

The California Wellness Foundation

Portfolio

STORIES, IDEAS AND LESSONS LEARNED FROM OUR HEALTH GRANTMAKING

Culturally Competent Health Services for California's Immigrants

FALL 2005

INSIDE:

Community Leaders
Battle for Environmental
Health5

Mental Health Services
Reach Homeless Youth6

Coalition Addresses Rising
Cost of Health Care7

How To Apply8

Grants List10

Staff Profile14

What's New15

2005 Champions of Health Professions Diversity Honored

Each of the champions has improved the well-being of medically underserved communities by creating programs to diversify the health workforce. They join a growing and distinguished group of California leaders in championing diversity in the health professions. Learn more about the 2005 recipients on Page 15.

On the cover:

Youth programs are a popular feature at
The Cambodian Family in Santa Ana.



The
California Wellness
Foundation

Grantmaking for a Healthier California

Cultural Competency – Key to Health Services for California’s Immigrant Communities

Many U.S. immigrants face serious obstacles in accessing quality health care. Throughout the immigration and acculturation process, they encounter linguistic, economic and social barriers such as limited English proficiency, a lack of financial resources and a shortage of culturally competent providers.

“Through the experiences of our grantees, we see numerous examples that demonstrate the critical need for cultural understanding in order to grasp the particular health promotion and disease prevention needs of diverse immigrant communities,” said Gary L. Yates, president and CEO of The California Wellness Foundation (TCWF). “One emerging strategy to increase access to health care for these populations is providing grants to organizations that provide culturally and linguistically appropriate health and human services that incorporate the traditions and values held by these groups.”

TCWF has provided core operating support grants to many organizations that address the health needs of traditionally underserved populations. The following are several examples of agencies that are providing culturally competent health and human services to diverse immigrant communities throughout Southern California.

The Cambodian Family

The Minnie Street neighborhood of Santa Ana became the new home to several thousand Cambodian refugees in the early 1980s. The densely populated neighborhood suffers from high rates of crime, poverty and unemployment.

In 1990, The Cambodian Family established an after-school youth program in response to an increasing Cambodian and Latino gang presence in the area. TCWF awarded the organization a three-year, \$150,000 grant in March 2004 for its after-school program serving at-risk Cambodian and Latino youth.

According to Sundaram Rama, The Cambodian Family youth program coordinator, the “Plan Ahead” youth program has been an effective vehicle for bridging the Cambodian and Latino communities. Program staff has found that both of these communities face many of the same challenges, including lack of education, limited English-language skills and a poor understanding of educational and career opportunities.

“Our program gives our neighborhood youth a safe place to go after school, where our bilingual staff tutor and mentor them, teach them new skills, help them build dreams for the future, and support them in achieving their potential,” Rama said. “Without our help, encouragement and support, their risk factors would increase, contributing to increased rates of high school dropout, teen pregnancy, teen marriages, gang violence, substance abuse and teen runaways.”

The grant has also helped The Cambodian Family sustain the operation of its academic, leadership and career exploration activities. Academic programming includes tutoring, homework assistance, study skills and a computer lab with Internet access, while the leadership institute offers life skills classes, Cambodian traditional dance, karate, arts and crafts, community service activities and a youth leadership club. Additionally, career advancement opportunities are offered in areas such as writing a résumé, getting a part-time job and applying for college, financial aid and scholarships. Other activities include career workshops and field trips to local colleges.

TCWF’s funding has also helped the program encourage parental involvement. They schedule monthly parent meetings that offer health education,



After-school programs help reduce risk factors and keep youth safe.

job counseling and help for non-English-speaking parents to talk with personnel at their children's schools. Other parent-focused services include assistance with parenting skills such as discipline and communication with youth. Counseling and referrals are also available.

"Organizations like The Cambodian Family address the multifaceted needs of immigrant communities," said Nicole J. Jones, TCWF program director. "By developing youth capacity to avoid negative influences and empowering parents to make good choices for their children while honoring and celebrating their culture and traditions, healthier and safer neighborhoods are ensured for all residents."

Thai Community Development Center

Thai immigrants in Los Angeles represent a rapidly growing community with unmet needs. Unlike many Cambodian families who came to the United States fleeing war at home, few Thai immigrants are considered refugees by the U.S. government. A large segment of Thais without legal status do not qualify for public benefits or services. Often living on the margins, many are part of the underground economic workforce, vulnerable to abuse and exploitation.

For the past 11 years, the Thai Community Development Center (Thai CDC) has been working on behalf of low-income Thai immigrants in Los Angeles County. In December 2002, TCWF awarded Thai CDC a three-year, \$155,000 grant to sustain health education, prevention awareness and provision of affordable health care in this community.

"Our initial data, observations and experience from working with poor Thai immigrants have shown the unsettling fact that they are at great medical risk because they cannot access health care due to language and cultural barriers, religious beliefs and practices, lack of health insurance, cost of medications, and poor and unsafe working conditions," said Chanchanit Martorell, Thai CDC executive director.

In April 2004, Thai CDC produced a comprehensive study on the health status of this population titled "Healthcare on the Margins." Its findings showed that nearly 50 percent of Thais use an interpreter during their doctor visits. It also found that 40 percent of Thai immigrants do not have a regular source of health care, compared with 19 percent of the general county population.

The report and its findings have helped Thai CDC develop strategies for improving access to care and promoting responsible health behavior to immigrants, including tailored health education programs that incorporate occupational safety and health training.

Thai CDC also operates a community health leadership program. It has fostered hundreds of participants to become health advocates by

developing their technical health knowledge and leadership skills to educate family members, friends, co-workers and community members about disease prevention, chronic illnesses, access to care and other critical health issues.

