



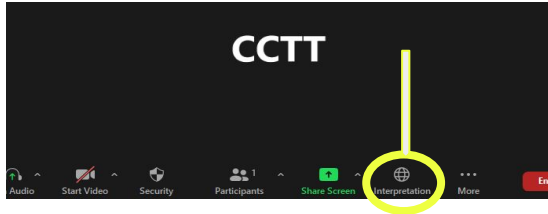
RESOURCE SHARING MEETING

REUNIÓN DE INTERCAMBIO DE RECURSOS

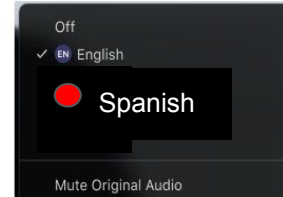
MAY 2022
MAYO 2022

INTERPRETACIÓN

1. Presione Interpretación



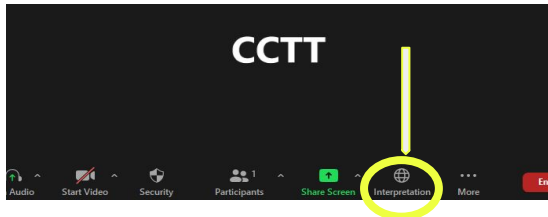
2. Presione el idioma que desea escuchar.



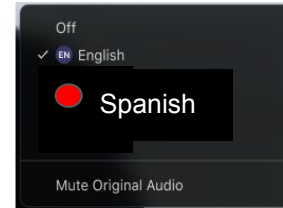
3. (Opcional) Para escuchar en Español solamente, presione Mute Original Audio.

LANGUAGE INTERPRETATION

1. Click Interpretation



2. Click the language that you would like to hear.



3. Optional: To only hear the interpretation, mute original audio.



CONSEJOS PARA LA INTERPRETACIÓN SIMULTÁNEA

- Pausar entre oraciones o pensamientos completos
- En el canal de transmisión principal, poder escuchar a todos menos al intérprete
- Únase al canal de su preferencia de idioma
- La transcripción en directo sólo es compatible con el inglés. Para ver la transcripción en directo (cc), seleccione Mostrar subtítulos en los controles.

SIMULTANEOUS INTERPRETATION LEARNINGS

- **Pause between sentences or complete thoughts**
- In the main broadcast channel, we can hear everyone except the interpreter
- Join the channel of your language preference
- Live transcription only supports English. To view Live Transcript (cc), select **Show Subtitle** in the meeting controls.



FORTALECIENDO LA COMUNIDAD Y LAS FAMILIAS A TRAVÉS DE LA COLABORACIÓN

La Fundación Comunitaria de Tahoe Truckee está conformada por **46** agencias con el objetivo común de apoyar la salud, la educación, las agencias de servicios sociales y las organizaciones sin fines de lucro para atender las necesidades de los niños, familias y los residentes de la región de Tahoe Truckee.

STRENGTHENING COMMUNITY AND FAMILIES THROUGH COLLABORATION

The Community Collaborative, a program of the Tahoe Truckee Community Foundation, is comprised of **46** family strengthening health, education, and social service agencies and non-profit organizations working together to address fundamental needs of children, families, and all residents in the Tahoe Truckee Region.





PARTNERS

Adventure Risk Challenge

Aim High

Alta Regional

AMI Housing

Arts in Wellness

Big Brothers Big Sisters of Northern Sierra

Boys and Girls Club of North Lake Tahoe

Child Advocates of Nevada County

Connecting Point (Nevada County)

Elevation

Emergency Warming Center

Excellence in Education

Foothills Truckee Healthy Babies

For Goodness Sake

FREED

Gateway Mountain Center

Girls on the Run Sierras

Granite Wellness Centers

KidZ Community Head Start

KidZone Museum

Mental Health America of Northern California

Mercy Housing/Riverside Homes

Nevada County Human Services Agency

Placer County Health and Human Services

Placer County Network of Care

Placer County Office of Education

Placer County Sheriff's Office

Read Up

Sierra Agape

Sierra College

Sierra Community House

Sierra Mental Wellness Group

Sierra Nevada Children's Services

Sierra Senior Services

SOS Outreach

State of California, Department of Vocational Rehabilitation

Tahoe Ability Program

Tahoe Forest Health System

Tahoe Truckee Unified School District

Truckee Lutheran Presbyterian Church

Truckee North Tahoe Transportation Management Agency

Truckee Police Department

UC Davis Tahoe Environmental Research Center

Uplift Family Services

Victor Community Support Services

Western Sierra Medical Group



GUIA PARA LA REUNION/MEETING GUIDELINE

by the Annie. E Casey Foundation/ Por la Fundación Annie. E Casey

- 1. *Aporta tu mejor versión.*** Esto requiere autoconocimiento y conciencia de uno mismo.
- 2. *Sé un oyente activo.*** Escuchar implica, prestar atención plena y cuidadosa a la otra persona.
- 3. *Sé amable y generoso.*** Ser amable y generoso nos permite comunicarnos mejor con los demás, ser más autocompasivos y ser una fuerza positiva en la vida de los demás.
- 4. *Manténgase comprometido.*** Mantenerse comprometido requiere estar moral, emocional, intelectual y socialmente involucrado en la conversación. Mantenerse comprometido significa que escuchas con atención y estás dispuesto a profundizar en tu entendimiento.

-
- 1. *Bring your best self.*** This requires self-knowledge and self-awareness.
 - 2. *Be an active listener.*** Active listening involves paying full and careful attention to the other person.
 - 3. *Be kind and generous.*** Being kind and generous allows us to communicate better with others, to be more self-compassionate and to be a positive force in other people's lives.
 - 4. *Stay engaged.*** Staying engaged requires you to be morally, emotionally, intellectually and socially involved in the conversation. Staying engaged means that you are listening with curiosity and willing to deepen your understanding.



GUIA PARA LA REUNION/MEETING GUIDELINES

5. Sé abierto y evita el juzgar a los demás. Escuchar con una mente abierta incluye ser receptivo a la influencia de los demás. Evitar el juzgar a los demás también significa escuchar lo que el hablante tiene que decir para comprenderlo, no sólo para determinar si tiene razón o no.

6. Decir tu verdad. Decir tu verdad en conversaciones auténticas que requieren valor al hablar sobre la raza, requiere estar dispuesto a asumir riesgos, esto significa que serás absolutamente honesto y sincero sobre tus propios pensamientos, sentimientos, experiencias y opiniones, y que no te limitarás a decir lo que crees que los demás quieren escuchar.

5. Be open and suspend judgment. Listening with an open mind includes being receptive to the influence of others. Suspending judgment also means listening to what the speaker has to say for understanding, not just to determine whether the speaker is right or wrong.

6. Speak your truth. Speaking your truth in authentic and courageous conversations about race requires a willingness to take risks. It means that you will be absolutely honest and candid about your own thoughts, feelings, experiences and opinions and not just saying what you perceive others want to hear.



