



John Muir Health

CHF Impact Update 2016

Partnership Addresses East Contra Costa County Mental Health Needs

In 2013, two community health needs assessments found that East Contra Costa County (ECCC) had a significant shortage of free or low-cost counseling and mental health services. Both assessments concluded that increasing the availability of these services should be a high priority given the number of ECCC neighborhoods suffering from the type of poverty that often prevents residents from seeking mental health services.

The findings were no surprise to us. That’s why, having lived and worked in Contra Costa County for many years, we are truly excited about the initiative that this publication highlights. The East Contra Costa Mental Health Initiative emerged from an evolving partnership between our two organizations and offers a wonderful example of how to meet critical community health needs

John F. Kennedy University (JFKU) has a mission and record of outstanding service in Contra Costa. JFKU’s Community Counseling Centers exemplify this mission. They have long provided affordable, high quality mental health care for many in need, while educating the next generation of counselors for our county’s mental health workforce. Many JFKU students from ECCC feel a strong pull to give back to their home community.

The John Muir/Mt. Diablo Community Health Fund (CHF), a supporting organization and grantmaking arm of John Muir Health, has earned the respect of the entire county for fostering and supporting lasting health care initiatives that successfully meet the needs of Central and East Contra Costa County’s most underserved families and individuals. The CHF’s success stems from doing much more than providing funds.

It relentlessly strives to understand the needs and circumstances of those who want health and wellness services. It insists on full buy-in from each nonprofit organization that will deliver services – including their Boards. It ensures that each organization it funds has or will build the capacity to sustainably deliver the services it has promised. It fosters partnerships among local organizations that contribute to long-term success. And it insists on formal evaluations of each initiative that hold everyone accountable, including the CHF itself.

All of these characteristics garner a remarkable degree of commitment from everyone involved in a CHF-funded project, which is what has occurred with the East Contra Costa Mental Health Initiative. With CHF support, JFKU began by working with local community organizations and [Emerald HPC International, LLC](#) – a global firm with deep roots and enormous respect in ECCC – to thoughtfully plan an initiative that would meet the needs of large swaths of ECCC’s diverse population.

Consequently, youth, teens, families and older adults who have not had access before to counseling or mental health services can now find them in schools and community centers throughout ECCC. JFKU is increasingly recognized as a key mental health resource for community organizations in the region.

Our partnership ensures that JFKU will continue to deliver community benefits by establishing the resources needed to adapt as the community’s needs change. Being part of this remarkably important initiative could not be more rewarding.

Arthur Shingleton, Chairman, CHF **Michael McGill, Trustee, JFKU**

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Addressing a Community Health Need

See Opportunities

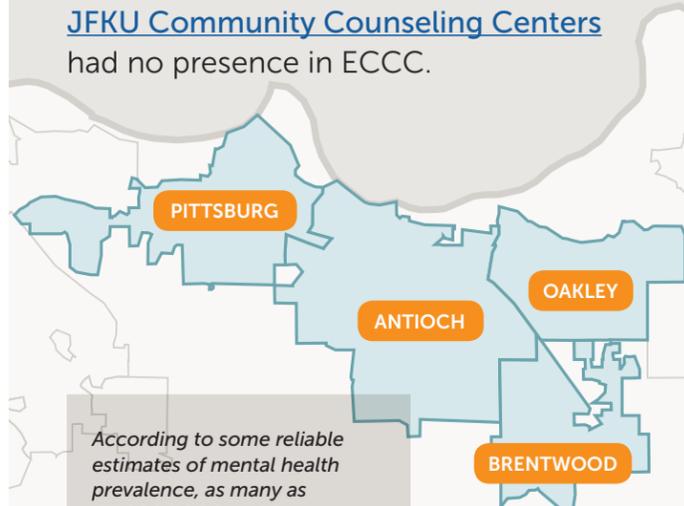
Make Connections

Create a Plan

Leverage Alliances

Ensure Accountability

Community health assessments identify a need for more free or low-cost counseling and mental health services in East Contra Costa County (ECCC). [JFKU](#) recognizes that expanding its Counseling Centers to ECCC can make a dramatic difference; through 2014, [JFKU Community Counseling Centers](#) had no presence in ECCC.



According to some reliable estimates of mental health prevalence, as many as **45,000 ECCC residents might suffer from some form of mental illness.**

In 2014, **only a few local provider groups were providing mental/behavioral health services** for the area's low-income residents.

At JFKU, community service is part of our DNA, so this initiative has been a perfect partnership.

