### **Organization Information**

#### Legal Name

Vista Community Clinic

DBA (if Applicable)

NA

### **Program Name/Title**

Poder Popular de Fallbrook

## Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

The purpose of this program is to engage Fallbrook residents in improving community health and wellness and something that we, Vista Community Clinic (VCC), have learned, is that in order to do so, we must build community presence, identify community leaders, and mobilize efforts by introducing effective practices, strategies and tools. Currently, we are successfully running a group of resident leaders known as Poder Popular in Vista. They provide guidance, expertise and knowledge regarding the needs and challenges that the Latinx community faces in their neighborhood, as a result, our VCC team has been able to identify assistance by building/strengthening community partnerships and developing accessible tools. Our intention is that we replicate this work in Fallbrook and have a similar outcome.

Therefore, Our first goal was to recruit 10 participants and then train them to become community leaders. Up until today, we have successfully recruited 8 participants, identify a training curriculum and secured a location to conduct the trainings. The participant will receive training on: 1) how to conduct outreach 2) Public speaking and 3) leadership.

	Percent of program participants	Estimated number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	0	0
Adults (18-60)	20	80
Seniors (60+)	0	20
We do not collect this data (indicate with 100%)*		

### **Target Population - Age**

### Target Population not collected - Age

NA

### **Target Population - Gender**

	Percent of program participants
Female	75
Male	25
Non-binary	0

	Percent of program participants
Unknown*	0

#### \*Target Population - Gender

NA

### Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	
Very Low (50%) Income Limits, ceiling of \$53,500	
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	100

### \*Target Population - Income Level

During patient registration, VCC collects income level data from its patients in order to help determine Medi-Cal eligibility. Records show that 95% of enrolled patients are low-income (200% of federal poverty level); however, enrollment at VCC is not required to participate in community events and activities led by Community Health Department staff. Their work aims to improve health at the population level, thereby benefitting our patients and non-patients alike. Thus, VCC does not collect income data from community participants; in fact, staff indicates that this would likely be a barrier to civic engagement.

## Projected number of residents that will directly benefit (participant/client) from this program.

## Social Determinants of Health (SDOH)

### **Program/Services Description - Social Determinants of Health**

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

### **Program Goal**

The goal of the program is to meaningfully engage Fallbrook residents in improving the health and wellness of underserved, low-income community members, with support from VCC staff and Poder Popular Líderes. In that, the program has outlined three key objectives:

(1) By September 30, 2024, revitalize and support Poder Popular de Fallbrook, a volunteer group with 8-10 active Líderes, and begin holding monthly meetings to later transition to quarterly meeting.

(2) By November 30, 2024, conduct 2 focus groups and review local health and wellness data to identify 2-3 high priority community needs.

(3) By June 30, 2025, engage 100-160 Fallbrook residents in 3 community education campaigns: 2 Pláticas (educational workshops) and 1 health fair.

### **Anticipated Acknowledgment**

### **Anticipated Acknowledgment**

Social Media Postings

Print Materials to Service Recipients

Other

### **Eligibility Check**

You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.

### **Organization Information**

Contact Information Contact Name

Deysi Merino

**Title** Program Manager

Primary Contact Phone

760-631-5000 ext. 2131

Email Address deysi.merino@vcc.org

### **Organization Physical Address**

1000 Vale Terrace Drive Vista , CA, 92084

## Writing Instructions:

### **Program Information**

## What language(s) can this program accommodate:

English

Spanish

# What demographic group does this program predominately serve:

Community - Health & Fitness

### Program Objectives & Measurable Outcomes

Objective 1: By September 30, 2024, revitalize the Poder Popular de Fallbrook volunteer group of 8-10 regular members and begin hosting monthly meetings and trainings. It is essential that the needs and suggested remedies come from within the community in a meeting space that is their own. In that, VCC plans to work closely with existing Fallbrook organizations to host regular volunteer meetings at the Fallbrook Community Garden. This will require setting up a defined, outdoor meeting space with items such as picnic tables, umbrellas, benches, and office supplies that can be used by volunteers during formal and informal meetings. Current Poder Popular volunteer Líderes from Fallbrook are members of the community garden. These materials are a demonstration of our gratitude for their service, and efforts to improve community nutrition, in a way that is financially permissible by dovernment regulators. When the weather does not permit outdoor assembly, meetings will take place in an alternate location such as the Fallbrook Library.