GUIA PARA LA REUNION/MEETING GUIDELINES

7. "Apóyate" en la incomodidad. Apoyarse en la incomodidad le exigirá dejar de lado los entendimientos y estereotipos raciales a los que se aferra para poder avanzar. Apoyarse en la incomodidad le exigirá pasar por momentos de vergüenza, confusión, ansiedad y/o miedo.

8. Fomenta la empatía y la compasión. La empatía y la compasión te permiten comprender el punto de vista de la otra persona.

9. Espera y acepta que puede que no pases la página (cerrar el círculo). No es probable que en una sola conversación resuelvas tu entendimiento personal sobre la raza o la experiencia racial de otra persona. Cuanto más hable de la raza con otra persona, más aprenderá usted y más aprenderá la otra persona.

7. "Lean in" to discomfort. Leaning in to discomfort will require you to let go of racial understandings and stereotypes that you may be holding onto in order to move forward. Leaning into discomfort will require you to sit through moments of embarrassment, confusion, anxiety and/or fear.

8. Enable empathy and compassion. Empathy and compassion allow you to understand the other person's point of view.

9. Expect and accept that there may not be closure. It is not likely that you will resolve your personal understanding about race or another person's racial experience in a single conversation. The more you talk about race with another person, the more you learn and the more they will learn.



ICE BREAKER: SMALL GROUPS

- 1. Su nombre, organización y**
 - 2. ¿Cuáles son las tres palabras que utilizaría para describir cómo es la vida en el norte de Tahoe/Truckee o en su comunidad?**
-

- 1 Your Name, Organization, and**
- 2. What are three words you would use to describe what it is like to live in N. Tahoe Truckee or in your community?**



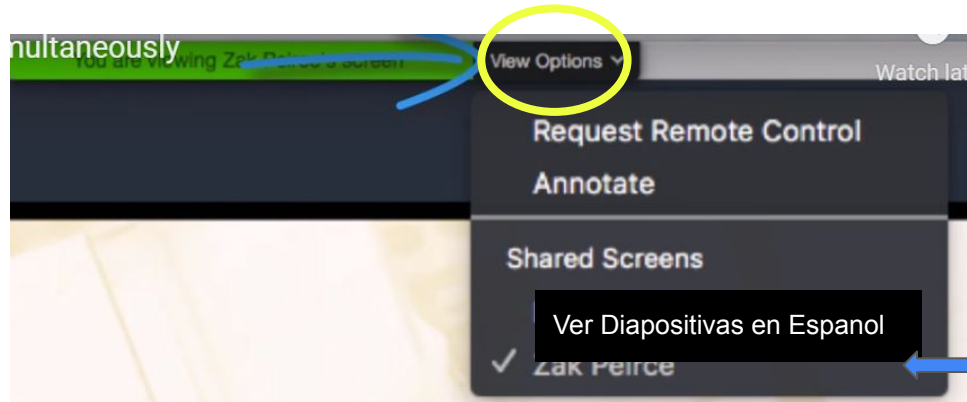
AGENDA

- I. Welcome
- II. Resource Sharing
- III. Data Overview:
 - A. 2022 Community Engagement and Behavioral Health Survey
- IV. Break
- V. Data Overview:
 - A. California Healthy Kids Survey
- VI. Small Group: Meaning Making!

VIEW SPANISH SLIDES

VER DIAPOSITIVAS EN ESPANOL

1. Click View Options at the Top of the Zoom Panel
Haga clic en Ver Opciones en la Parte Superior del Panel de Zoom.
2. Click View Spanish Slides
Haga Clic en Ver Diapositivas en Español



3. Mobile Phone Users Do Not Have This Option
Los Usuarios de Teléfonos Móviles no Tienen Esta Opción.



BACKGROUND

Data and story driven collaborative

Inform work of CCTT

Are we making a difference?

Disaggregate data

Limits of data - take time for “meaning making”

“Trauma informed” data sharing





GOALS FOR TODAY

Partners participate in a high level overview of key findings of data & take a deep dive into specific areas

Partners know how to access data



74%

of employees report feeling
overwhelmed or unhappy
when working with data.



Source: Accenture 2020

WHY TALK ABOUT DATA?

The Community Collaborative of Tahoe Truckee seeks to understand the stories of our local people by getting rooted in the work and using data to inform leaders and drive results.

In order to measure the health and wellbeing of our community, CCTT analyzes:

- Where people live
- Educational opportunities
- Access to transportation
- Occupations
- Languages spoken
- **Access to healthcare**
- Diet and exercise
- Family dynamics
- And more...





WHAT WE KNOW ABOUT OUR COMMUNITY

Truckee has a **2020 population of 16,729**. Truckee is currently growing at a rate of 1.9% annually and its population has increased by 3.3% since the most recent census, which recorded a population of 16,180 in 2010. The average household income in Truckee is \$98,587 with a poverty rate of 7%. (2020 Census data)

	Truckee		Kings Beach	
Race AND Hispanic or Lation Origin	2010	2020	2010	2020
White	91.1%	90%	84.6	85.1%
Black or African American	.6%	.4%	.4%	0%
American Indian and Alaska Native	.6%	.1%	0%	0%
Asian	1%	1.2%	3.5%	1.7%
Native Hawaiian and Other Pacific Islander	.1%	.4%	0%	0%
Some other race	4.4%	4.1%	11.2%	12%
Two or More Races	2.2%	3.8%	.4%	1.2%
Hispanic or Latino Origin (of any race)	16%	12.9%	62%	35.3%
White Alone, not Hispanic or Latino	80.4%	83.1%	33.8%	61.8%



BACKGROUND AND TIMELINE: 2022 COMMUNITY ENGAGEMENT AND BEHAVIORAL HEALTH SURVEY REPORT

Conducted
2020
community
survey

March 2020

Aug 2020

Launched
1st provider
survey in
partnership
with TFHS

Completed
landscape &
roadmap,
informed by
survey data and
partner input

2021

March/April 2022

Conducted 2022
community and
provider surveys

2022
Community
Engagement and
BH Survey
Report Results

Today





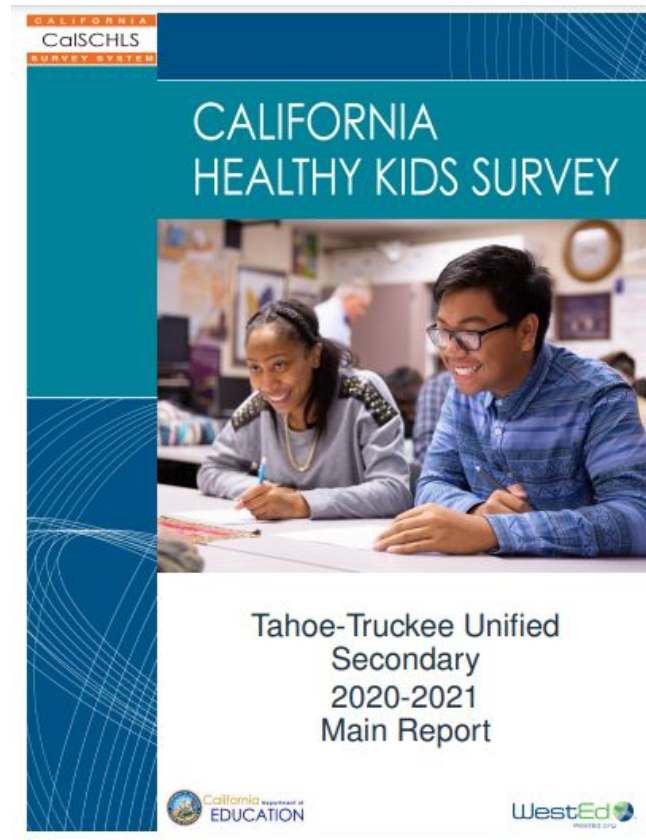
COMMUNITY HEALTH AND WELLNESS DATA SOURCES