Given the limited pool of qualified and trained Thai candidates for jobs in the health sector, this leadership program will emphasize opportunities for community leaders to assume careers in health professions in the near future.

Additionally, Thai CDC's annual health fairs have become a signature event in the East Hollywood community. For the past five years, they have offered health screenings, referrals and other services from more than 40 different health providers and exhibitors.

"Organizations like Thai CDC help close the gap in access to health care for medically indigent



Health fairs have proven to be effective venues for reaching Thai immigrants with health information.

continued on page 4

Special Attention Paid to Linguistic and Cultural Factors

continued from page 3

populations,” said Sandra Martínez, TCWF program director. “By providing culturally appropriate health services to an underserved population, they are making enormous strides to improve the health of an often overlooked immigrant community.”

Clinica Monsignor Oscar A. Romero

Clinica Monsignor Oscar A. Romero (Clinica Romero) began providing services in 1983 when a coalition of Salvadoran refugees and volunteer

physicians established a free clinic to address the lack of health services available to immigrants in Los Angeles.

“Too often, immigrant populations become invisible. They don’t see dentists or visit doctors for regular physicals,” said David A. Román, development associate at Clinica Romero. “Our patients perceive health care professionals as belonging to different socio-economic strata, and therefore, seeking services places them outside of their comfort zone. This is especially true when the health care professionals or their support staff are from different cultures.”

In December 2002, TCWF awarded Clinica Romero a three-year, \$150,000 grant to provide preventive health

services to the low-income immigrant communities in the Pico-Union/Westlake areas of Los Angeles.

According to Román, most of the clinic’s patients are first-generation immigrants who speak a language other than English and are employed in low-wage service industries that do not offer health insurance benefits.

In addition to serving Spanish-speaking immigrants, Clinica Romero also serves a small but growing number of Korean and Mayan populations

in the community. It is only one of two community clinics in California that provides culturally appropriate services to the approximately 80,000 indigenous Mayans residing in Los Angeles.

With a staff that speaks the same languages and shares the same customs as their patients, Clinica Romero provides medical, dental, mental health and health education services to approximately 1,000 patients a week. Many of its employees were former patients, bringing a tacit knowledge of the immigrant experience to the workplace.

“Clinica Romero provides a crucial health service to immigrant communities in Los Angeles,” said TCWF’s Martínez. “Thousands of individuals and families — many with no alternative source of health insurance due to poverty or legal status — consider this clinic their medical home.”

TCWF’s grant has been used to strengthen Clinica Romero’s administrative infrastructure. Román said that securing funding for key administrative positions has brought greater stability to the organization and has enabled staff to better concentrate on their job functions.

In addition to opening a full-time site in East Los Angeles last year, Clinica Romero has recently expanded operations at its Alvarado site to improve efficiency of patient flow. These renovations include four new examination rooms, three new mental health counseling rooms, a health education station, a designated room for administering immunizations, a soon-to-be-completed prenatal waiting room and the addition of a dispensary, a staff pharmacist and pharmacy clerks.



Immigrant families have made Clinica Romero their medical home.

Information about the organizations in this article can be found at:

The Cambodian Family

(714) 571-1966

Thai Community Development Center

www.thaicdc.org

Clinica Monsignor Oscar A. Romero

www.clinicaromero.com

Environmental Health

Fostering Community Leadership To Fight for Environmental Health

In communities throughout California, low-income minority residents are often disproportionately exposed to higher levels of environmental threats. Their homes are located closer to industrial sites that produce harmful emissions and to freeways traveled by diesel-fueled trucks, and their workplaces are also frequently prone to toxic exposures. This is the case for many low-income neighborhoods in Southern California's San Bernardino and Riverside counties.

The Center for Community Action and Environmental Justice (CCA EJ) works with community groups from affected neighborhoods, providing environmental health education programs, developing leadership skills and mapping out action plans to motivate local governments and industries to act more responsibly towards the impacted residential areas.

"We recognized early on that for community-based, grassroots efforts to be successful, a few people can't do it all," said Penny Newman, CCA EJ executive director. "Groups need leaders with diverse skill sets, including researching issues, motivating volunteers and organizing events."

In December 2003, CCA EJ received a TCWF grant of \$130,000 over three years to provide leadership development training and environmental health education for underserved residents in the rapidly developing Inland Empire region.

Typically, when a group of residents identifies an environmental health concern in their community, they approach CCA EJ for assistance. These "Associate Groups" are mentored by CCA EJ, receiving guidance on developing an effective action plan that includes fostering community-based leadership.

CCA EJ approaches leadership development as a hands-on process. Community members learn by doing. With each Associate Group, CCA EJ helps individuals recognize their own strengths, learn new skills and develop the confidence to use them to advance the issue they've identified.

"We look for arenas where community members can feel in control of the situation," Newman said. "Testifying before the county board of supervisors is a foreign environment for many community members. It can be more effective to mobilize communities outside these systems, but in ways that show the insiders that you have community support."

In developing strategies, CCA EJ works with the Associate Groups to plan for all the "what ifs," preparing for a range of responses from opponents.

"We celebrate every success," she said. "Every victory is a temporary victory...like a tug of war. They need to keep applying pressure."

Associate Groups can take credit for significant policy changes. For example, in the Riverside County community of Mira Loma, a group successfully mounted a three-year battle against growing diesel emissions in the community, resulting in action by county planning commissioners to halt the building of any additional warehouses in the area and to consider the need for a wider buffer zone between any diesel source and homes and schools. Particulates contained in diesel exhaust emissions are associated with higher rates of asthma and other respiratory problems.

