



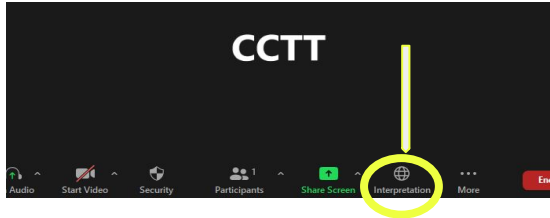
RESOURCE SHARING MEETING

REUNIÓN PARA COMPARTIR RECURSOS

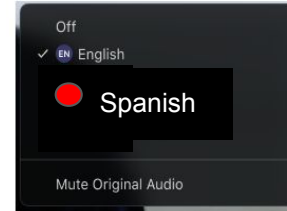
SEPTEMBER 2022
SEPTIEMBRE 2022

LANGUAGE INTERPRETATION/INTERPRETACIÓN

1. Click Interpretation



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

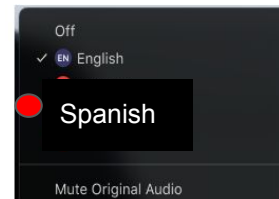


3. Optional: To only hear the interpretation, mute original audio.

1. Presione Interpretación



2. Presione el idioma que desea escuchar.



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



SIMULTANEOUS INTERPRETATION GUIDELINES

- **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.
-

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.



DEMOGRAPHIC FORM/FORMA DEMOGRÁFICA

Please complete CCTT's Demographic Form:
<https://forms.gle/sSZ4bFqTQabQFKkg7>

Complete el formulario demográfico del CCTT:
<https://forms.gle/sSZ4bFqTQabQFKkg7>



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.

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.





PARTNERS/SOCIOS

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



HOW WE WORK/QUÉ HACEMOS

- ★ Convene
 - ★ Communication - Bulletin, Facebook page
 - ★ Measure Data
 - ★ Advocacy
 - ★ Capacity Building
-
- ★ Comunicamos y coordinamos
 - ★ Proponemos
 - ★ Analizamos data
 - ★ Atraemos y aseguramos recursos para la comunidad
 - ★ Desarrollamos habilidades/aptitudes





CCTT AGENDA

- I. Welcome
 - II. Speed Networking
 - III. Resource Sharing Around the Room
 - IV. Break
 - V. Tahoe Forest Hospital Presentation
 - VI. Connecting Point Presentation
-

- I. Bienvenida
- II. Networking Acelerado
- III. Compartir recursos
- IV. Receso
- V. Presentación del Hospital Tahoe Forest
- VI. Presentación Connection Point



MEETING GUIDELINE/GUIA PARA LA REUNION

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

- 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.

-
- 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.



MEETING GUIDELINE/GUIA PARA LA REUNION

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

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.

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 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 limitas a decir lo que crees que los demás quieren escuchar.



MEETING GUIDELINE/GUIA PARA LA REUNION

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

7. "Lean in" to discomfort. Leaning into 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.

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.



SPEED NETWORKING

NETWORKING ACELERADO

"Networking is not about just connecting people. It's about connecting people with people, people with ideas, and people with opportunities."

"Networking no es sólo conectar personas. Es conectar personas con personas, personas con ideas y personas con oportunidades". — **Michele Jennae**



CCTT'S SPEED NETWORKING

- **Speed Networking:** You will get paired for 1-on-1 breakouts for 3 minutes each
 - **Twine for Zoom**
 - **Raise your hand if you are using a mobile device**
 - **Raise your hand if you are on two devices**
-

● **Networking Acelerado:** Se te asignará una pareja en las sesiones de grupos pequeños por 3 minutos cada uno.

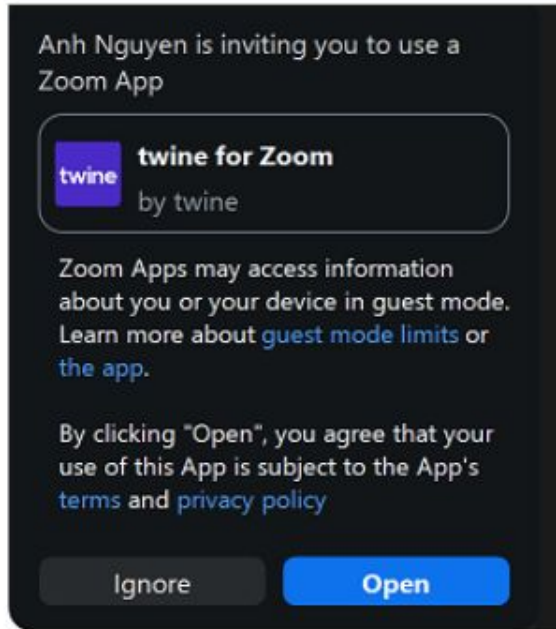
● **Twine para Zoom**

- **Levanta la mano si estas usando un aparato móvil**
- **Levanta la mano si estas usando 2 aparatos móviles**

USING TWINE FOR ZOOM

Instructions:

1. The meeting host will send you an invite to use twine for Zoom
2. When you see the following prompt appear, click “Open”
3. If you have permission to use apps, twine for Zoom will open for you in Guest Mode

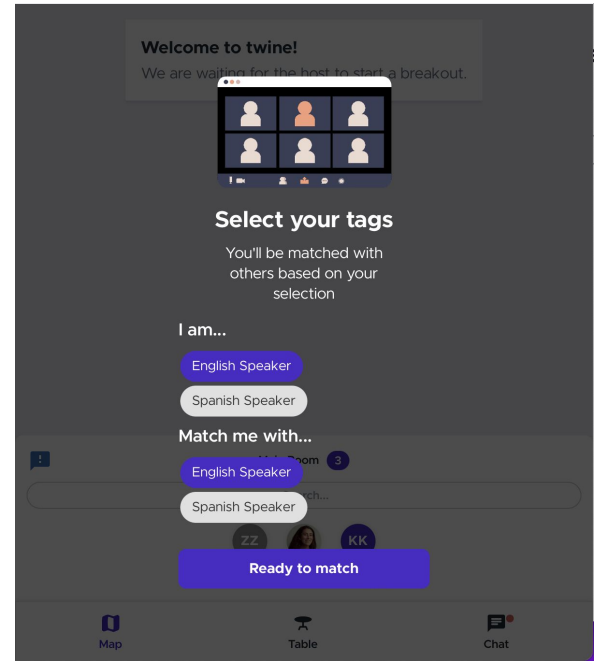
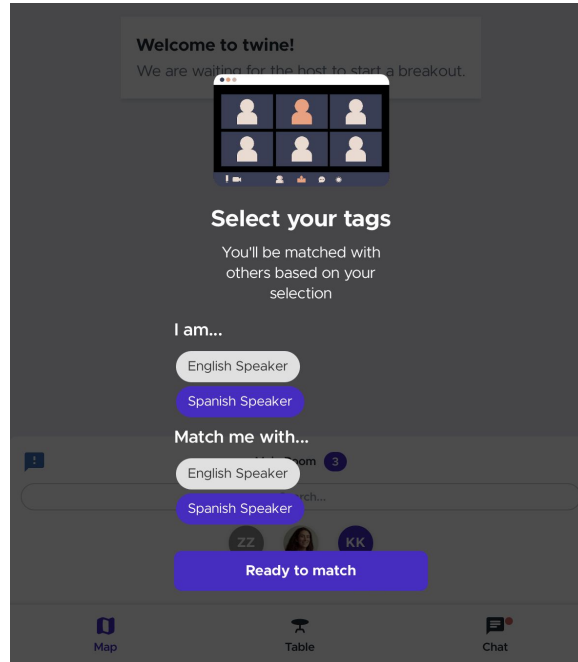
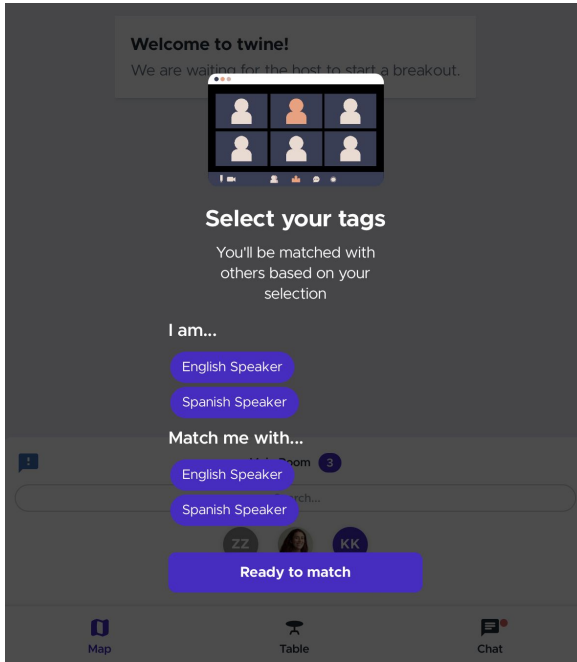