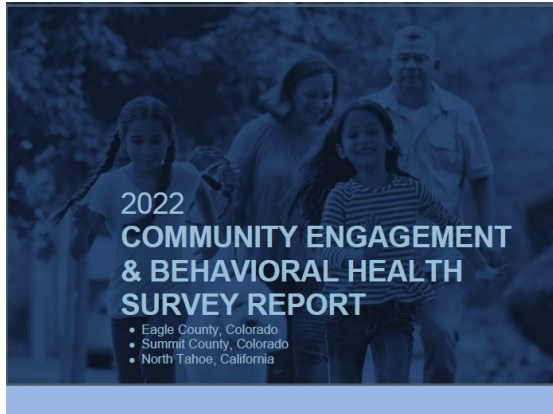
Sponsored by
Eagle Valley Behavioral Health
Building Hope Summit County
Community Collaborative of Tahoe Truckee

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2022-1826-02

Prepared by PRC



2022 COMMUNITY ENGAGEMENT & BEHAVIORAL HEALTH SURVEY: PRC



Sponsored by
Eagle Valley Behavioral Health
Building Hope Summit County
Community Collaborative of Tahoe Truckee

Community Survey Methodology



Phone-Based
Random Sampling



Internet-Based Community
Outreach Sampling

Sample Communities:

Eagle County, CO
Summit County, CO
North Tahoe, CA



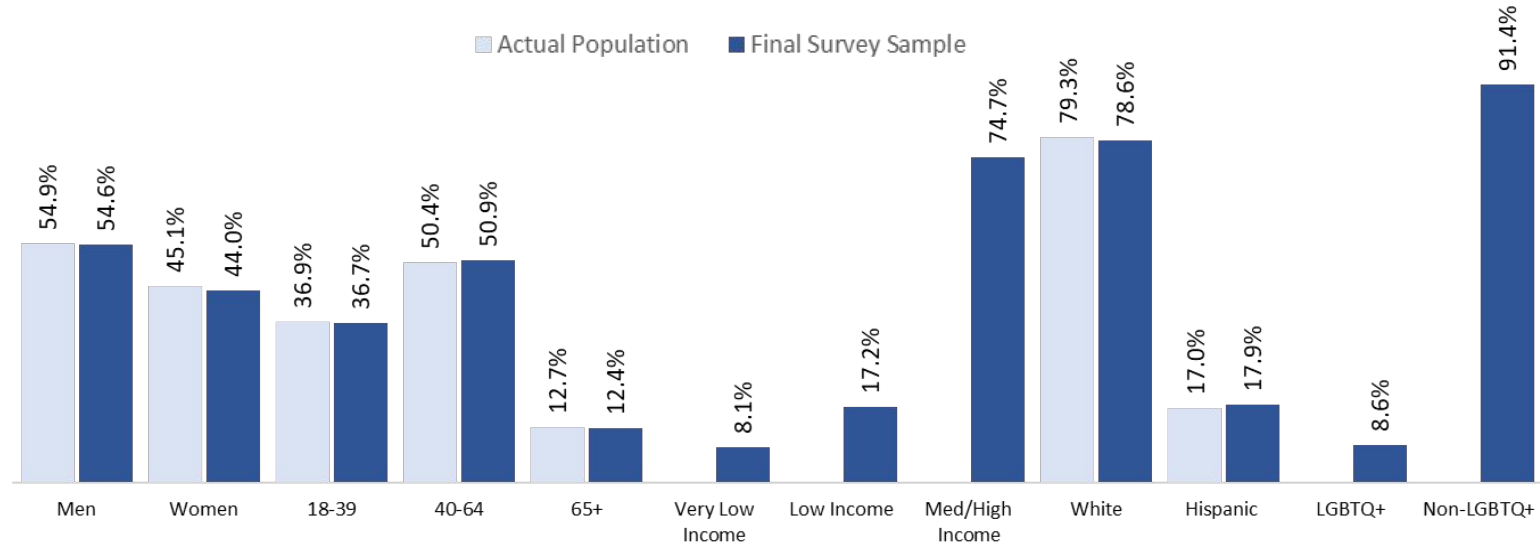
2022 PRC COMMUNITY ENGAGEMENT AND BEHAVIORAL HEALTH SURVEY

Samples Achieved by Community

	Eagle County, Co	Summit County, CO	North Tahoe, CA	Composite Area
Phone Surveys	350	350	350	1,050
Internet Surveys	337	298	508	1,143
Total	687	648	858	2,193

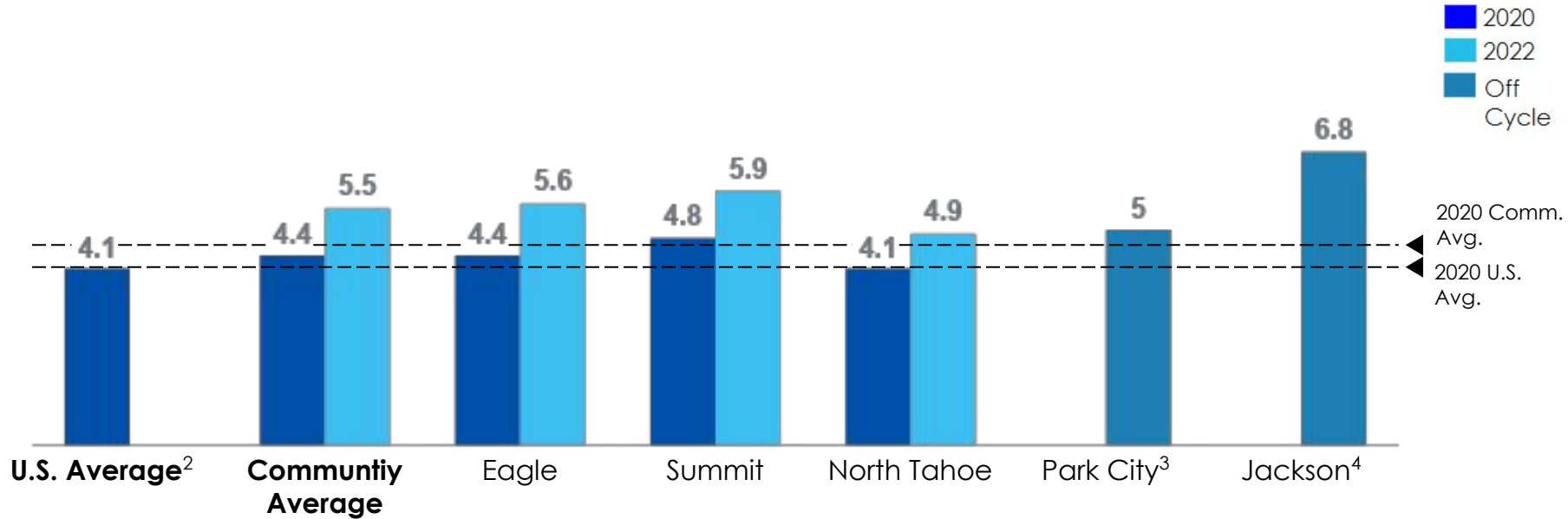
NORTH TAHOE SAMPLE CHARACTERISTICS

- **"Very Low Income"** = Below HHS poverty level (Less than \$26,500)
- **"Low Income"** = 100% to 199% of HHS poverty level (\$26,000-53,000)
- **"Mid/High Income"** = 200% or higher of HHS poverty level (\$53,000 +)



