continuing to successfully build an ecosystem of resilient, community-based organizations dedicated to improving health in East and Central Contra Costa. We look forward to continuing to be at the forefront of this essential health equity work.

Jelissa Parham, Executive Director and  
Dr. Ruja Manghani, Board Chair



**Jelissa Parham, MPH**  
Executive Director



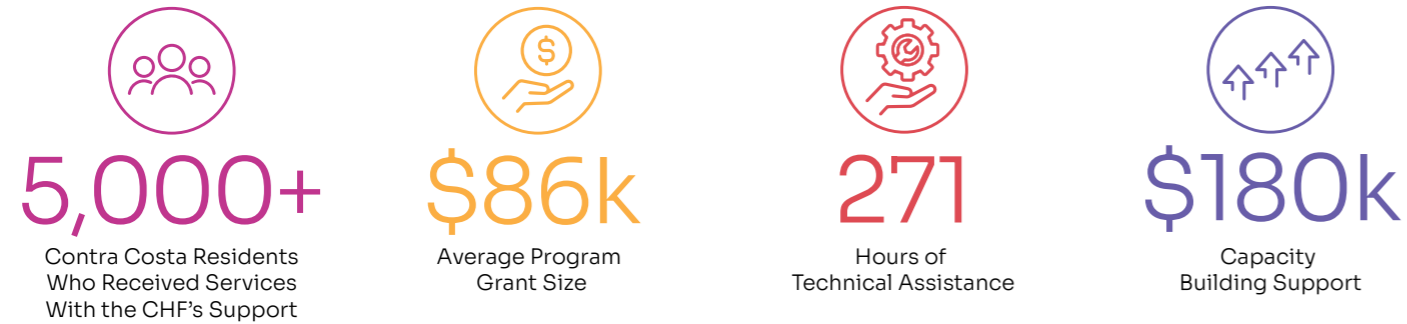
**Ruja Manghani, MD**  
Chair

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- Mary Serrano** | Grants & Financial Operations Manager



Thoughtfully providing seed funding to early stage organizations is a smart way to invest in the health of Contra Costa County. In 2023 and 2024, organizations that the CHF funded went on to secure more than **\$1,500,000** in additional funding, meaning they are likely going to continue to provide essential services far into the future.



\*Black and Indigenous People of Color



Because of the support of John Muir Health, the Community Health Fund can carry out a unique community benefit function: distributing grants to nonprofit organizations working to improve the health and well-being of the community in Central and East Contra Costa County.

**SOCIAL DETERMINANTS OF HEALTH PROGRAMS SUPPORTED**



Economic Mobility / Dignity



Food Access/ Housing



Education/ Mentorship



Healthcare Access & Behavioral Health



New Partnerships & Collaboration



LOAVES & FISHES OF CONTRA COSTA COUNTY



HIJAS DEL CAMPO



LA CONCORDIA WELLNESS CENTER MURAL

**La Concordia Wellness Center**



IN MAY 2020, La Concordia Wellness Center (LCWC) opened its doors as a unique mental health clinic just as the COVID-19 pandemic was beginning to wreak havoc on people's physical and emotional lives. Aiming to make mental health care accessible and approachable for all, LCWC pairs traditional psychotherapy approaches with diverse cultural healing traditions that range from art, music and spoken word through shamanistic or curanderismo practices.

It works. From the outset, LCWC attracted many new patients. Unfortunately, many of the patients do not have insurance or the type of insurance that covers the cost of fee-for-service mental health care. Unwilling to turn those people away, La Concordia developed a new model for delivering its services. It:

- Created a companion nonprofit to secure alternative sources of funding.
- Dramatically multiplied services by:
  - Creating a training program for aspiring psychologists who work under the supervision of La Concordia providers who, in turn, are well versed in the unique mental health pathologies associated with the pandemic
  - Implementing telehealth consultations
  - Adding more culturally competent practices to offer more holistic approaches to mental health treatment



“ We were losing time, on the verge of closing our doors, when the CHF came in, like angels from heaven... We are here, stronger than ever and none of this would be happening if it wasn't for the CHF.

**Dr. Manuel Fernandez**  
Executive Director, LCWC

Yet even as patients flooded the clinic and LCWC expanded, the challenges of collecting reimbursement and revamping the business plan to include the nonprofit work dramatically strained the clinic's finances.

That's when the Community Health Fund stepped in. Convinced of the value and potential impact of LCWC's work, the CHF provided an executive director's discretionary grant for LCWC to work with La Piana Consulting on a business plan that would enable LCWC to build capacity in a sustainable way.

With that plan now in hand, LCWC has secured significant funding from multiple sources, including a \$150,000 grant from the CHF in July 2024 for Phase I implementation of the plan and the opening of LCWC's Multicultural Wellness Center.

Because LCWC never has a wait list and nobody is ever turned away, its work continues to open the doors to mental health services for many underserved individuals in Contra Costa County.

## 2024 COMMUNITY HEALTH LEADERS



“ The CHF has been an invaluable partner to the Contra Costa Crisis Center. They offered capacity-building and storytelling strategies, facilitated partnerships with other non-profit agencies, and provided crucial fundraising support with the Jumpstart platform. Their support with the Contra Costa Services Network (CCSN) Pilot Program has also been instrumental, enabling immediate client referrals and follow-ups. Bravo to the CHF team!

**Elaine Cortez Schroth** | ED, Contra Costa Crisis Center



“ The CHF has had a profound impact on People Who Care. Their support has not only enabled us to elevate the stories of the youth we serve, but has also strengthened our ability to advocate for mental health resources in our community. Through their commitment to our fund development, we've been able to expand our services and ensure that more youth receive the care they need. Their partnership has truly been a cornerstone of our success.

**Connie Russell** | CEO, People Who Care



“ John Muir Health supports and is aligned with the CHF's commitment to addressing the structural drivers of health inequities, which is consistent with our mission to improve the health of the communities we serve with quality and compassion. We count on innovative partners to use the CHF's grants to develop sustainable solutions that expand and enhance access to health for those most in need in our communities.

**Mike Thomas** | CEO & President, John Muir Health

## COMMUNITY HEALTH PARTNERS

**La Concordia Wellness Center**



**Opportunity Junction**



**People Who Care**



**Loaves & Fishes of Contra Costa**



**Village Keepers**



**Contra Costa Crisis Center**



**GANAS**



**La Clinica de la Raza**



**Delta Bay Impact**



**Hijas del Campo**



### Programs Supported



Economic Mobility/Dignity



Food Access/Housing



Education/Mentorship



Healthcare Access & Behavioral Health



New Partnerships & Collaboration