Instrucciones:

1. El encargado de la reunión te enviará una invitación para que uses twine para Zoom
2. Cuando veas que el siguiente prompt aparece, presiona “Open”
3. Si tienes el permiso para usar las aplicaciones, twine para Zoom se abrirá de modo de invitado



TAG-BASED MATCHMAKING MODE





PROMPTS (ONLY IF NEEDED)/PROMPTS (SI ES NECESARIO)

Name, Organization, and Your Role

- What were some of your summer highlights?
 - What is your favorite weekend trip?
 - What is one thing that you would like to accomplish at work this week?
-

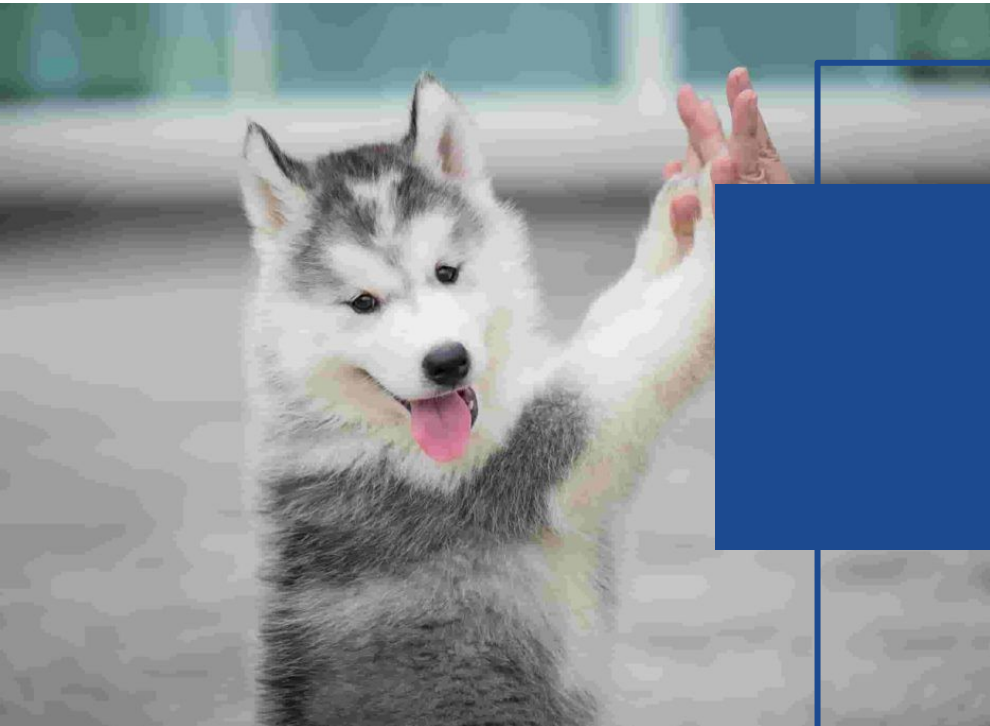
Nombre, Organización, Título Profesional

- ¿Cuáles fueron los mejores momentos del verano?
- ¿Cuál es tu viaje preferido de fin de semana?
- ¿Qué cosa te gustaría lograr esta semana en tu trabajo?

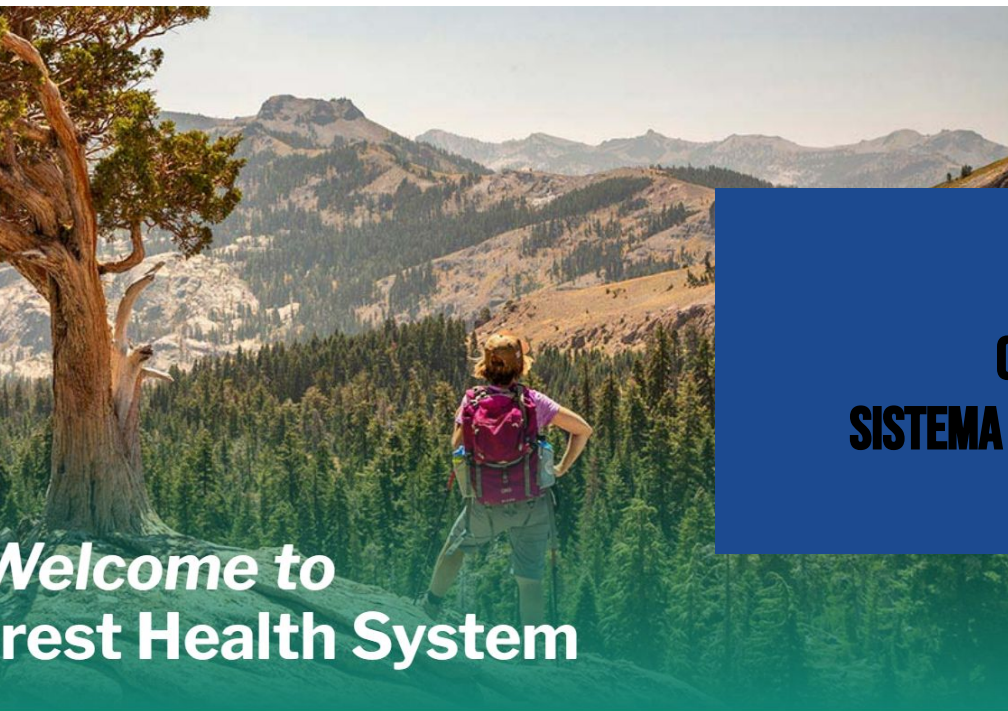


RESOURCE SHARING

INTERCAMBIO DE RECURSOS



BREAK
RECESO



Welcome to
Forest Health System

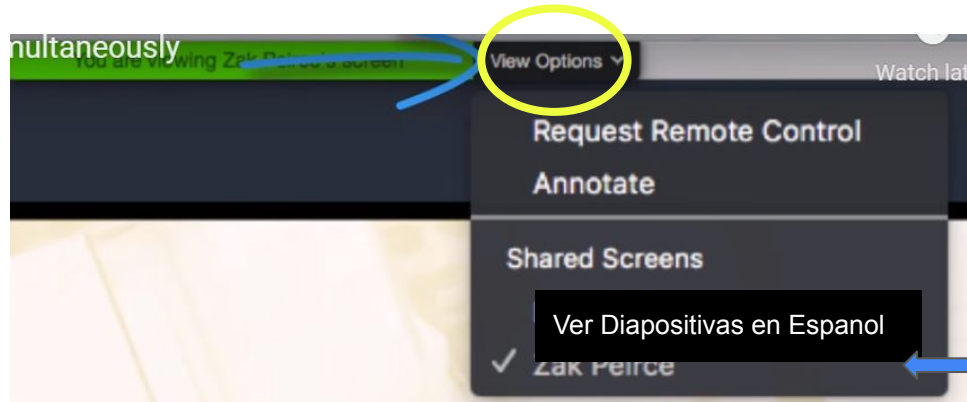
TAHOE FOREST HEALTH SYSTEM COMMUNITY NEEDS HEALTH ASSESSMENT SISTEMA DE SALUD DE TAHOE FOREST/EVALUACIÓN DE LAS NECESIDADES DE LA COMUNIDAD

LIZZY HENASEY
POPULATION HEALTH ANALYST

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.

2021 Community Health Needs Assessment (CHNA)

CCTT Resource Sharing Meeting
September 6, 2022

Lizzy Henasey, MPH
ehenasey@tfhd.com
Population Health Analyst
Wellness Neighborhood of Tahoe Forest Health System

WHY

Identify strengths, gaps and opportunities in meeting the health and health care needs of our community.