Poverty status is defined by household income level and number of persons in the household as determined by the US Department of Health & Human Services (HHS). 200% Federal Poverty level (FPL) is commonly considered the level of income needed for self-sufficiency.

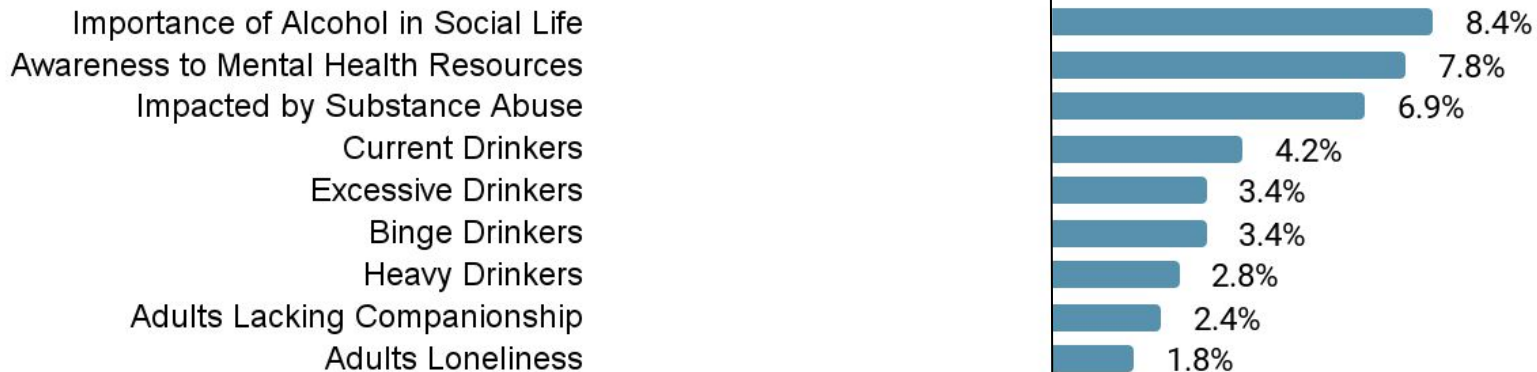
AVERAGE NUMBER OF POOR MENTAL HEALTH DAYS PER MONTH



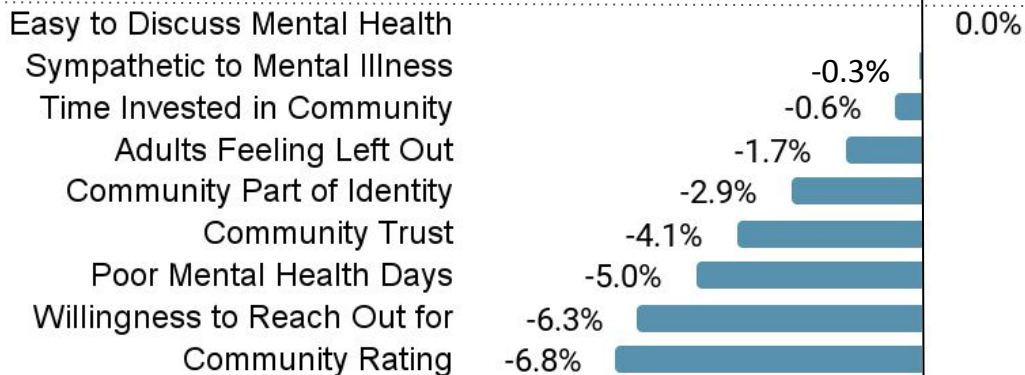
While poor mental health days were above U.S. average in 2020, It is not yet known if that is true in 2022

FROM 2020 TO 2022, CHANGE IN KEY INDICATORS

Indicates Improvement



Negative Changes

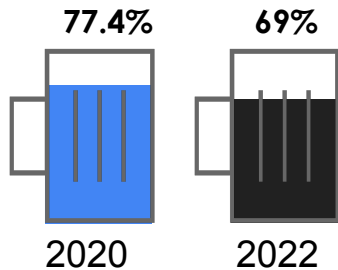




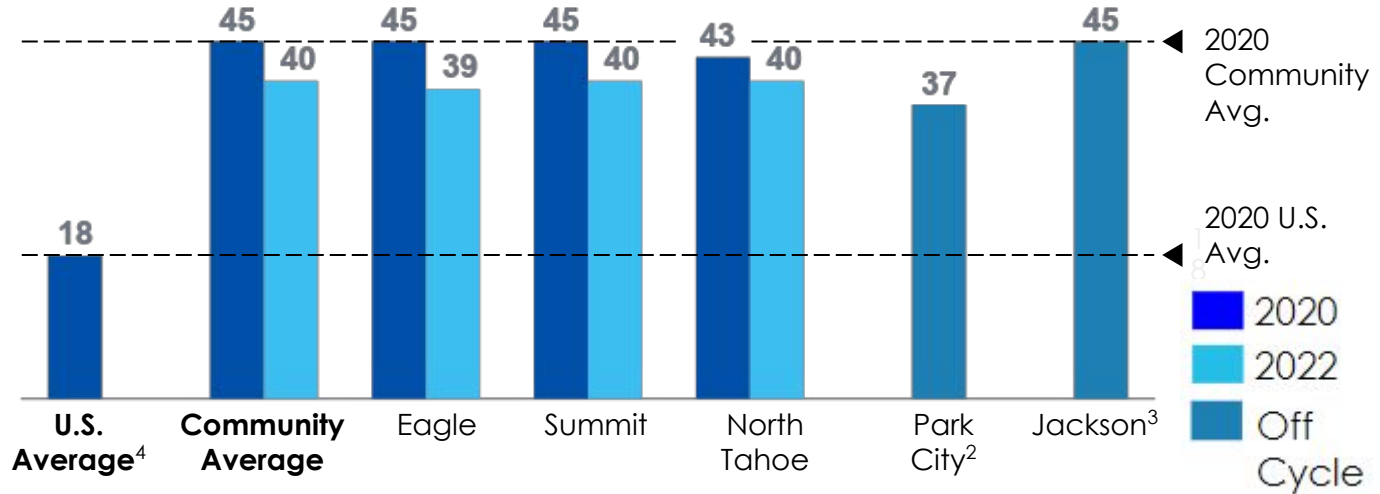
SOCIAL DYNAMICS AND PARTY CULTURE

WHILE OUR COMMUNITIES DRINK MORE THAN U.S. AVERAGE, RATES HAVE GONE DOWN

Percent of adults
that in N. Tahoe
who believe
alcohol is important
to social life⁵