"The Associate Group model used by CCA EJ is particularly effective because it starts with a core group and builds outward," said Fatima Angeles, TCWF program director. "The skills that group members learn are shared over time with others, resulting in an expanded body of capable community leaders willing to tackle environmental health challenges."



CCA EJ's SALTA program helps neighborhood groups in the Inland Empire to advocate for their health.

Mental Health**Designing Mental Health Treatment for Homeless Youth**

RJ was living on the streets after running away from an unstable and abusive home. The 17-year-old struggled with depression, regularly used speed and had dropped out of school. But with the aid of comprehensive mental health services from Larkin Street Youth Services in San Francisco, including

case management, substance abuse counseling and individual therapy, he was able to get clean, pass his high school equivalency exam, and obtain stable housing and a part-time job.

Since 1984, Larkin Street has been helping homeless youth like RJ with support and resources to develop the skills necessary to move beyond street life for good. In March 2004, TCWF awarded Larkin Street a three-year, \$150,000 grant to sustain and expand its Assertive Community Treatment (ACT) initiative to provide mental health services to homeless and runaway youth in San Francisco.

According to Clinical Director Eliza Gibson, most youth served by Larkin Street have histories of abuse and trauma. Many suffer from depression, post-traumatic stress disorder and substance abuse. Many

youth frequently have been or become suicidal. The possibility of abuse and trauma on the streets, as well as coping with the ongoing uncertainty of homelessness, frequently exacerbates existing mental health and substance abuse problems and can create new ones.

In response to these recurring issues, Larkin Street created the ACT initiative in 2001. Integrating a mental health, clinical framework into its established service-based system, the program's goal is to make mental health services more accessible and available to youth who would not otherwise access services in the community.

The ACT initiative provides individual and group counseling services, psychiatric assessment,

multidisciplinary case management and referrals to community-based, long-term mental health treatment centers. Larkin Street's consulting psychiatrist provides training to staff, conducts psychiatric evaluations and offers brief therapy to clients.

With its grant from TCWF, Larkin Street has been able to sustain its provision of comprehensive mental health assessments as well as ongoing counseling services with mental health specialists.

"Assessments allow counselors and case managers to identify early when a youth is in need of mental health services," said Gibson. "Ongoing counseling is essential to support homeless youth, help them learn more effective coping skills, and realize they have options and great potential to live independent, stable lives."

Larkin Street has integrated four MSW case management interns into the program and their presence has contributed significantly to the learning and training environment, said Gibson. Additionally, Larkin Street has pursued collaboration with other city providers, particularly with the city's and county's transitional youth and child crisis services, allowing the organization to provide coordinated and nonduplicative care to clients like RJ.

The ACT initiative has also increased the agency's understanding of the profound connection between mental health and substance abuse. To address the service gap that keeps dually diagnosed youth from succeeding in its programs, Larkin Street has explored new ways to integrate its mental health and substance abuse services to better assess and address the clinical needs of this population. This work includes building its clinical capacity to have specialists who are cross-trained in mental health and substance abuse.

"The mental health needs of California's homeless youth are significant," said Jeffrey Kim, TCWF program director. "The integrated mental health services of Larkin Street Youth Services provide an essential safety net to ensure the health and wellness of this vulnerable population of youth transitioning to adulthood."



For many homeless young people, Larkin Street's ACT initiative helps them reach their potential for stable, independent lives.

Work and Health

Expanding Access to Health Care by Controlling Costs

For low-wage workers and their families in California who are represented by labor unions, health insurance coverage is arranged through collective bargaining between their employers and the union. Because the cost of health care has escalated in recent years, this issue now dominates many contract negotiations, making it difficult to address other issues such as higher wages, pensions and job training programs.

In March 2004, to help raise awareness of the problem among union members, contract negotiators and employers, the California Works Foundation received a TCWF grant of \$135,000 over two years to develop a statewide health education, training and alliance-building program to increase workers' access to affordable, high-quality health care. As a first step, they formed the California Health Care Coalition (CHCC), whose members now represent more than 750,000 California workers and their families, including low-wage workers in the grocery and janitorial industries.

"We were not convinced by the conventional wisdom that says increases in medical costs are driven by the patient utilization or the demand side of the equation," said Sally Covington, CHCC's director, referring to factors such as the aging of the population, increased use of high-tech diagnostic tools and patient-focused health indicators such as smoking or obesity rates.

"Our analysis shows that hospital costs, driven by the supply side, account for more than 50 percent of the annual increase," she said. "Excessive pricing as a result of consolidation of ownership is one factor, as is the uneven quality of care."

CHCC has worked with several communities in California to collect data that will allow for comparison between providers within markets on measurements such as price, health outcomes, transparency of data and the amount of charity care provided. Based on these findings, CHCC hopes its

members and employers will require providers to meet high standards in order to be included in benefit plans.

CHCC hopes that pressure to maintain market share position will force higher-cost and lower-quality providers to improve both service and affordability so as to compete for business with those that meet the CHCC standards.

"Because the cost of health care has escalated in recent years, this issue now dominates many contract negotiations, making it difficult to address other issues such as higher wages, pensions and job training programs."

Building on successful efforts in Sacramento and the Inner East Bay area, CHCC is now looking to mobilize employer and employee organizations in Modesto.

When organizations join CHCC, they commit to educating their health plan participants about health care cost issues and to learn what questions about costs to ask during negotiations. Through organization newsletters, fax updates, web outreach, presentations at union locals, meetings of shop stewards and other efforts, CHCC is spreading its message that health care purchasers and consumers need to join together to preserve affordable health benefits.

"An important strength of CHCC's approach to health policy advocacy is its focus on action," said Fatima Angeles, TCWF program director. "Their research and information provides a road map or action plan for members to follow while working to expand access to affordable health care for low-wage workers in their own communities."