- Affordable Care Act
- Foundation of the Community Health Improvement Plan (CHIP)
- Accountability and responsiveness to community to develop targeted programming and services based on identified needs



Methodology/BRFSS

Behavioral Risk Factor Surveillance Survey –
standardized questions that allow for state and national comparison

Randomized Sample

- 432 Adults 18+
- Time frame: Mailing – May 17-May 24; Outbound calls May – July 2021
- Address-based Sampling; Representation of overall community
- Equal opportunity to be randomly selected
- English and Spanish
- Phone or Online

Targeted Sample

- 146 Socio-Economically Disadvantaged Adults 18+
- Time frame: July – September 2021
- Collaboration with Sierra Community House to target SED residents
 - Food distribution
 - Home Visits
- English and Spanish
- Online



Respondent Profile

		Population Estimate	weighted survey estimate	low-income program participant estimate
Gender	Male	51.1%	50.8%	45.1%
	Female	48.9%	48.8%	54.9%
Education	HS or less	17.6%	10.4%	74.6%
	Some College	31.4%	38.6%	16.9%
	College or more	51.0%	51.0%	8.5%
Race	White	82.0%	82.0%	74.3%
	Other	18.0%	18.0%	25.7%
Age	18 - 34	23.0%	7.9%	29.0%
	35 - 54	35.5%	50.1%	50.3%
	55 and older	41.6%	42.0%	20.7%
State	NV	17.4%	13.6%	1.0%

Note: age, gender, race, education estimates are from US Census Bureau, 2015-2019 5-Yr ACS



Focus Areas



Substance Misuse Data

Overall substance misuse continues to be a concern with 1 in 3 TFHS residents reports elevated substance use.

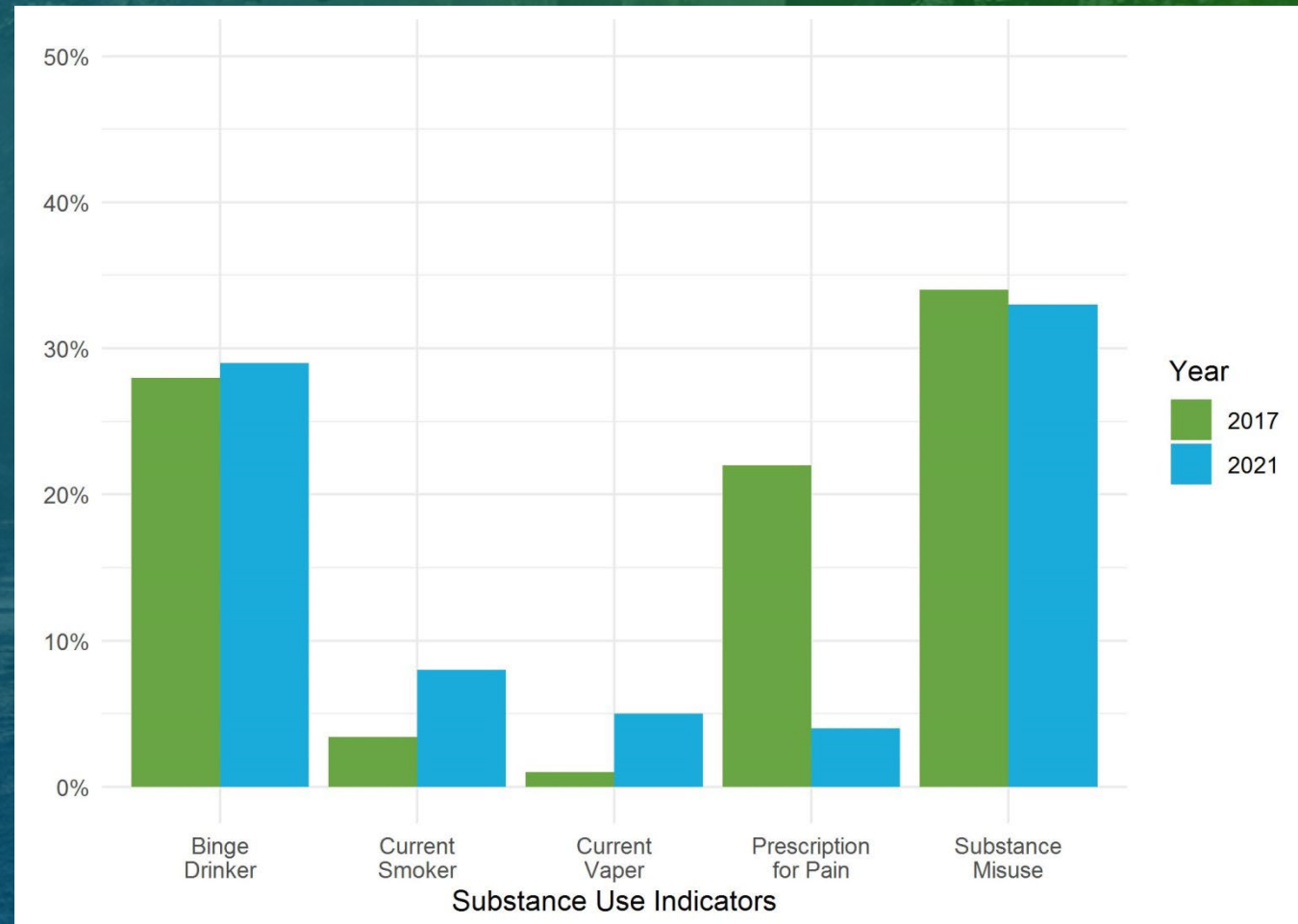
Binge drinking:

- *Level with 2017 but increased since 2011*
- *28% TFHS; 16.0% CA, 17.2% NV*
- *2011 – 21.6%*
- *2014 – 24.6%*

Vaping:

- *Increased since 2017*
- *4.5% TFHS; 4.6% CA; 5.4% NV*

Substance Misuse: Binge drinking, Non-prescribed Rx use, near daily marijuana use



Mental/Behavioral Health Data

Mental/Behavioral Health remains a concern - **1 in 5** TFHS residents had a depressive disorder diagnosis.

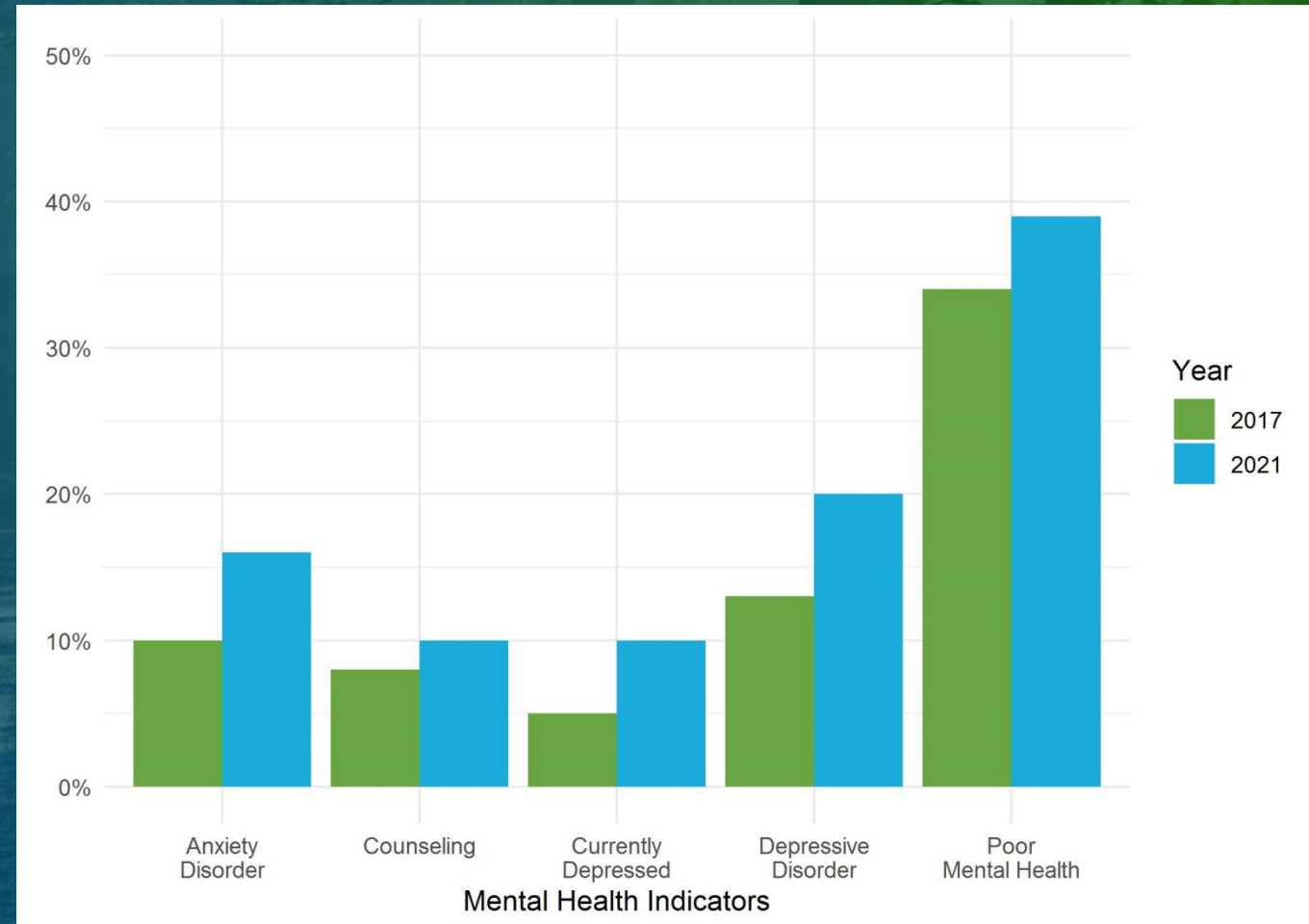
The COVID-19 pandemic exacerbated all mental/behavioral health indicators.