— Debra Bean, President JFKU

2015

CHF Executive Director (ED) meets with JFKU Counseling Centers ED to discuss **ECCC mental health needs.**

CHF ED provides a planning grant for JFKU to work with Emerald HPC International, LLC to develop a **multiyear health initiative.**

JFKU works with the Antioch Unified School District to **establish counseling services at two high schools.**

CHF awards a grant for first year pilot of the **East Contra Costa Mental Health Initiative.**



2016

JFKU initiates counseling services, in partnership with Meals on Wheels and Senior Outreach Services, for **seniors at Antioch's Nick Rodriguez Community Center.**

JFKU hires an ECCC **bilingual project coordinator.**

JFKU begins providing counseling services for **students at Los Medanos College in Pittsburg and Brentwood.**

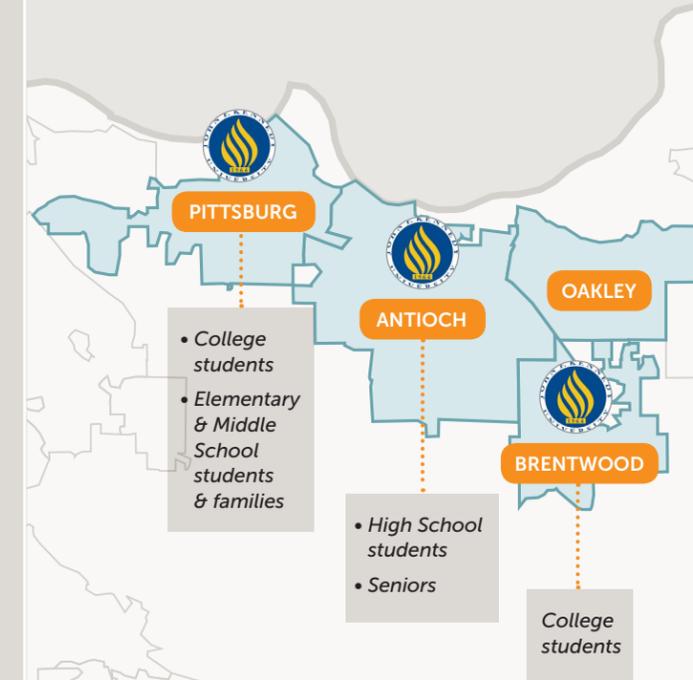
JFKU expands its Family Resiliency Project to offer **family counseling services in the Pittsburg Unified School District** at Hillview Middle and Highland Elementary Schools.

CHF, JFKU and [Harder+Company Community Research](#) begin developing an **evaluation plan.**

I don't think every foundation has the wonderful way of making introductions and nurturing them along that the CHF has.

— Gail Kinsley-Dame, Executive Director JFKU Counseling Centers

Has the ECCC Mental Health Initiative made a difference? Consider the services JFKU now provides for residents across the lifespan in ECCC that were not available just one year ago.



Therapy has given me the chance to learn more about myself. I felt comfortable enough here to be my true self and have learned to be my true self with my peers and family. Even if they do not understand me or agree with what I like, I feel free.

— ECCC high school student who received JFKU counseling services in 2016 at her school.

Our Community Health Partners



Contra Costa Nursing Care Expansion Initiative: Help [La Clínica de La Raza](#) improve care coordination for its patients through integration of registered nurses into clinical teams at La Clínica's Concord, Pittsburg and Oakley health centers.



Contra Costa Call Center Initiative: Help [La Clínica de La Raza](#) develop a centralized call center designed to optimize access to care and improve patient service, experience and health outcomes at La Clínica's Concord, Pittsburg and Oakley health centers.



Contra Costa Promotores/Community Health Worker Initiative: Help [Planned Parenthood Northern California](#) develop and pilot a formal Promotores/Community Health Worker certification program to address health education and outreach needs for diverse communities in East Contra Costa County.



Contra Costa CARES Program: Help the [Community Clinic Consortium of Contra Costa & Solano](#) develop the capacity to evaluate a pilot program aimed at creating access to primary care services and a medical home for those in Contra Costa County who remain uninsured.



Contra Costa Specialty Care Initiative: Help [Operation Access](#) steadily expand access to medically necessary outpatient procedures for uninsured patients in Contra Costa County who neither qualify for government support nor have enough income and savings to pay for the procedures themselves.



Contra Costa Coordinated Care Initiative: Help [Meals on Wheels and Senior Outreach Services \(MOWSOS\)](#) better meet the health and wellness needs of low-income seniors, by building MOWSOS's capacity to participate in care coordination across a complicated healthcare system.



Contra Costa Refugee Health Project: Help [Jewish Family & Community Services East Bay](#) develop a health education curriculum that will strengthen the ability of its social work staff and staff of community partner organizations to provide high-quality health information and health access to newly arriving refugees.



East Contra Costa Mental Health Initiative: Help [John F. Kennedy University Community Counseling Centers](#) implement a multiyear business plan aimed at increasing access to and utilization of mental health services for low-income, un-insured or under-insured residents of East Contra Costa County.



Because of the support of [John Muir Health](#) — \$1 million per year — the John Muir/Mt. Diablo Community Health Fund (CHF) can carry out a unique community benefit function: distributing grants to nonprofit organizations working to improve the health and well-being of medically uninsured, underinsured, underserved, and vulnerable populations most at-risk for poor health in Central and East Contra Costa County.



John Muir Health

John Muir/Mt. Diablo Community Health Fund

Building Bridges to Better Health

1399 Ygnacio Valley Rd, Suite 36, Walnut Creek, CA 94598 | 925/941-3100

www.jmmdcommunityhealthfund.com