Volunteers will also participate in trainings, as needed. For example, how to conduct outreach and recruitment in the community to promote community health and wellness. These trainings will include a safety outreach protocol as well as tools and strategies to facilitate recruitment of participants. Meetings and trainings will be facilitated by VCC staff who will chart attendance, take notes, and support and guide members in their volunteer activities.

Objective 2: By November 30, 2024, conduct 2 focus groups and review of local data to identify 2-3 community priority needs.

#### Activities:

Experience with our Poder Popular group in Vista tells us that when they put their heads together, a group of community volunteers will come up with a wide range of projects to improve community health and wellness. Past priorities have ranged from parental education about the dangers of fentanyl to advocating for more lighting in public parks to improve safety. Fallbrook volunteer Líderes will generate an initial list of likely projects or campaigns, and then reach out to a wide range of community members for their feedback on priority needs. High on the list are bilingual and monolingual parents that may be hard to reach: other targets include teachers, youth leadership at the local high school; clinicians; first responders; youth organizations; sports group; and more. VCC staff

will help volunteers to design a simple tool to rank the list of priorities and compile comments from Fallbrook residents. The final list of 2-3 top priorities will be shared with those that provided feedback and broadcast to the broader community via social media and existing e-news channels of Fallbrook organizations. Residents will be invited to join Poder Popular meetings and engage in identified community wellness campaigns to address at least 2 of those priorities in this grant term

Objective 3: By June 30, 2025, engage Fallbrook residents in 3 community education campaigns: 2 Pláticas (educational workshops) and 1 health fair.

#### Activities:

The revitalized Poder Popular de Fallbrook will be responsible for inviting residents to engage in their campaigns, with special efforts to engage residents with experiences that best align with the campaign goal. For example, if diabetes prevention is a high priority, then volunteers may decide to host health screenings with VCC's mobile medical unit. Volunteers with a personal for family history of diabetes will share their stories in encouraging residents to participate in routine health screenings. In another example, Poder Popular may be directed towards wildfire prevention and emergency preparedness. In that case, VCC has recently updated materials on this topic that can be shared with residents. But most of the time, Poder Popular volunteer Lideres will be in the community, engaging in Platicás. 1-on-1 conversations about the problem at hand and suggested remedies.

To incentivize participation in community change projects, VCC will distribute community garden materials such as shovels, trowels, watering cans, clippers, reusable totes, and cempasúchil (Mexican marigold) seeds to Fallbrook residents with plots and those on the waiting list. Reusable totes imprinted with the VCC and FRHD logos will also be distributed at mobile health screening events. Additionally, to compensate the support, guidance, and outreach efforts of the Poder Popular volunteer Líderes, we plan to provide them with a \$550 stipend given that these efforts are an addition to their job and family responsibilities and commitments.

### **Financial Reporting & Budget**

### Program Budget

XLS X

24\_25 FRHD CHC\_VCC\_Q1.xlsx

¿Le gustaría ayudar a tu comunidad?

> ¿Le gustaría ser líder

comunitario?

¿Le gustaría que su comunidad aprenda a cuidar de su salud?

¡ÚNETE a Poder Popular de Fallbrook!

poder popular

## ¡Aprenda sobre el liderazgo comunitario!

Tiempo y horarios para las reuniones por ser determinadas. Niños bienvenidos con sus padres.