Depressive Disorder

- *Increased since 2017*
- *19.5% TFHS; 14.1% CA; 17.6% NV*

Anxiety Disorder

- *Increased since 2017*
- *15.7% TFHS; NA - state BRFSS*



Chronic Disease Data

Overall chronic condition indicators are mixed. However BMI is a concern - ~ 1 in 2 TFHS residents self reporting overweight or obesity.

BMI

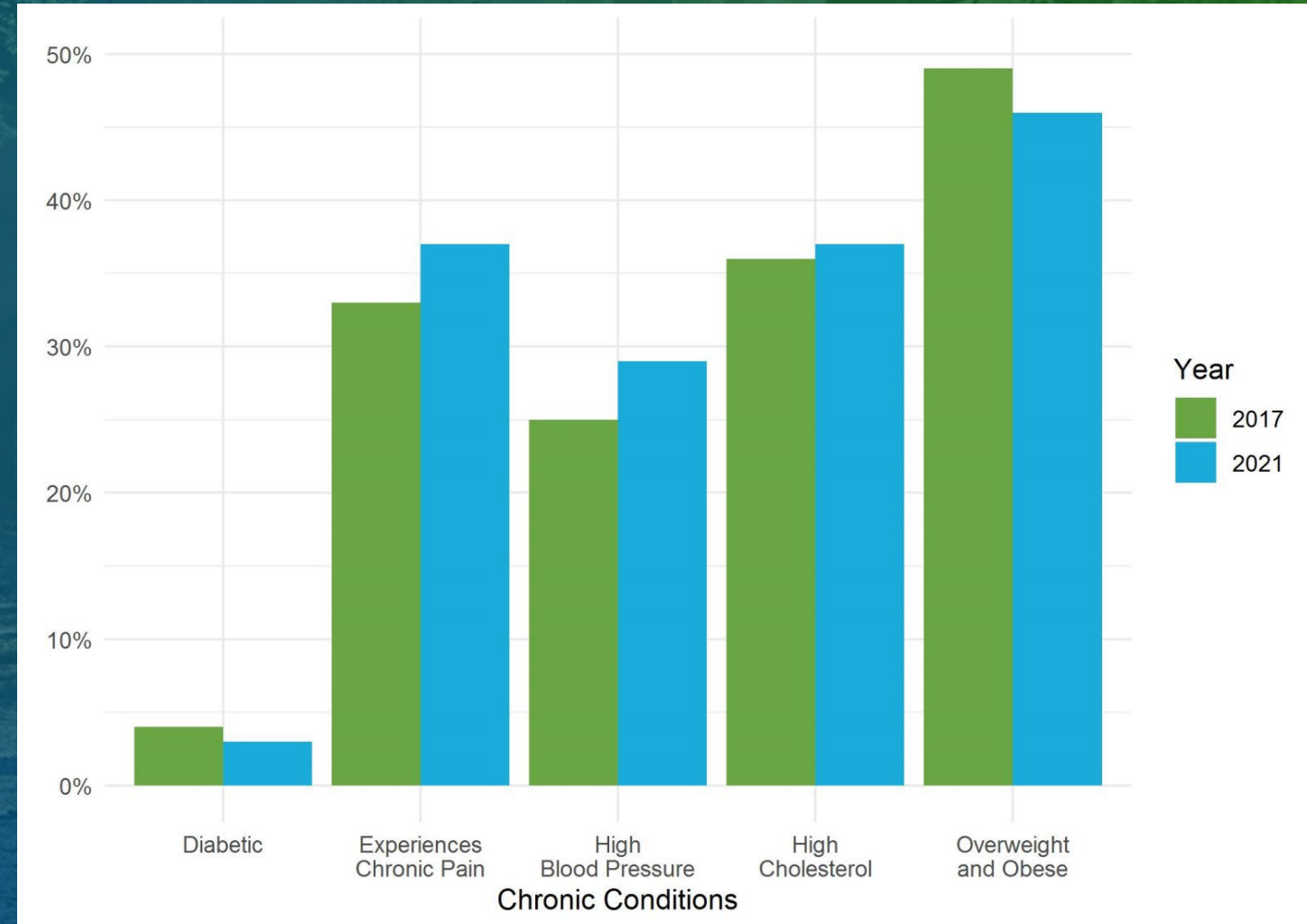
- *Decreased from 2017*
- *46% TFHS; 64% CA*

Chronic Pain

- *Increased from 2017*
- *37% TFHS; NA - BRFSS % CA*

High BP; High Cholesterol

- *Increased from 2017*



Prevention & Wellness Data

Engagement in positive health behaviors mostly declined when compared to 2017; Positive uptake on vaccines for flu and COVID.

Dentist

- *Decreased from 2017*
- *75.7% TFHS; 64.6% CA*

Physical Exam

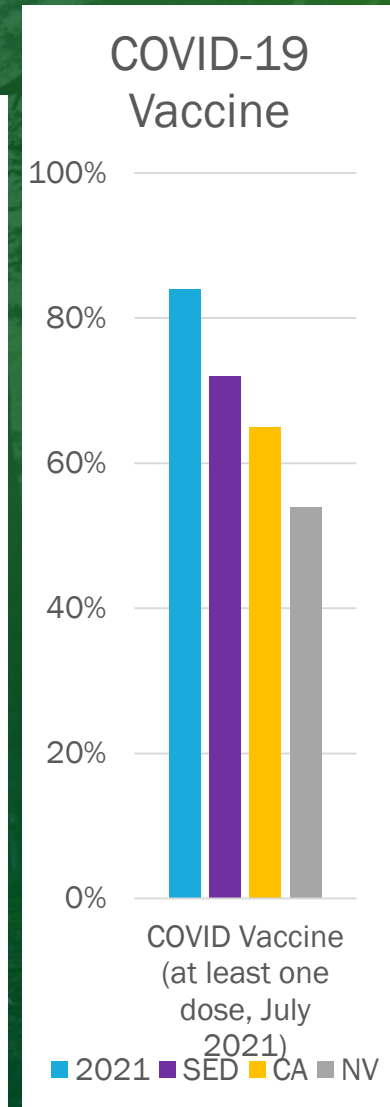
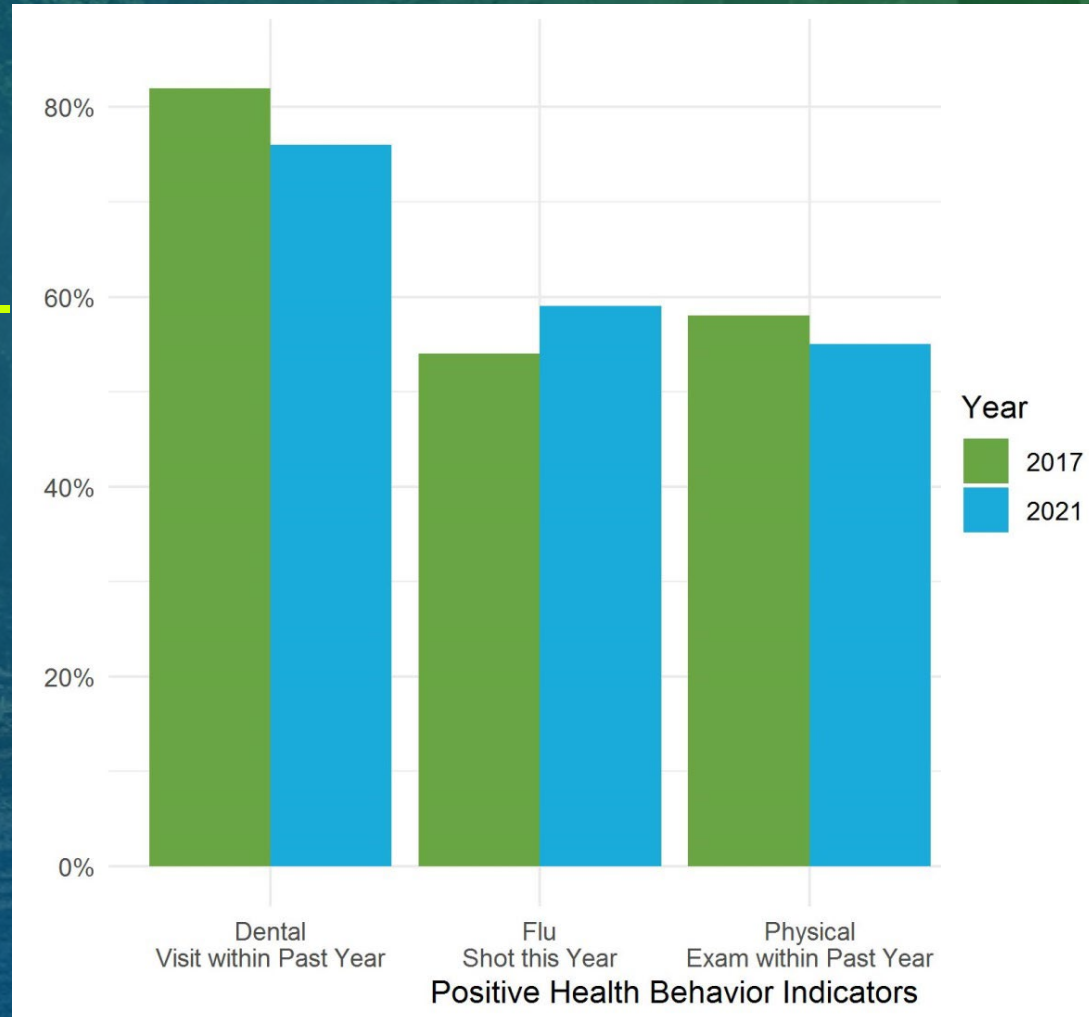
- *Decreased from 2017*
- *54.5% TFHS; 65.6% CA*