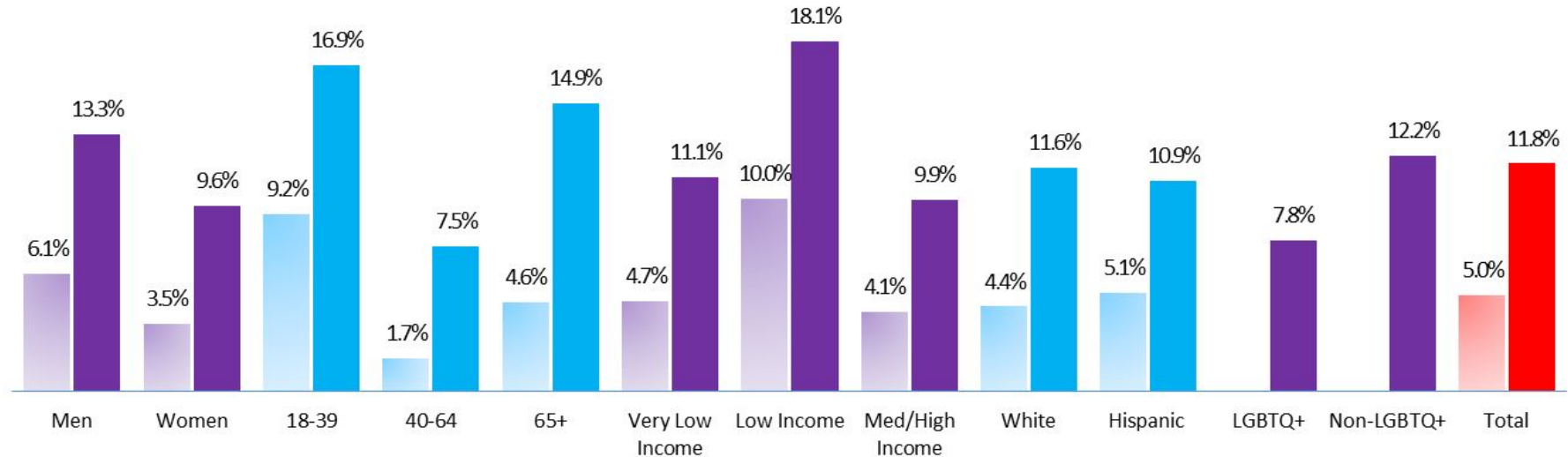


Percent of adults that are excessive
drinkers¹



A drop in excessive drinking follows a slight dip in people viewing alcohol as important to social life

COMMUNITY AS A PLACE TO LIVE: PERCEIVE NORTH TAHOE AS A “FAIR” “POOR” PLACE TO LIVE



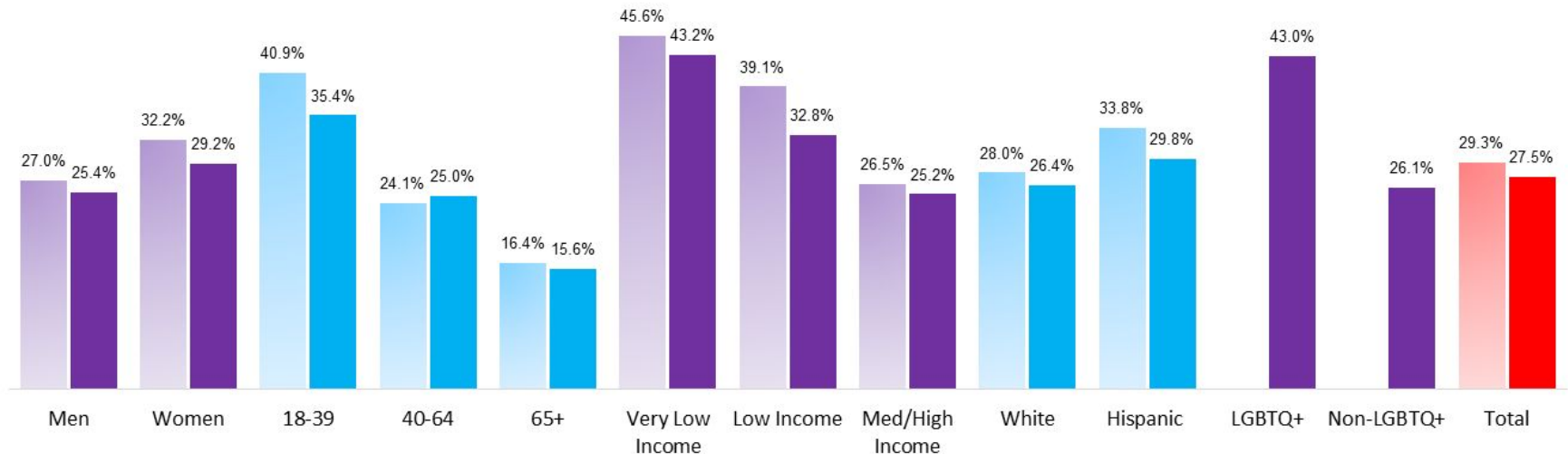


 2020


 2022



WE FEEL SLIGHTLY LESS “LONELY” IN 2022

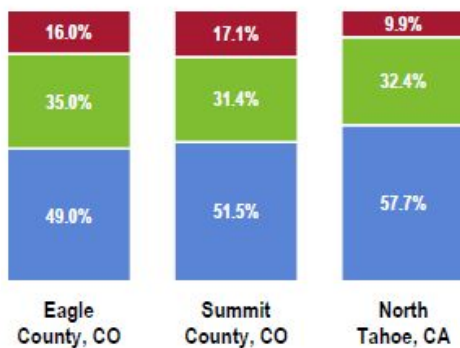


“Lonely” is defined as respondents who score 6-9 points in the series of three questions from the loneliness index. (How often, they feel left out, isolated from others, or that they lack companionship). Points were awarded based on “hardly ever” (1), “some of the time” (2), or “often” (3) responses.