The Foundation prioritizes eight health issues for funding and responds to timely issues or special projects outside the funding priorities. We encourage requests for core operating support, but requests for project funding are also welcome. Core operating support can be used to help underwrite the regular, ongoing health care, health promotion and disease prevention activities of your organization. Such funds can be used for ongoing organizational costs such as salaries for key administrative staff or operating expenses. Core support funds can also be used for strengthening organizational capacity through activities such as engaging in strategic planning, facilitating board development or developing information systems. Each prioritized health issue is described below.

Diversity in the Health Professions

Grants that address the issue of diversity in the health professions are commonly given to organizations that provide pipeline programs, scholarships, outreach and retention programs, internships, fellowships and loan repayment programs for ethnic minorities that are underrepresented in the health professions. Careers in medicine, nursing, public health and other allied health professions are included. Organizations that support leadership development for people of color in the health professions are also eligible for funding. In addition, the Foundation funds organizations that educate policymakers and advocate for public and institutional policies that promote diversity in the health professions.

Environmental Health

Grants that address the issue of environmental health are commonly given to organizations that provide environmental health education and awareness activities; community organizing to promote environmental health; screening and testing for exposure to environmental toxins; leadership development; and collaborations such as partnerships between public health departments and community-based health programs to improve environmental health. The Foundation also funds efforts to inform policymakers and advocate for policies that could improve environmental health among underserved populations.

Healthy Aging

Grants that address the issue of healthy aging are commonly given to organizations that provide clinical preventive services, falls prevention programs, food and nutrition programs, in-home support and kinship caregiving. Also funded are organizations that support relationships between youth and older adults through activities such as intergenerational volunteering and mentoring. In addition, the Foundation funds agencies that educate policymakers and advocate for policies that promote healthy aging, as well as organizations that provide leadership development programs for seniors.

Mental Health

Grants that address the issue of mental health are commonly given to organizations that provide services for transition-age youth (ages 16-23) — with a focus on those in, or exiting from, foster care and on runaway/homeless youth. In addition, the Foundation funds organizations that provide leadership development programs for mental health professionals, as well as organizations that inform policymakers and advocate for effective mental health programs and policies for transition-age youth.

Teenage Pregnancy Prevention

Grants that address the issue of teenage pregnancy prevention are commonly given to organizations that provide outreach activities for reproductive health care, access to contraceptive services, and comprehensive programs for pregnant teens. An emphasis is placed on funding peer-provider clinics and other reproductive health organizations that work with high-risk, sexually active, underserved teen populations. The Foundation also funds organizations that provide leadership development activities for reproductive health care workers and organizations that inform policymakers and opinion leaders about effective policies and programs to prevent teen pregnancy.

Violence Prevention

Grants that address the issue of violence prevention are commonly given to organizations that provide services for youth (ages 12–24) including mentoring programs, gang intervention programs, reentry programs, community-based violence prevention programs and after-school programs. An emphasis is placed on funding organizations that work with



at-risk youth, including gang-affiliated and previously incarcerated youth. Grants are also made to organizations that provide leadership development activities to those working in the field of violence prevention, as well as organizations that inform policymakers and advocate for public policies that prevent violence against youth.

Women's Health

Grants that address the issue of women's health are commonly given to organizations that provide reproductive health care, prenatal care, community-based comprehensive health care services, HIV/AIDS programs for women of color, case management, and supportive housing for homeless women. Priority is given to organizations that create welcoming environments for women in underserved communities. The Foundation also funds organizations that provide leadership development activities for women and those that educate policymakers and advocate for effective policies and programs that promote women's health.

Work and Health

Grants that address the issue of work and health are commonly given to nonprofit organizations that provide health care services to farm workers, in-home health workers, garment workers, day laborers and other low-income workers. Worker centers that provide culturally sensitive and linguistically appropriate services such as health education and access to health care for low-wage workers are also prioritized for funding. In addition, the Foundation funds organizations that provide leadership development programs for low-wage workers. Organizations that educate policymakers about the connections between work and health and advocate for policies that could improve the health of low-income workers are funded as well.

Special Projects

Each year, the Foundation sets aside a pool of dollars to respond in a timely fashion to opportunities that fit our mission but are outside the eight health issues prioritized for funding. The Foundation places an

emphasis on grants to support and strengthen safety net providers of health care, to help low-income consumers understand and navigate the health care system, and to inform public decision making through policy analysis and advocacy. The Foundation also provides funding to address the health care needs of the Cal/Mex border population, the urban homeless, and culturally appropriate programs for underserved ethnic populations.

Application Process

To present The California Wellness Foundation with a grant request, an organization should first write a one- to two-page letter of interest that describes the organization's mission and activities, the region and population(s) served, the annual operating budget, how the funds will be used, and the total funds requested from the Foundation. If you are requesting project funding, please include the project's goals, leadership and duration. Your letter will be processed most accurately if you clearly indicate the TCWF funding priority for which you want your request considered. No application form is needed, and formal proposals are not accepted at this preliminary stage.

Foundation staff will review letters of interest on an ongoing basis and notify prospective applicants of the results normally within three to four months. Those encouraged to submit a proposal will receive further guidance at that time.

Eligibility Criteria

With rare exception, the Foundation funds nonprofit organizations that are exempt under Section 501(c)(3) of the Internal Revenue Code and are deemed as "not a private foundation" under Section 509(a). The Foundation also funds government agencies.

Grants are not generally awarded for annual fund drives, building campaigns, major equipment or biomedical research. Activities that exclusively benefit the members of sectarian or religious organizations are not considered. The Foundation does not provide international funding or fund organizations located outside the United States.