Flu Vaccine (18+)

- *Increased from 2017*
- *59% TFHS; 49% CA*

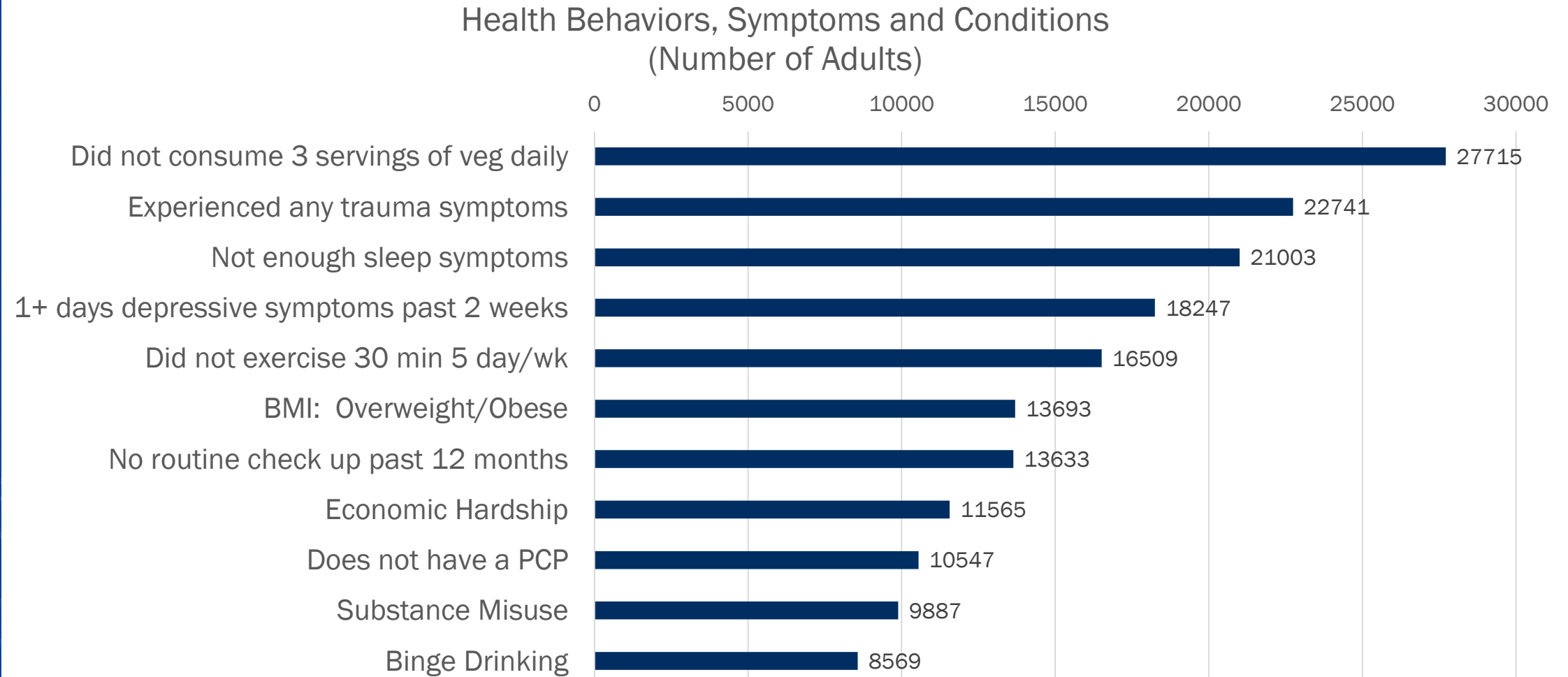
COVID Vaccine

- *84% TFHS; 70% CA*



Community Health Impact

Population Totals estimated from 2021 CHNA



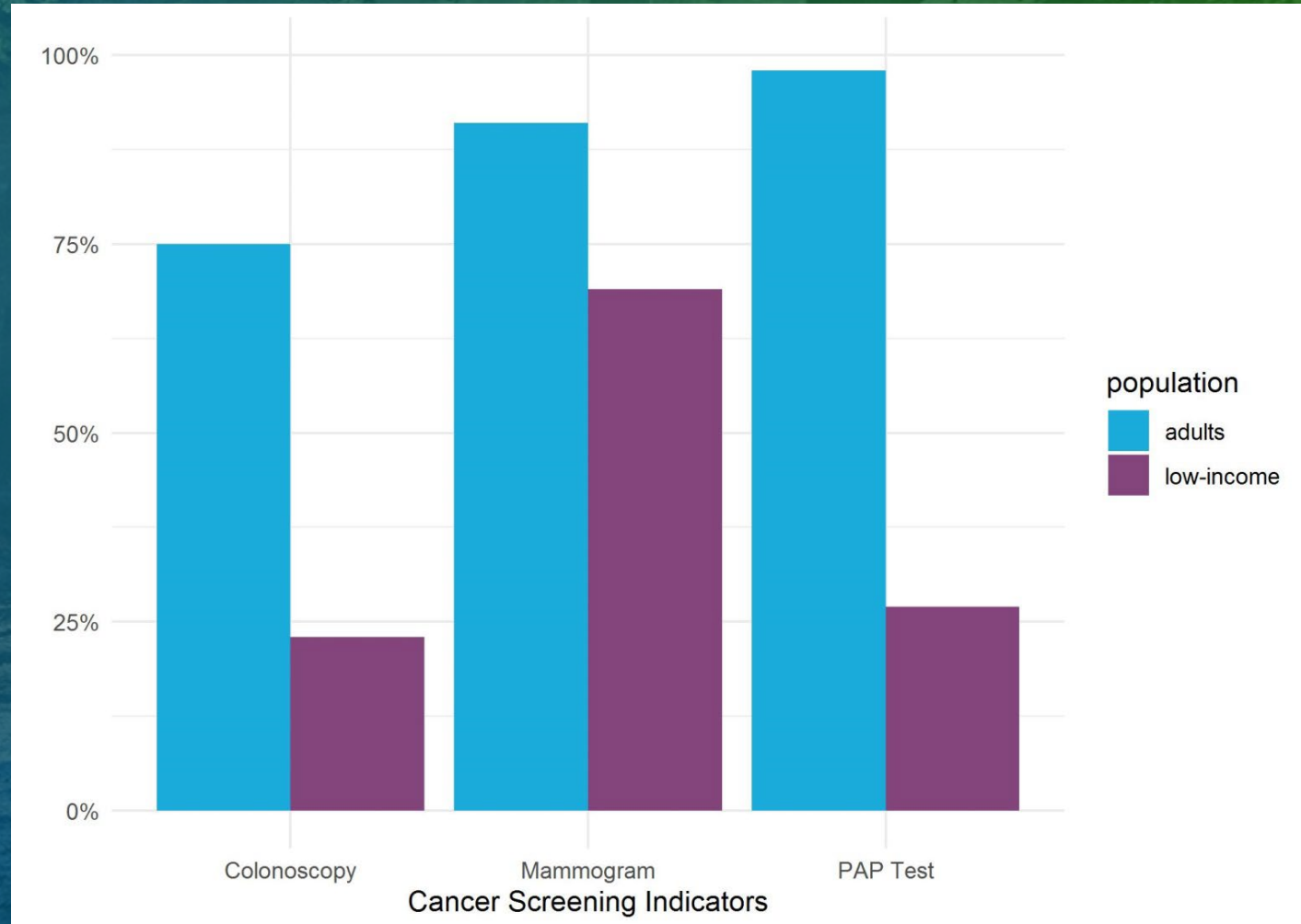
Health Disparities



Health Disparities Data

Cancer Screenings

Low-income respondents were less likely to have had a cancer screening.