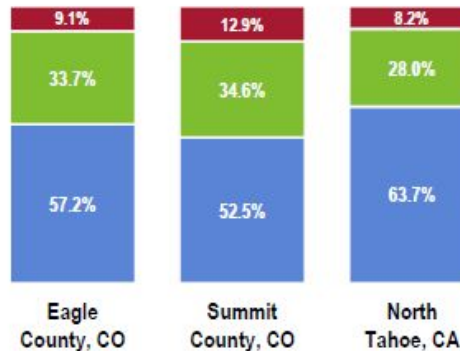
ISOLATION AND LONELINESS

Lack Companionship
(2022)

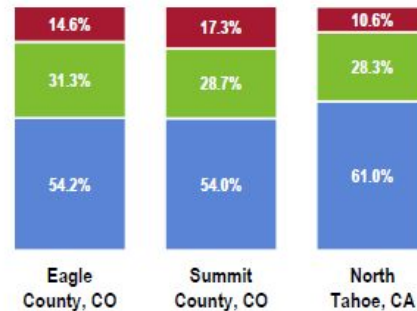
- Often
- Some of the Time
- Hardly Ever



Feel Left Out
(2022)

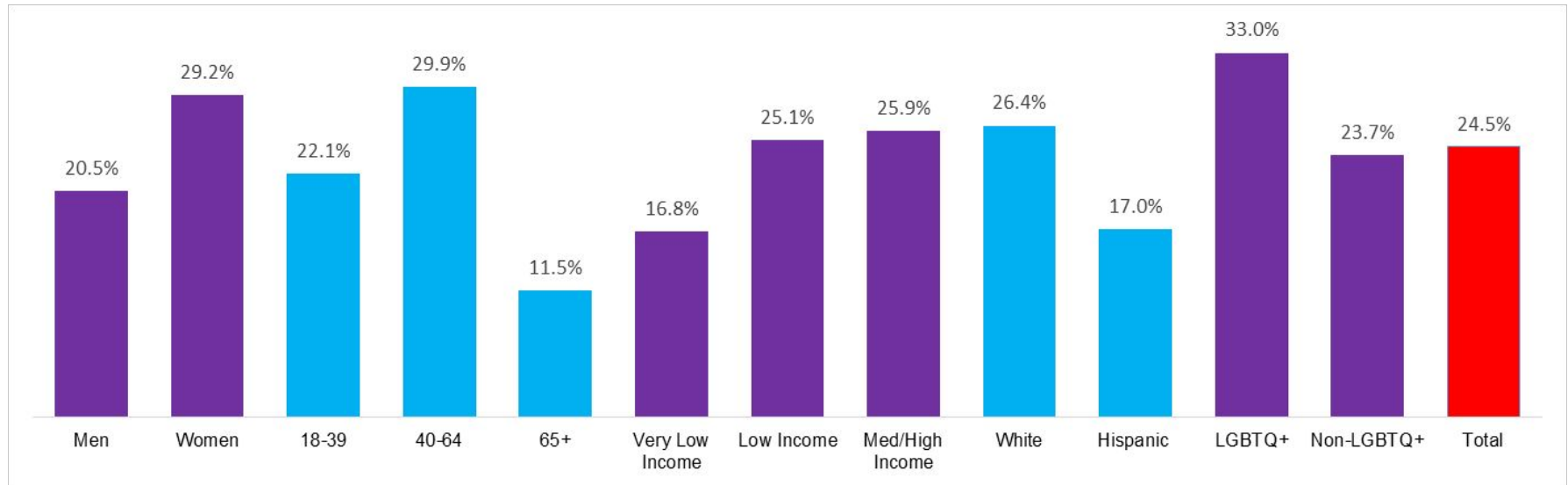


Feel Isolated From Others
(2022)





1 IN 4 ADULTS HAVE EXPERIENCED PHYSICAL VIOLENCE OR EMOTIONAL ABUSE FROM AN INTIMATE PARTNER



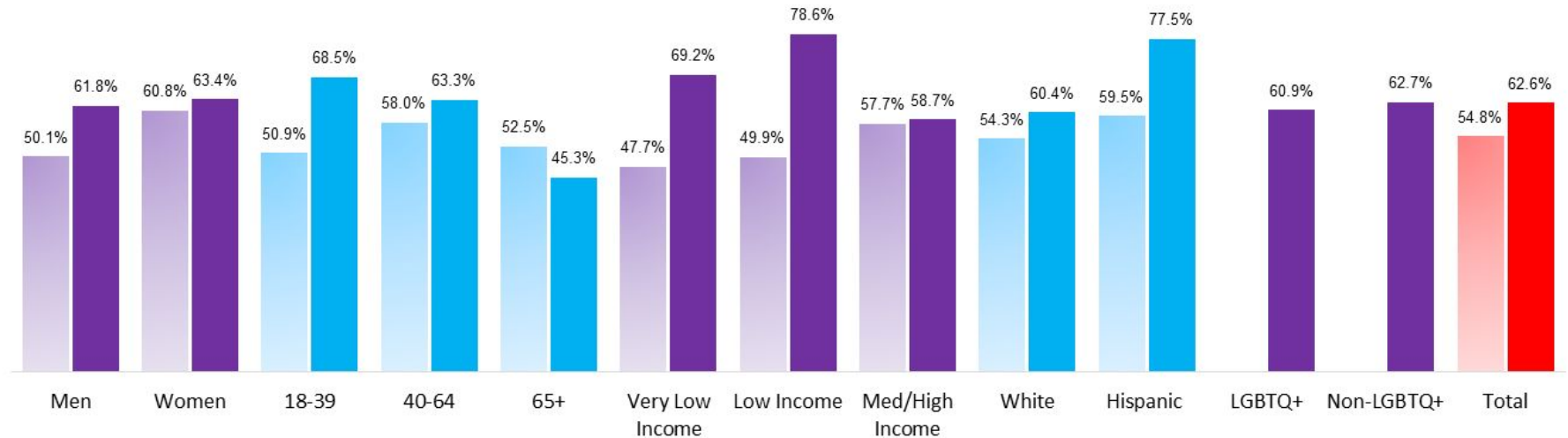
**Have Ever Been the Victim of Intimate Partner Violence or Emotional Abuse
(North Tahoe, CA; 2022)**



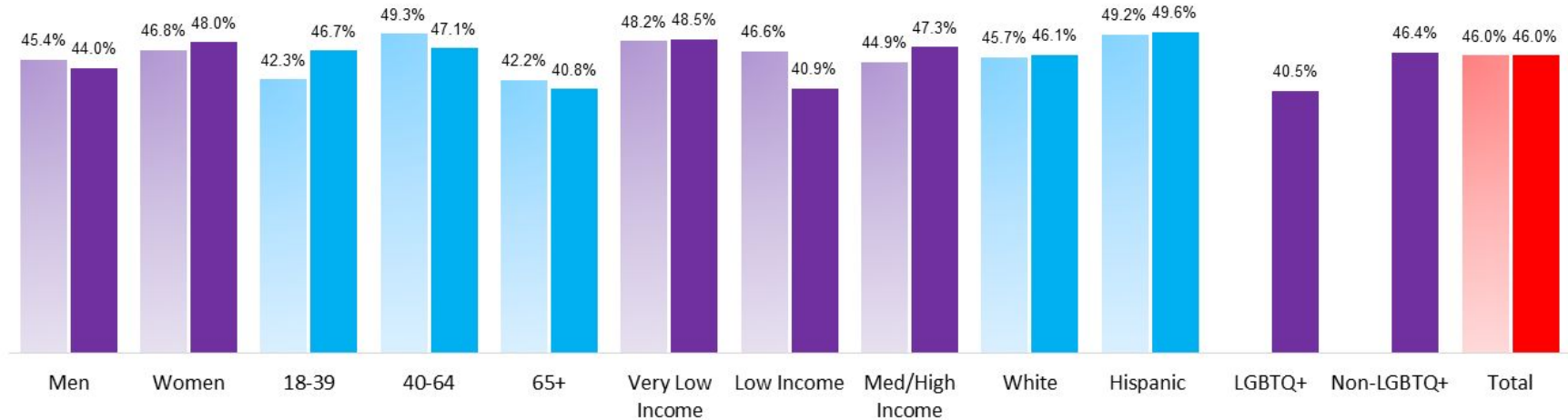
BEHAVIORAL HEALTH KNOWLEDGE AND ATTITUDES