Letters of interest should be directed to: Director of Grants Management,
The California Wellness Foundation, 6320 Canoga Avenue, Suite 1700, Woodland Hills, CA 91367

Awarded March-June, 2005

TCWF's Board of Directors approved the following grants in support of the Foundation's mission of improving the health of the people of California and to further its four goals: addressing the health needs of underserved communities, supporting and strengthening nonprofit organizations, recognizing and encouraging leaders, and informing the development of public policies. For current application guidelines, please see the preceding How To Apply pages.

ALLIANCE FOR RURAL COMMUNITY HEALTH
Ukiah, CA
\$250,000 over three years
For core operating support to strengthen the consortium's infrastructure and sustain member clinics' provision of primary and preventive health services.

ASIAN AMERICAN EDUCATIONAL & CULTURAL CENTER, INC.
San Bernardino, CA
\$100,000 over two years
To conduct a needs assessment, outreach and health education for senior immigrants and refugees – primarily from Cambodia, Laos and Vietnam – in San Bernardino and Riverside Counties.

BEAR VALLEY UNIFIED SCHOOL DISTRICT/BEAR VALLEY HEALTHY START
Big Bear Lake, CA
\$150,000 over three years
For core operating support for the Bear Valley Healthy Start Program to continue to provide school-based health screenings and outreach services, linking children and families to local health, mental health and social services.

BROTHERS AGAINST GUNS INC.
San Francisco, CA
\$225,000 over three years
For core operating support to continue to provide education, intervention and comprehensive support services for youth in San Francisco as a violence prevention strategy.

CABRILLO COLLEGE FOUNDATION/CABRILLO COLLEGE, ALLIED HEALTH PROGRAM
Aptos, CA
\$210,000 over three years
To provide customized academic, mentoring, and social supports for Latino health professions students in Santa Cruz County as a strategy to improve the health of underserved populations in California.

CALEXICO NEW RIVER COMMITTEE, INC.
Calexico, CA
\$125,000 over three years
For core operating support to continue to educate community members and policymakers about the health hazards related to the pollution in the New River.

CALIFORNIA INSTITUTE FOR MENTAL HEALTH
Sacramento, CA
\$300,000 over two years
To provide statewide training and technical assistance about the Mental Health Services Act as it relates to transition-age youth.

CALIFORNIA STATE UNIVERSITY, SACRAMENTO TRUST FOUNDATION/ CALIFORNIA STATE UNIVERSITY, SACRAMENTO, SCIENCE EDUCATIONAL EQUITY
Sacramento, CA
\$225,000 over three years
For core operating support to prepare a diverse pool of students to enter the health professions as a strategy to improve the health of underserved populations in California.

CAMPAIGN FOR COLLEGE OPPORTUNITY
Oakland, CA
\$210,000 over three years
To address health professions education and health workforce needs in a campaign to preserve access and enhance success in California community colleges and public universities as a strategy to improve the health of underserved populations in California.

CENTER FOR HEALTH IMPROVEMENT INC.
Sacramento, CA
\$145,000 over one year and six months
For the California Health Policy Forum to educate policymakers and their staffs about key health issues facing the state.

CENTER ON JUVENILE AND CRIMINAL JUSTICE
San Francisco, CA
\$225,000 over three years
For support to implement the New Options Initiative, a mental health strategy to reduce the number of youth in residential placements in the child welfare and juvenile justice systems.

CHICO FEMINIST WOMEN'S HEALTH CENTER
Chico, CA
\$210,000 over three years
For core operating support to continue to provide reproductive health care to women in rural Northern California.

CHOICE USA
Washington, DC
\$225,000 over three years
To build a sustained base of young Asian and Pacific Islander women to advocate for women's health issues in California.

CLEAN WATER FUND
San Francisco, CA
\$200,000 over three years
For core operating support to continue advocating for protective public policies related to cleaner and safer drinking water.

COMMON GROUND-THE WESTSIDE HIV COMMUNITY CENTER
Santa Monica, CA
\$225,000 over three years
For core operating support to sustain the Homeless Youth Peer Education program to provide mental health and other support services for runaway and homeless youth in Santa Monica and surrounding Westside communities.

COMMONWEAL
Bollinas, CA
\$225,000 over three years
For core operating support for production and dissemination of a report on California spending for youth violence prevention programs.

COMMUNITY PARTNERS
Los Angeles, CA
\$250,000 over two years
To coordinate annual conferences for TCWF grantees to promote networking and sharing of best practices in the area of work and health.

COMMUNITY PARTNERS
Los Angeles, CA
\$90,000 over one year
To coordinate a retreat for TCWF grantees advocating for improved public policies on environmental health.

CONGREGATIONS BUILDING COMMUNITY
Modesto, CA
\$150,000 over three years
For core operating support to continue to strengthen and build the community capacity to advocate for the preservation and expansion of health care services for low-income residents of Stanislaus County.

COUNTY OF ALAMEDA/ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY PUBLIC HEALTH DEPARTMENT
Oakland, CA
\$200,000 over three years
For core operating support to sustain the diabetes self-management program for seniors.

ESPERANZA COMMUNITY HOUSING CORPORATION

Los Angeles, CA

\$200,000 over three years

For core operating support to continue education, outreach and prevention efforts to promote environmental health.

FAMILY SOLUTIONS, INC.

Santa Ana, CA

\$225,000 over three years

For core operating support to sustain the provision of mental health services for youth in the foster care system in Orange and Los Angeles Counties.

ELIA GALLARDO

Sacramento, CA

\$25,000 over one year

For the 2005 Champions of Health Professions Diversity Award to recognize and acknowledge individuals who have made substantial contributions to the diversity of California's health professions as a strategy to improve the health of underserved populations in California.