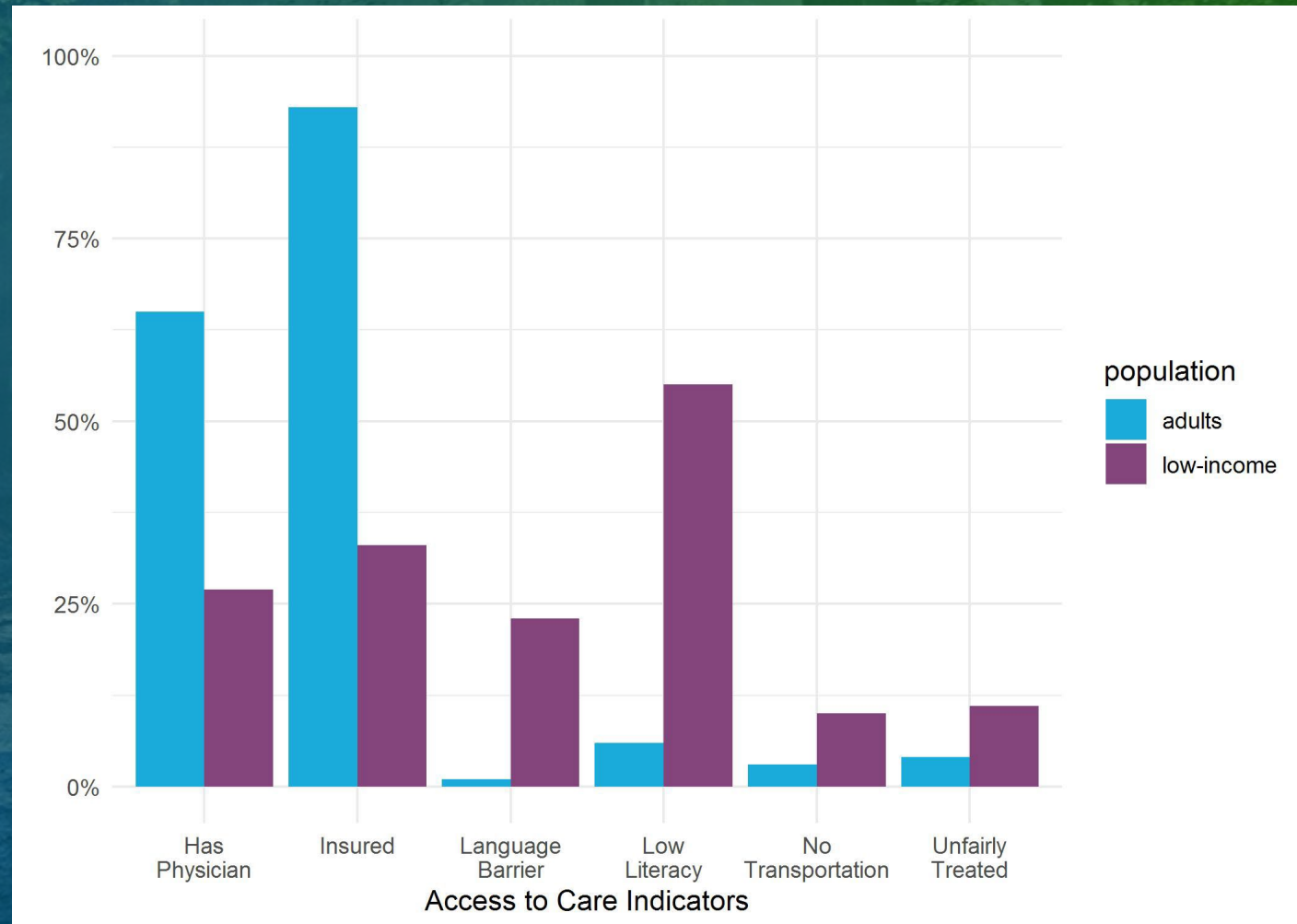
Health Disparities Data

Access to Care

Low-income respondents reported more access to care barriers.

Low-income residents were more likely to experience:

- Language barriers
- Transportation barriers
- Literacy challenges
- Unfair treatment
- Lack a personal medical provider
- Lack health insurance



Health Disparities Data

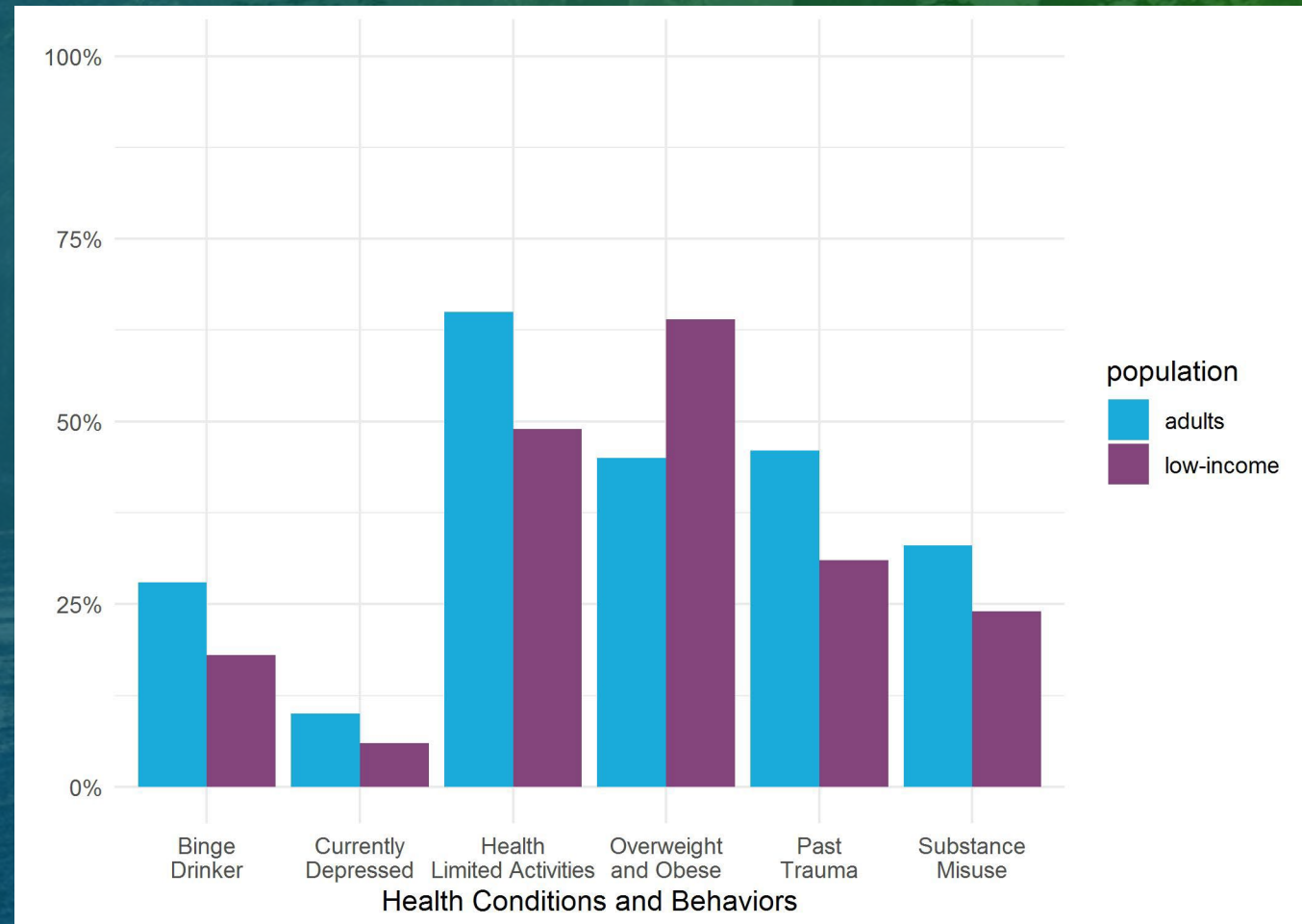
Health Conditions and Behaviors

Low-income respondents reported more positive health behaviors and symptoms in some areas.