COMMUNITY MEMBERS WITH THE LOWEST INCOME ARE BECOMING MORE AWARE OF MENTAL HEALTH RESOURCES AT THE FASTEST RATE



YET IT STILL ISN'T EASY TO TALK ABOUT MENTAL HEALTH OR EMOTIONAL CHALLENGES



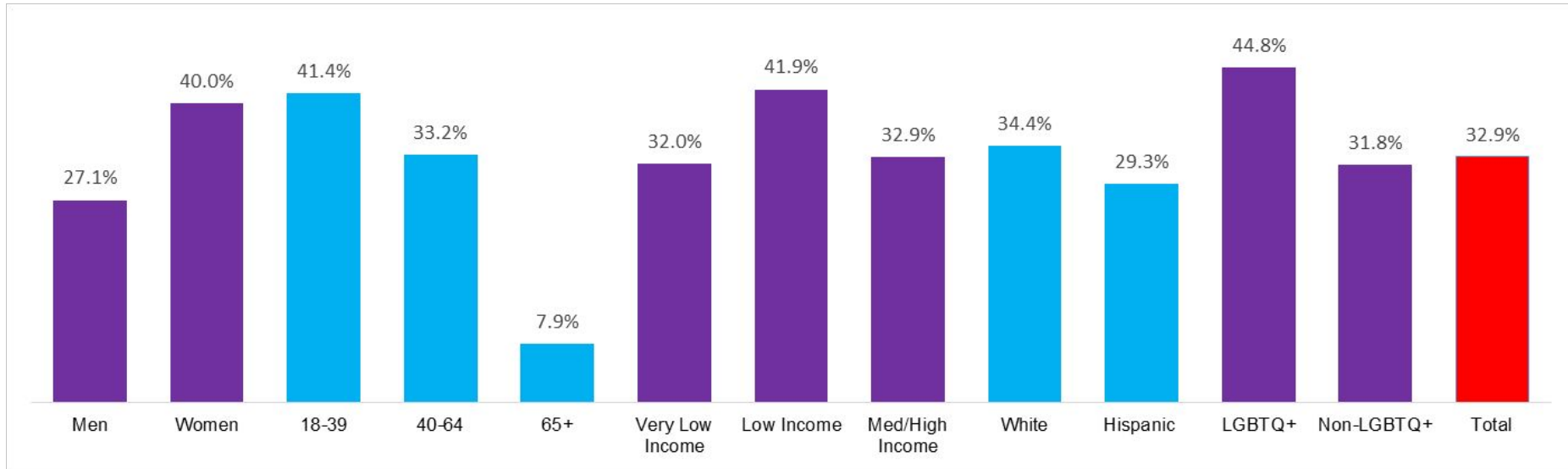
Strongly/Somewhat Agree: "It Is Easy for Residents to Talk About Mental Health or Emotional Challenges"



TREATMENT



1 IN 3 ADULTS SAY THERE WAS A TIME IN THE PAST YEAR WHEN THEY NEEDED MENTAL HEALTH SERVICES.



**The Prevalence of Residents Needing Mental Health Services Increased 4%
From 2020 Survey Findings.**



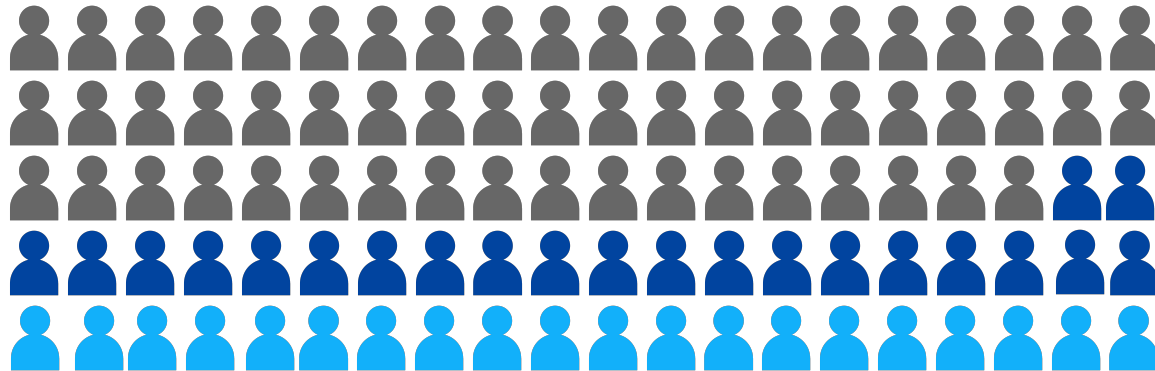
TYPE OF SERVICE SOUGHT:

- | | |
|------------------------------------|-------|
| ● Counseling/Therapy (In Person) | 40.1% |
| ● Counseling/Therapy (Remote) | 17.1% |
| ● AA/Substance Abuse Support Group | 5.1% |
| ● Psychiatrist (In Person) | 3.9% |
| ● Psychiatrist (Remote) | 3.1% |
| ● Family Therapy | 3.0% |



AMONG THESE RESPONDENTS, MOST WERE ABLE TO GET THE SERVICES THEY NEEDED, WHILE 22% WERE NOT

Out of every 100 people in our communities who need care...



58 receive care



22 seek care but face barriers that prevent it (cost, appt. availability, etc.)



20 do not seek care at all for unknown reasons

**The Prevalence of Residents Getting the Services They Need Improved 21%
From 2020 Survey Findings.**

2022 PRC Provider Survey

April 2022- Assessment conducted by PRC, Inc., with guidance and support from FSG consultants

Mixed Mode Methodology:

- Phone-Based random Sampling
- Internet-Based Community Outreach Sampling

Sample

- Eagle County, CO, Summit County, CO, Park City, UT, North Tahoe, CA (*TTUSD Boundary*)
- 191 total survey responses and 46 North Tahoe Responses

Provider Definition:

Psychiatry (MD)

Advanced Practice Registered Nurse (APRN)

Psychiatric Mental Health Nurse Practitioner (PMHNP)