# **Ubicación:**

Fallbrook Regional Community Health and Wellness Center

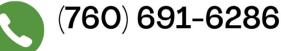
1636 E. Mission Rd, Fallbrook, CA 92028

Para apuntarse o para aprender

más, por favor llame a:

**Edith Lopez** 

Fallbrook Regional





Visita Community Clinic     Processa wate:     Processa wate: <t< th=""><th>VISIA Community Clinic   PROGRAM NAME:   Residents in Community Health     Ill line items will correspond with your program budget. If the item does not fully align either leave it blank or group the best category possible. However, be sur your program budget is fully itemized.     A   INDIRECT EXPENSES:   PROGRAM COST   APPLYING ORGANIZATION   OTHER FUNDERS   REQUESTED FR FRHD     A1   Administrative Support   -   -   -   -   -     A2   General Insurance (not program specific )   -   -   -   -   -   -     A3   Accounting &amp; audit expenses   -   -   -   -   -   -     A4   Consultant/Contractor Fees   -</th><th>EQUESTED FROM</th><th></th><th></th><th>Reside</th><th>PROGRAM NAME:</th><th>vista Community Clinic</th><th></th><th>-</th></t<>	VISIA Community Clinic   PROGRAM NAME:   Residents in Community Health     Ill line items will correspond with your program budget. If the item does not fully align either leave it blank or group the best category possible. However, be sur your program budget is fully itemized.     A   INDIRECT EXPENSES:   PROGRAM COST   APPLYING ORGANIZATION   OTHER FUNDERS   REQUESTED FR FRHD     A1   Administrative Support   -   -   -   -   -     A2   General Insurance (not program specific )   -   -   -   -   -   -     A3   Accounting & audit expenses   -   -   -   -   -   -     A4   Consultant/Contractor Fees   -	EQUESTED FROM			Reside	PROGRAM NAME:	vista Community Clinic		-
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B     SPECIFIC     PROGRAM OUS     ORGANIZATION       B1     Program Supervisor     -				G					<b>—</b>
B2   Program Coordinator   418.95   -   -     B3   Salary (list position)   -   -   -     B4   Salary (list position)   -   -   -     B5   Payroll Expenses (WC, taxes)   -   -   -     B6   Benefits   80.89   -   -   -     B7   Other: specify   -   -   -   -     TOTAL PERSONNEL EXPENSE   499.84   -   -   -     C   DIRECT PROGRAM EXPENSES   PROGRAM COST   APPL YING ORGANIZATION   -   -     C1   Dutrach Supplies   \$   484.00   -   -   -     C1   Dutrach Supplies   \$   484.00   -   -   -     C2   Program Materials   - <td< td=""><td></td><td></td><td></td><td></td><td></td><td>PROGRAM COST</td><td></td><td></td><td>B</td></td<>						PROGRAM COST			B
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B4   Salary (list position)   -   -   -     B5   Payroll Expenses (WC, taxes)   -   -   -     B6   Benefits   80.89   -   -     TOTAL PERSONNEL EXPENSE   499.84   -   -   -     C   Differ: specify   -   -   -   -     C   Direct PROGRAM EXPENSE   499.84   -   -   -     C1   Outreach Supplies   \$   484.00   -   -     C2   Program Materials   -   -   -   -     C3   Printing/Copies   -   -   -   -   -     C4   Travel/Mileage   - <t< td=""><td>B2 Program Coordinator 418.95 -</td><td></td><td></td><td>-</td><td></td><td>418.95</td><td>Program Coordinator</td><td>ŀ</td><td>B2</td></t<>	B2 Program Coordinator 418.95 -			-		418.95	Program Coordinator	ŀ	B2
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G6   Stipends   Image: State of the sta	C4 Travel/Mileage						Travel/Mileage		C4
C7   Cell Phone									