Low-income residents were less likely to :

- Binge drink or misuse substances
- Have depressive symptoms
- Experience trauma
- Abstain from usual activities due to poor physical or mental health

Low-income residents are more likely to be overweight or obese.



COVID-19 Indicators



COVID-19 Indicators

2017 to 2021

Economic hardships were much more common in 2021 than in 2017.

Increasing indicators as a result of COVID-19:
Economic Hardship

- **39% TFHS; NA - state BRFSS**

Ever Uninsured (in last 12 months)

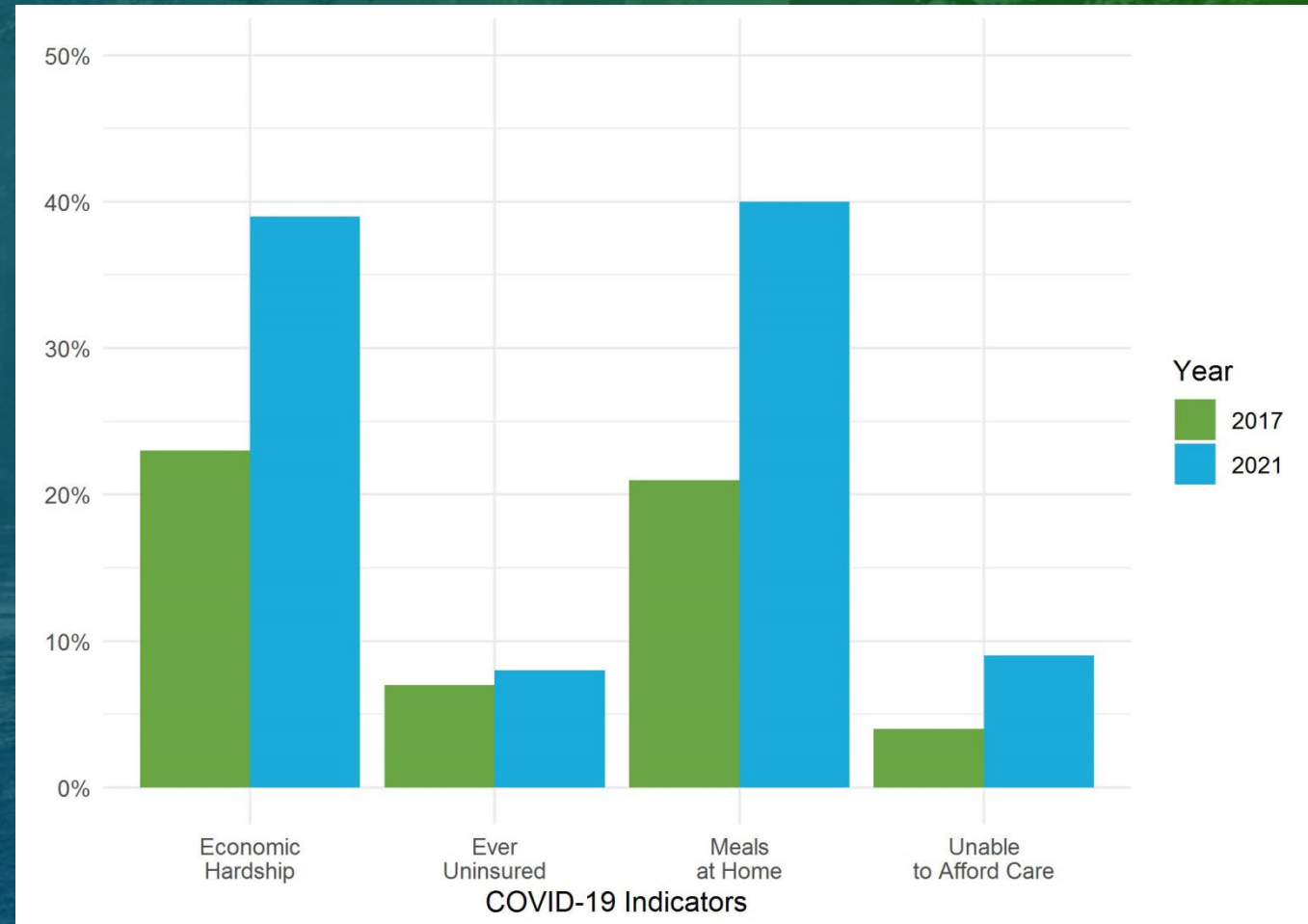
- **8% TFHS; NA - state BRFSS**

Unable to Afford Medical Care

- **9% TFHS; 8.6% CA; 11.1% NV**

Meals at Home – Positive Behavior

- **40% TFHS; NA - state BRFSS**



COVID-19 Indicators

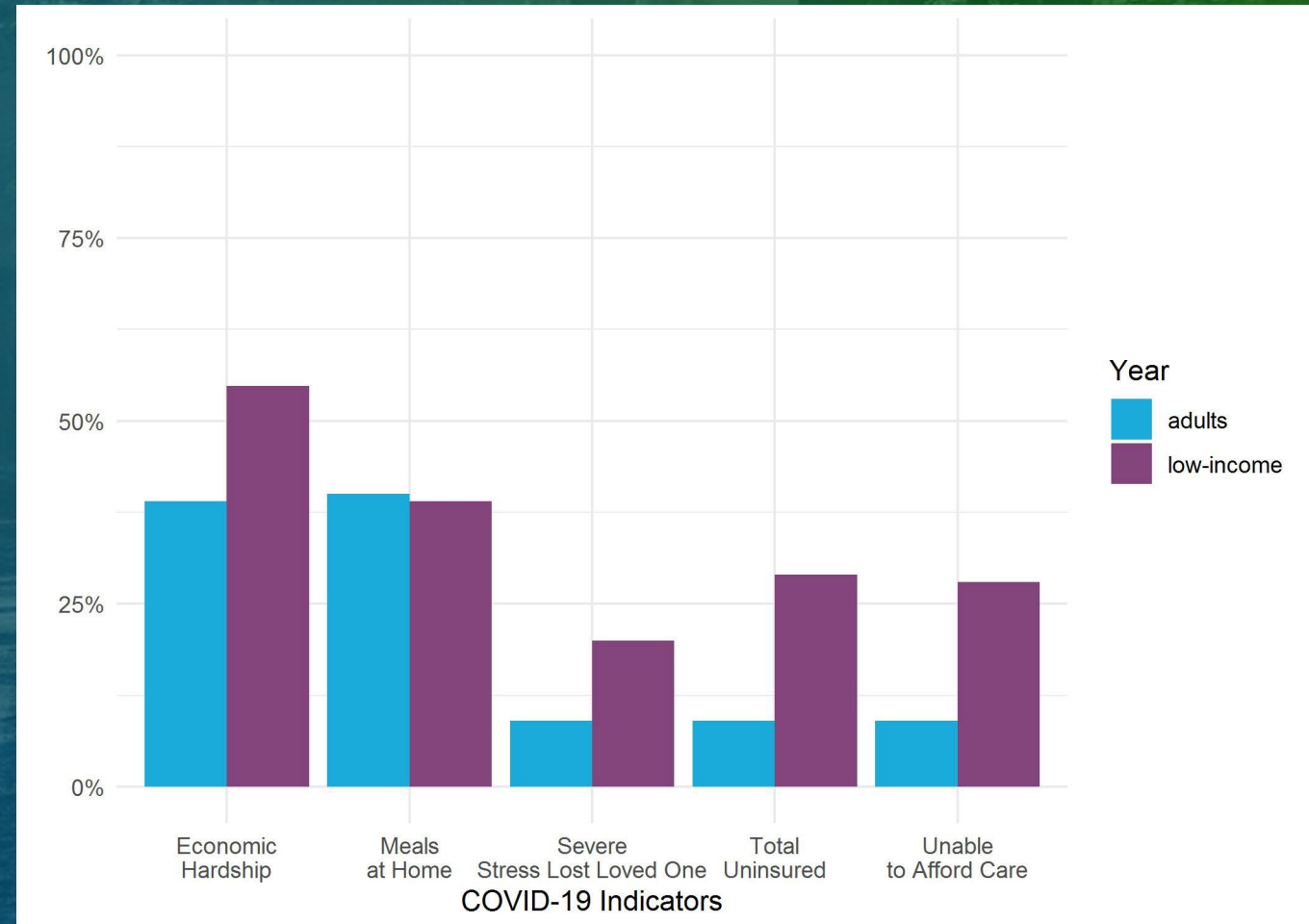
Randomized vs. Low-Income

Low-income respondents were more significantly impacted by COVID than the population overall.