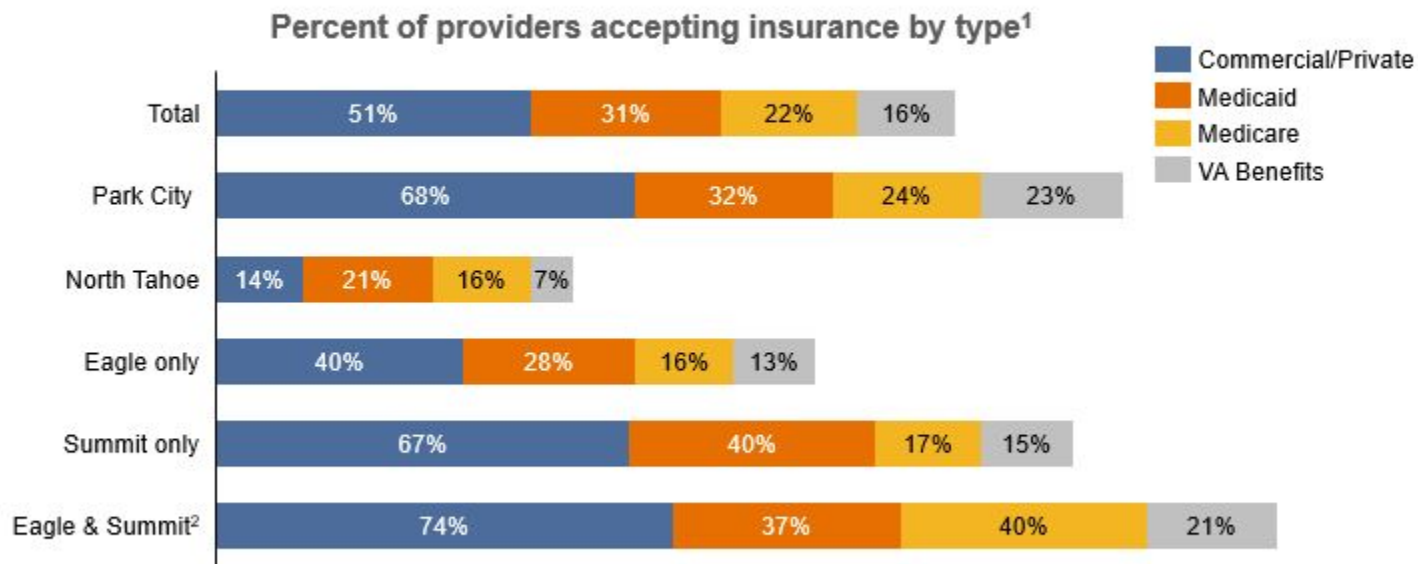
Licensed Clinicians

Master's level (but unlicensed) - MA in Counseling, Licensed Associate Counselor (LAC)

Certified Addiction Counsellor (CAC I-III)

Community Health Workers, Case Managers; Peer Support Specialist or Behavioral Health Aide

ACCESS AND AFFORDABILITY OF CARE



Source: FSG analysis based on provider survey; 1. Includes Eagle Co., CO; Summit Co., CO; North Tahoe, CA (composite area), Park City, UT "Do you accept the following types of insurance?" (Yes) 2. Providers that work in both counties, counted separately than those that work in only Eagle or Summit

Break
Be Back at 11:11

California Healthy Kids Survey Tahoe Truckee Unified School District 2021 Results and Trend Analysis



California Healthy Kids Survey

Anonymous, confidential survey of
school climate and safety, student
wellness, and youth resiliency. – Grades
6, 7, 9 & 11
(changed from 5th grade to 6th grade in 2021)

California Healthy Kids Survey

- Student and staff self-reporting survey assessment
- Measures both risk and resilience factors
- Biennial administration to 600,000 students in California
- Epidemiological surveillance tool best used for reporting aggregate district-level data
- Focuses on the health of our school community

California Healthy Kids Survey

TTUSD Participation Rates

TTUSD	2010	2012	2014	2016	2018	2021
Grade 7	89%	73%	82%	96%	91%	87%
Grade 9	80%	79%	92%	85%	86%	90%
Grade 11	73%	69%	81%	68%	92%	56%

Students reporting High Levels of SUPPORT at school

TTUSD	2010	2012	2014	2016	2018	2021
7 th grade	33%	39%	40%	44%	32%	58%
9 th grade	32%	27%	34%	27%	26%	52%
11 th grade	46%	40%	36%	35%	32%	57%

Students Reporting High Levels of School CONNECTEDNESS

TTUSD	2010	2012	2014	2016	2018	2021
Grade 7	55%	50%	50%	66%	49%	66%
Grade 9	48%	40%	43%	49%	53%	62%
Grade 11	50%	54%	50%	49%	48%	68%

Students Reporting Feeling SAFE at school

TTUSD	2010	2012	2014	2016	2018	2021
Grade 7	67%	70%	62%	75%	68%	71%
Grade 9	72%	65%	71%	75%	64%	69%
Grade 11	82%	80%	80%	72%	70%	82%

Students Who Seriously Considered SUICIDE in the Past 12 Months

TTUSD	2012	2014	2016	2018	2021
Grade 9	30%	27%	13%	10%	17%
Grade 11	17%	20%	13%	17%	11%

Students Feeling SAD & HOPELESS Within Past 12 Months

TTUSD	2010	2012	2014	2016	2018	2021
Grade 7	26 %	24%	32%	25%	30%	36%
Grade 9	24 %	34%	38%	31%	26%	34%
Grade 11	24 %	21%	35%	33%	34%	41%

TTUSD Drug & Alcohol Trends Over Time

30 Day Use 9th Grade Core Drugs Comparison 2010-2021



Students Reporting ALCOHOL use in the Past 30 Days

TTUSD	2010	2012	2014	2016	2018	2021
Grade 7	13%	10%	9%	7%	4%	3%
Grade 9	33%	36%	33%	11%	12%	9%
Grade 11	42%	52%	47%	31%	22%	14%

Students Reporting BINGE DRINKING in the Past 30 Days (5 or more drinks in a row)

TTUSD	2010	2012	2014	2016	2018	2021
Grade 7	7%	3%	3%	1%	1%	1%
Grade 9	19%	29%	19%	4%	4%	3%
Grade 11	29%	47%	32%	20%	15%	9%

Students Reporting MARIJUANA Use in the Past 30 Days

TTUSD	2010	2012	2014	2016	2018	2021
Grade 7	7 %	4 %	5 %	2 %	1%	1%
Grade 9	18 %	21%	23 %	17 %	4%	3%
Grade 11	20%	31 %	26 %	27 %	15%	9%

Students Reporting Current Use of E CIG/VAPE Products

TTUSD	2014 E cig	2016 E cig	2018 E cig	2021 Vape
Grade 7			3%	5%
Grade 9	17%	6%	15%	8%
Grade 11			12%	9%



DATA WALK: SMALL GROUPS

5 SMALL GROUPS/CHOOSE YOUR GROUP

- Dive deeper into the data:
 - Main Room: Key Findings (Spanish Interpretation)
 - Room One: Community Life
 - Room Two: Substance Abuse
 - Room Three: Mental Health Knowledge and Attitudes
 - Room Four: Treatment

Instructions:

1. Join Breakout
2. 5 minutes: Review data on your own (CCTT has linked data sets on its website for your review. See chat box for links)
3. Take Turns Answering Guiding Questions:

What Stood Out to You When Using This Data? Why?

How could you see using this data to inform your work/leverage funding?



VISÍTENOS

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[@ttcfives](https://www.instagram.com/ttcfives)



Muchas Gracias

Thank You