GREENLINING INSTITUTE

Berkeley, CA

\$150,000 over three years

To develop and expand a Bay Area collaborative working to increase diversity in the health professions as a strategy to improve the health of underserved populations in California.

HEALTH ACCESS FOUNDATION

Oakland, CA

\$500,000 over two years

For the Medicare Drug Implementation Collaborative to advocate for effective implementation of the federal Medicare Prescription Drug, Improvement, and Modernization Act in California.

SHERRY HIROTA

Oakland, CA

\$25,000 over one year

For the 2005 Champions of Health Professions Diversity Award to recognize and acknowledge individuals who have made substantial contributions to the diversity of California's health professions as a strategy to improve the health of underserved populations in California.

HUMBOLDT COMMUNITY BREAST

HEALTH PROJECT

Arcata, CA

\$150,000 over three years

For core operating support to continue to provide breast and gynecological cancer education and support to Native American women and Latinas in Humboldt and Del Norte Counties.

IMPERIAL VALLEY HEALTH AND HOUSING COALITION

Calexico, CA

\$150,000 over three years

For core operating support to continue to provide health education and information and referral services to farmworkers and other low-wage workers and their families in Calexico.

INGLEWOOD COALITION FOR DRUG AND VIOLENCE PREVENTION/COMMISSION FOR THE STUDY OF HOMICIDE PREVENTION

Inglewood, CA

\$150,000 over three years

To support the development of the Commission for the Study of Homicide Prevention to document and disseminate best practices for violence prevention programs statewide.

JEWISH COMMUNITY FREE CLINIC

Sebastopol, CA

\$200,000 over three years

For core operating support to continue to provide health care to low-wage workers and their families in Cotati and nearby cities in Sonoma County.

LIBERTY HILL FOUNDATION

Santa Monica, CA

\$225,000 over two years

To sustain the provision of environmental health education and leadership training through the Environmental Justice Fund.

LOS ANGELES INDIGENOUS

PEOPLES' ALLIANCE

Los Angeles, CA

\$120,000 over three years

For core operating support to continue to provide holistic health education to low-income, indigenous women and girls in the Highland Park area of Los Angeles.

THE LOS ANGELES UNITED METHODIST

URBAN FOUNDATION

Los Angeles, CA

\$200,000 over three years

To address health and wellness issues in underserved neighborhoods in Los Angeles.

NORTH COAST CLINICS NETWORK

Eureka, CA

\$250,000 over three years

For core operating support to strengthen the network's infrastructure and sustain member clinics' provision of primary and preventive health services.

NORTHERN SIERRA RURAL HEALTH NETWORK

Nevada City, CA

\$300,000 over three years

For core operating support to strengthen the network's infrastructure and sustain member clinics' provision of primary and preventive health services.

PENINSULA INTERFAITH ACTION

San Carlos, CA

\$150,000 over three years

For core operating support to continue to strengthen advocacy efforts to protect and expand health care access for low-income residents in San Mateo and Santa Clara Counties.

PEOPLE ASSISTING THE HOMELESS

Los Angeles, CA

\$200,000 over three years

For core operating support to sustain essential health care and support services at the PathMall, a service center for homeless individuals and families.

PILIPINO WORKERS' CENTER OF

SOUTHERN CALIFORNIA

Los Angeles, CA

\$200,000 over three years

For core operating support to continue providing health education and public policy advocacy to improve the health and well-being of low-wage Filipino immigrant workers in Los Angeles.

PLANNED PARENTHOOD SHASTA

DIABLO, INC.

Concord, CA

\$300,000 over three years

For core operating support to continue to provide clinical services and health education for low-income and underserved women in Richmond and Vallejo.

POLICYLINK

Oakland, CA

\$60,000 over six months

To explore the feasibility of and develop a plan for a multiyear effort to generate public support and build political will for fiscal reforms that enable the state to meet the health needs of Californians.

PUBLIC HEALTH INSTITUTE/CENTER FOR COLLABORATIVE PLANNING

Sacramento, CA

\$200,000 over two years

For the Center for Collaborative Planning to provide logistics support for TCWF's annual state health advocates retreat to discuss strategies and policies to improve the health of the people of California.

continued on page 12

OTILIO QUINTERO
Santa Cruz, CA

\$25,000 over one year

For the 2005 California Peace Prize, which acknowledges the past violence prevention activities of this individual working to address the root causes of violence in his community.

REDWOOD COMMUNITY ACTION AGENCY
Eureka, CA

\$225,000 over three years

For core operating support to sustain the Youth Services Bureau's case management, mental health and outreach services for the emergency shelter and transitional living programs serving runaway and homeless youth in Humboldt County.

REDWOOD COMMUNITY HEALTH
COALITION

Santa Rosa, CA

\$300,000 over three years

For core operating support to strengthen the consortium's infrastructure and sustain member clinics' provision of primary and preventive health services.

REGENTS OF THE UNIVERSITY OF
CALIFORNIA, SAN FRANCISCO/CENTER FOR
THE HEALTH PROFESSIONS

San Francisco, CA

\$300,000 over three years

To collect and disseminate information on efforts to address health care workforce shortages and health professions education, training and regulation as a strategy to improve the health of underserved populations in California.

REGENTS OF THE UNIVERSITY OF
CALIFORNIA, SAN FRANCISCO/LATINO
CENTER FOR MEDICAL EDUCATION
AND RESEARCH

Fresno, CA

\$225,000 over three years

For core operating support to strengthen academic skills and increase awareness of health careers among economically and educationally disadvantaged students in Fresno as a strategy to improve the health of underserved populations in California.