Low-income residents were more likely to experience:

- Economic hardship
- Lack in health insurance
- Inability to afford medical care
- Loss of a loved one

Equally likely to eat meals at home.



Next Steps

Community Health Improvement Plan

- Share CHNA data with partners
- Finalize larger CHNA report (fall 2022)
- Develop Community Health Improvement Plan
 - Prioritization for Action informed by:
 - Magnitude
 - Impact
 - Feasibility
 - Feedback
 - Develop SMART Objectives related to the 5 Focus Areas





THANK YOU!

Questions?

Lizzy Henasey, MPH
ehenasey@tfhd.com

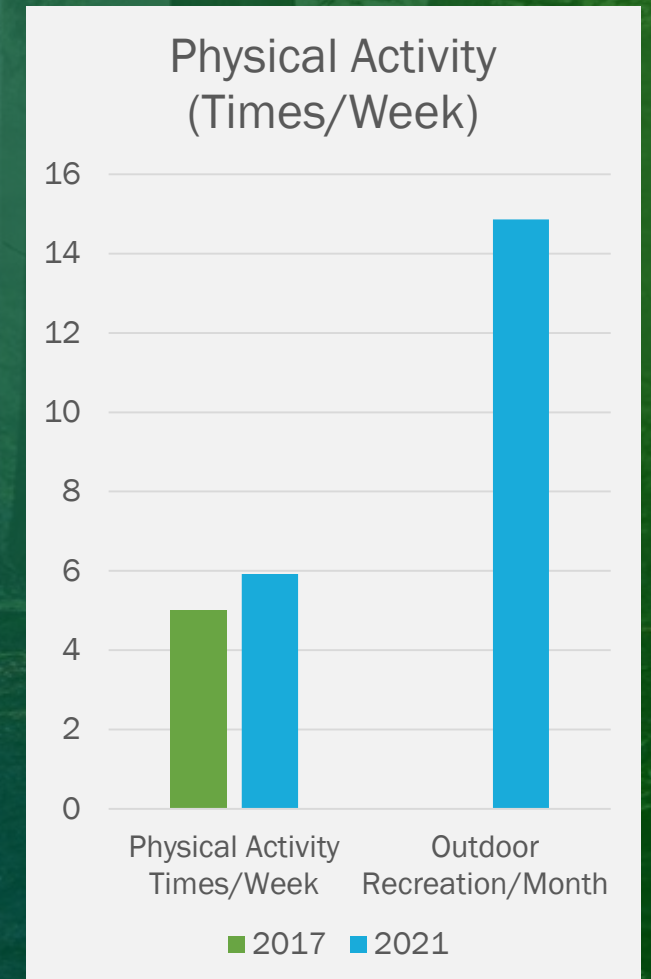
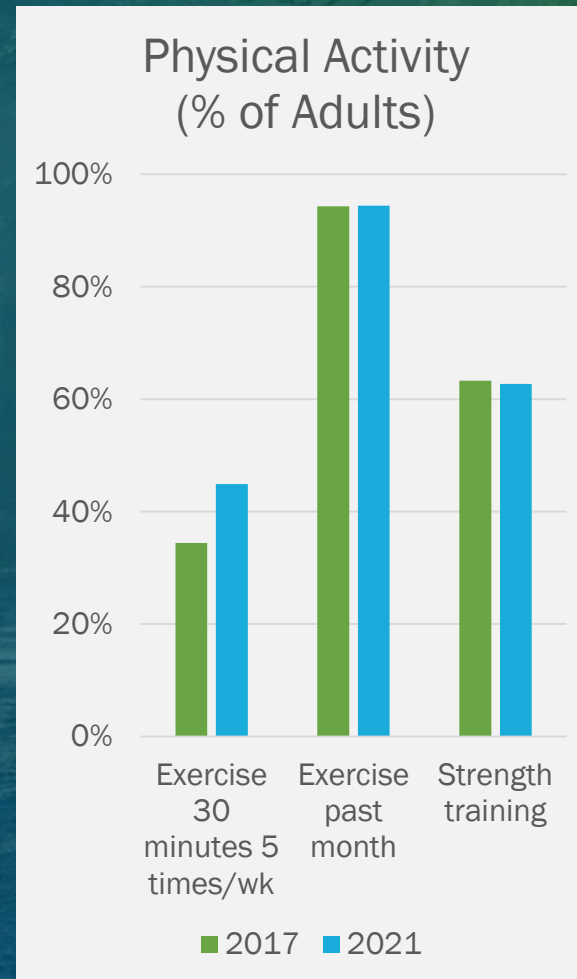
Population Health Analyst
Wellness Neighborhood of Tahoe Forest Health System

Prevention and Wellness Highlight

Physical Activity and Outdoor Recreation

Engagement in physical activity increased.

94.4% TFHS; 78.8% CA
(exercised in the past month)





CONNECTING POINT 211

TIFFANY LOMBARDI
RESOURCE SPECIALIST

CCTT

9/06/2022

211: An Overview



A program of
connecting point
community services central





211 is a multilingual Information & Referral provider.

What is I&R?

- Services which may assist any person in locating or using available and appropriate resources
- I&R is provided by nonprofits, libraries, CBOs, or government agencies
- I&R providers create and maintain resource databases of programs and services



The 211 Resource Database

- Maintained by Connecting Point Resource Team
- Resources Serving Placer County, Nevada County & The Tahoe/Truckee Area
- Total of 3,412 database records: 1,186 agencies, 1,896 programs, 330 sites

Additional Basic Needs Referrals & Services:

- Connecting Point Navigators for CalFRESH, Medi-CAL & Senior Navigation
- COVID-19 Call Center for Nevada & Placer Counties
- Ready to Grow (R2G) - Partnership between CP & First 5 Nevada County
- Mobility Management
- Kick it CA – Tobacco Cessation Program





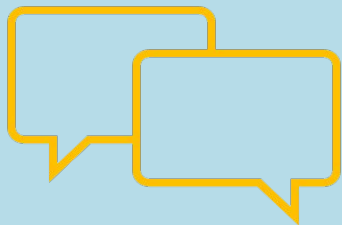
Housing & Homelessness Assistance with 211:

- Coordinated Entry Provider for Nevada & Placer Counties
- 3,372 Coordinated Entries in 2021
- Emergency Shelter Referrals
- Housing Provider & Case Manager Referrals



Disaster, PSPS & PSOM

- Disaster Call Center for Placer & Nevada Counties
- PSOM Screening for Disaster & Disability Access & Resource (DDAR) Referrals to FREED
- Preparedness, Active Response & Recovery Resources
 - Code Red Referrals (now for the Town of Truckee)
 - Placer Alerts



GetHelpPlacer Text Campaign

- Community partners and 211 Placer are beginning a new text subscription line to promote social service programs and events throughout the year.
- Push texts will be available in English and Spanish.
- To enroll, text gethelpplacer to 898211 for English OR ayudacomunitaria al 898211 para Español.
- Text campaign will be running throughout the year.
- If you're interested in promoting your program or event, please complete the Survey we've linked in the chat!



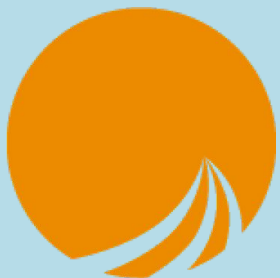


Tahoe Truckee Stats

In 2022 to date:

- **650** 211 Calls from Tahoe-Truckee
- Top Needs
 - Housing, Health Care & Utility Assistance
- Top Referred Resources
 - Coordinated Entry
 - Sierra Community House
 - Tahoe Forest Hospital





connecting point
community services central

Connect With Us:



24/7, 365 days a year –
se habla español



- Dial 211 or 833-DIAL211
- Text your zip code to 898-211



Get resources on the web
@ 211connectingpoint.org



FEEDBACK: MENTI POLL/COMENTARIOS: ENCUESTA MENTI


Go to

www.menti.com

Enter the code

4415 1445





Joy does not simply
happen to us. We
have to choose joy
and keep choosing it
every day.

Henri J.M. Nouwen



THANKS FOR JOINING US. HAVE A GREAT DAY
GRACIAS POR ESTAR CON NOSOTROS. ¡QUE TENGAS UN GRAN DÍA!





VISÍTENOS

Visit Us

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96161

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530.550.7985

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