C8   Office Supplies   Image: Supplies   Image: Supplies     C10   Internet   Image: Supplies   Image: Supplies     C10   Internet   Image: Supplies   Image: Supplies     C11   Image: Supplies   Image: Supplies   Image: Supplies     C11   Image: Supplies   Image: Supplies   Image: Supplies     C11   Image: Supplies   Image: Supplies   Image: Supplies     C12   Image: Supplies   Image: Supplies   Image: Supplies     C13   Image: Supplies   Image: Supplies   Image: Supplies     C14   Image: Supplies   Image: Supplies   Image: Supplies     TOTAL OTHER EXPENSES   PROGRAM COST   % REQUESTED FROM FRHD   Image: Supplies     TOTAL ALL EXPENSES   PROGRAM COST   % REQUESTED FROM FRHD   Image: Supplies     E   FUNDING SOURCES   Image: Supplies   Image: Supplies   Image: Supplies     E   FUNDING SOURCES   Image: Supplies   Image: Supplies   Image: Supplies   Image: Supplies     E   FUNDING SOURCES   Image: Supplies   Image: Supplies   Image: Supplies   Image: Supplies   Image: Supplies <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>•</td> <td></td> <td></td>							•		
C9   Computer Supplies									
C10   Internet									
C11   Image: C12   Image: C13   Image: C14									
C12							Internet		
C13   Image: C13   Image: C14									
C14   Image: C14									
C15 TOTAL OTHER EXPENSES 484.00 - -   W X Y Z   D TOTAL ALL EXPENSES PROGRAM COST % REQUESTED FROM FRHD   \$ 1,967.68   2) FUNDING SOURCES   E FUNDS FOR PROGRAM   E1 APPLYING ORGANIZATION X   E2 OTHER FUNDERS Y -   E3 REQUESTED FROM FRHD Z -   TOTAL ELINDING SOURCES Y -									
TOTAL OTHER EXPENSES   484.00   -   -     W   X   Y   Z     D   TOTAL ALL EXPENSES   PROGRAM COST   % REQUESTED FROM FRHD     \$   1,967.68   -   -     E   FUNDING SOURCES   -   -   -     E   FUNDS FOR PROGRAM   -   -   -     E1   APPLYING ORGANIZATION   X   -   -     E3   REQUESTED FROM FRHD   Z   -   -   40,000.00									
W   X   Y   Z     D   TOTAL ALL EXPENSES   PROGRAM COST   % REQUESTED FROM FRHD   %     \$   1,967.68            Z     PROGRAM COST   % REQUESTED FROM FRHD   \$   1,967.68								-	015
D   TOTAL ALL EXPENSES   PROGRAM COST   % REQUESTED FROM FRHD     \$   1,967.68     2)   FUNDING SOURCES     E   FUNDS FOR PROGRAM     E1   APPLYING ORGANIZATION   X     E2   OTHER FUNDERS   Y     E3   REQUESTED FROM FRHD   Z     TOTAL FUNDING SOURCES   40,000.00		<u> </u>	-	-			IOTAL OTHER EXPENSES		
D   TOTAL ALL EXPENSES   PROGRAM COST   FROM FRHD     \$   1,967.68     2)   FUNDING SOURCES     E1   APPLYING ORGANIZATION   X     E2   OTHER FUNDERS   Y     E3   REQUESTED FROM FRHD   Z     TOTAL FUNDING SOURCES   40,000.00		Z	Ŷ	TED	% RE				<u> </u>
2) FUNDING SOURCES E FUNDS FOR PROGRAM E1 APPLYING ORGANIZATION X - E2 OTHER FUNDERS Y - E3 REQUESTED FROM FRHD Z - 40,000.00						PROGRAM COST	TOTAL ALL EXPENSES		D
E   FUNDS FOR PROGRAM     E1   APPLYING ORGANIZATION   X     E2   OTHER FUNDERS   Y     E3   REQUESTED FROM FRHD   Z     TOTAL FUNDING SOURCES   40,000.00	\$ 1,967.68					\$ 1,967.68			
E1 APPLYING ORGANIZATION X -   E2 OTHER FUNDERS Y -   E3 REQUESTED FROM FRHD Z -									<u>FUN</u>
E2 OTHER FUNDERS Y -   E3 REQUESTED FROM FRHD Z -   TOTAL FUNDING SOURCES 40,000.00					1				
E3 REQUESTED FROM FRHD Z - 40,000.00					-	-			
			10 000 00		-	-			
NOTE: THIS AMOUNT SHOULD BE EQUAL TO YOUR PROJECT COS						-			5
	Initial Amount Should be equal to four Project cost	R PROJECT COST.	IOULD BE EQUAL TO YOUR F	MOUNT S	NOTE: T	\$ -			0/ ~
3) % OF AGENCY BUDGET F CALCULATE % of Total <u>Agency</u> \$ 1,967.68									

\*\* Agency budget is your agency's entire budget for the year. Fill in the amount.