RESOURCES LEGACY FUND
Sacramento, CA

\$60,000 over six months

To explore the feasibility of and develop a plan for a multiyear effort to generate public support and build political will for fiscal reforms that enable the state to meet the health needs of Californians.

ROSE FOUNDATION FOR COMMUNITIES AND
THE ENVIRONMENT/NORTHERN CALIFORNIA
ENVIRONMENTAL GRASSROOTS FUND

Oakland, CA

\$175,000 over three years

For core operating support to sustain the Northern California Environmental Grassroots Fund project, which provides environmental health education to underserved populations in Northern California.

SAC HEALTH SYSTEM
Loma Linda, CA

\$200,000 over three years

For core operating support to continue to provide primary health care services for underserved residents of San Bernardino.

SAN FRANCISCO FOUNDATION
COMMUNITY INITIATIVE FUNDS/
FOUNDATION CONSORTIUM FOR
CALIFORNIA'S CHILDREN & YOUTH

Sacramento, CA

\$300,000 over six months

For core operating support for the phase-down of health-related activities of the Foundation Consortium for California's Children and Youth.

SHASTA CONSORTIUM OF COMMUNITY
HEALTH CENTERS

Redding, CA

\$250,000 over three years

For core operating support to strengthen the consortium's infrastructure and sustain member clinics' provision of primary and preventive health services.

SOUTH ASIAN NETWORK, INC.

Artesia, CA

\$175,000 over three years

For core operating support to sustain the work of the Community Health Action Initiative program, a comprehensive effort to promote health and health care access for underserved South Asians in Southern California.

SOUTH BAY COMMUNITY SERVICES, INC.

Chula Vista, CA

\$150,000 over three years

For core operating support to sustain a violence prevention program for at-risk youth in Chula Vista and surrounding South Bay communities in San Diego County.

ST. JUDE MEDICAL CENTER

Fullerton, CA

\$200,000 over three years

To provide primary health care services to low-income residents in the Richman Park area of Fullerton.

SWEATSHOP WATCH

Oakland, CA

\$150,000 over three years

For core operating support to sustain policy advocacy efforts aimed at improving the health and well-being of garment workers.

SWEATSHOP WATCH/GARMENT
WORKER CENTER

Los Angeles, CA

\$225,000 over three years

For core operating support for the Garment Worker Center project to continue to provide occupational health and safety education to garment workers and to engage in policy advocacy to improve health and well-being in the workplace.

TIDES CENTER/GREENACTION FOR HEALTH
AND ENVIRONMENTAL JUSTICE

San Francisco, CA

\$140,000 over three years

For core operating support to continue to provide environmental health education, technical assistance and environmental justice organizing.

TIDES CENTER/LATINO COALITION FOR A
HEALTHY CALIFORNIA

Sacramento, CA

\$150,000 over three years

To convene stakeholders in order to inform policymakers and opinion leaders regarding the shortage of Latino health professionals as a strategy to improve the health of underserved populations in California.

UNITED WAY OF ORANGE COUNTY/
RIGHT TRAK

Tustin, CA

\$225,000 over three years

To support the Right Trak program, a video prevention program between local Boys and Girls Clubs, law enforcement agencies and other community-based organizations in Tustin, Anaheim and Santa Ana, as a violence prevention strategy.

VANGUARD PUBLIC FOUNDATION

San Francisco, CA

\$175,000 over two years

To provide environmental health education through a regranting and technical assistance program targeting environmental health organizations and projects in the Central Valley.

MARIA VELASQUEZ

Shingletown, CA

\$25,000 over one year

For the 2005 California Peace Prize, which acknowledges the past violence prevention activities of this individual working to address the root causes of violence in her community.

MARTIN WAUKAZOO

Oakland, CA

\$25,000 over one year

For the 2005 Champions of Health Professions Diversity Award to recognize and acknowledge individuals who have made substantial contributions to the diversity of California's health professions as a strategy to improve the health of underserved populations in California.

SAYRE WEAVER

Brea, CA

\$25,000 over one year

For the 2005 California Peace Prize, which acknowledges the past violence prevention activities of this individual working to address the root causes of violence in her community.

WISHTOYO FOUNDATION

Oxnard, CA

\$150,000 over three years

For core operating support to continue environmental health education work.

WOMEN'S ACTION TO GAIN ECONOMIC
SECURITY

Oakland, CA

\$150,000 over three years

For core operating support to continue to train low-income women in housecleaning methods that use nontoxic cleaning materials, as a health promotion strategy.

WORLD INSTITUTE ON DISABILITY

Oakland, CA

\$200,000 over three years

For core operating support to sustain policy advocacy efforts to improve the health of low-wage workers with disabilities through employment-related approaches.

YMCA OF SAN DIEGO COUNTY/YMCA YOUTH
& FAMILY SERVICES

San Diego, CA

\$225,000 over three years

To support the Youth & Family Services division to provide mental health services at three transitional living program sites throughout San Diego County.

Adriane Gamble Administrative Assistant



Adriane Gamble joined TCWF in 2004 as administrative assistant to Ruth Brousseau, the Foundation's director of evaluation and organizational learning. Based in TCWF's San Francisco office, Gamble provides administrative support to the director and also helps facilitate TCWF's evaluation processes.

At the close of each grant, program directors write closeout reports that describe outcomes, lessons learned, successes and challenges encountered during the grant period. Gamble works with Brousseau and the program directors — editing these reports, compiling statistical information, and preparing report summaries that are presented to the Foundation's board of directors each quarter.

"Every day, I get a glimpse inside dozens of nonprofit organizations and see their successes and struggles in achieving their missions," Gamble said. "I want to work in nonprofit management, so this experience is very helpful."

Gamble attended Stanford University and graduated in 2004 with both a bachelor's degree in comparative studies in race and ethnicity and a master's degree in psychology. In addition to studying on campus, she had the opportunity to spend three months in South America.

"I attended classes in Santiago, Chile, but also had time to travel around the country and to Brazil and Argentina," she said.

Gamble was raised in Santa Barbara, where her family lives. Her interest in nonprofit work began in high school when she was named to the Santa Barbara County United Way's Youth Involvement Committee, whose members performed site visits at youth-oriented projects and made funding recommendations.

"Every day, I get a glimpse inside dozens of nonprofit organizations and see their successes and struggles in achieving their missions."

Later, after her junior year, Gamble took a summer internship program through Sponsors for Educational Opportunity, a program that places students of color in fields where they are underrepresented. Her position with the Jessie Smith Noyes Foundation in New York City offered the chance to meet with a number of foundation executives and look at how their organizations worked on progressive social change. She learned about the TCWF job opening from an alumnus of the internship program.

Gamble lives in the Mission District of San Francisco. She is active in the local chapter of Swirl, Inc., a mixed-race community building and advocacy organization, and serves on its national board of directors. She also studies dance at the San Francisco Dance Center.



Elia Gallardo



Sherry Hirota



Martin Waukazoo

TCWF Presents Champions of Health Professions Diversity Award

TCWF presented its 2005 Champions of Health Professions Diversity Award to three leaders at an awards ceremony held in Costa Mesa on June 8. The honorees are *Elia Gallardo* of Sacramento and *Sherry Hirota* and *Martin Waukazoo*, both of Oakland. Each received a \$25,000 grant acknowledging their commitment to increasing diversity in the health professions. This year's champions share a commitment to strengthening California's community clinics by advancing innovative strategies to ensure culturally competent health care. The awards were presented as part of a conference of TCWF grantees and other leaders who met to discuss strategies for increasing the diversity of California's health care workforce. More information on the champions can be found at www.tcwf.org.

Fewer Clicks – More Information: TCWF Debuts New Website

In June, TCWF unveiled the next generation of its website, www.tcwf.org. The site has resources for policymakers and health advocates, the news media and grantseekers. It includes information about TCWF, its Responsive Grantmaking Program, an extensive collection of TCWF publications, news and other nonprofit and philanthropic resources.

TCWF's 2004 Annual Report Available Online

TCWF's 2004 Annual Report is posted in the Publications section of the Foundation's website, www.tcwf.org. The cover story provides a preliminary look at the first three years of grantmaking under our Responsive Grantmaking Program. It illustrates how this strategy allows TCWF to be more flexible in its grantmaking and better able to support the essential efforts of nonprofits working to improve the health of underserved Californians. The report also includes the Foundation's financial statements, an overview of the grants program and a comprehensive list of board-approved grants.

TCWF Grantees Brief L.A. Mayor and His Education Advisors

Shortly after taking office in July, Los Angeles Mayor *Antonio Villaraigosa* created a Council of Education Advisors to formulate recommendations on issues including school safety and violence prevention. At the Council's August meeting, TCWF was invited to present findings and lessons learned by grantees and youth working on preventing violence against young people. Joining TCWF Program Director *Nicole J. Jones* for the presentation were 2003 California Peace Prize honoree *Wayne Sakamoto*, lead coordinator of Safe Schools, San Diego County Office of Education; *Luis Antonio Sánchez*, executive director of TCWF grantee InnerCity Struggle; and *Billie Weiss*, associate director for the Southern California Injury Prevention Research Center at the UCLA School of Public Health and founding director of former TCWF grantee Violence Prevention Coalition of Greater Los Angeles.



continued on page 16



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What's New

continued from page 15

Article Provides Framework for Evaluating Community Initiatives

The June issue of the *American Journal of Evaluation* features an article co-authored by *Ruth Tebbets Brousseau*, TCWF director of evaluation and organizational learning. "Evaluating the Health of Community Initiatives" provides a conceptual framework and illustrates its use with an analysis of TCWF's Health Improvement Initiative (HII). According to the article, the HII was largely successful in sustaining its core elements of collaborative partnerships, community-level systems changes, direct services and population health measurement.

Staff Updates

TCWF recognizes the following staff members for five years of service to the Foundation; *Cecilia Laiché*, communications officer; *Laura Ascencio Real*, senior grants management assistant; *Cristina M. Regalado*, vice president of programs; and *Dollie Utter*, senior grants management assistant.

TCWF welcomes new staff; *Nik Carpenter*, office clerk; *Peter Mancina*, office services coordinator; and *Caitlin McShane*, program assistant.

Help Us Conserve Paper

Would you like to receive *Portfolio* and other TCWF publications electronically? Sign up for our e-mail alert service. An e-mail message, with a link to the publication on our website, will be delivered directly to you when new issues are published. Help TCWF conserve paper! To sign up, visit our Guestbook at www.tcdf.org.

THE CALIFORNIA WELLNESS FOUNDATION is an independent, private foundation, created in 1992, whose mission is to improve the health of the people of California by making grants for health promotion, wellness education and disease prevention. The Foundation's goals are:

- to address the particular health needs of traditionally underserved populations, including low-income individuals, people of color, youth and residents of rural areas;
- to support and strengthen nonprofit organizations that seek to improve the health of underserved populations;
- to recognize and encourage leaders who are working to increase health and wellness within their communities; and
- to inform the development of public policies that promote wellness and enhance access to preventive health care.

For more information or to be added to the mailing list, please call or write the Foundation, or visit our website at www.tcdf.org.

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