

CONTRA COSTA COUNTY

AGENDA - PUBLISHED

Los Medanos Health Advisory Committee

Tuesday, December 9, 2025

5:00 PM

2311 Loveridge Rd. Los Medanos Conference Room Pittsburg, CA

Zoom:

https://cchealth.zoom.us/j/96421869738 Dial in: +1 646 518 9805 ID: 964 2186

9738

Agenda Items: Items may be taken out of order based on the business of the day and preference of the Committee

- 1. Roll Call and Introductions
- 2. Public comment on any item under the jurisdiction of the Committee and not on this agenda (speakers may be limited to two minutes).
- 3. RECEIVE AND APPROVE Record of Action from September 9, 2025 <u>25-5206</u>

Attachments: LMHOC Record of Action 9-9-25

- 4. RECEIVE Introduction of new Health Department Staff, Consultant and new Committee Members
- 5. RECEIVE Consultant's introduction to LMHAC program improvement Process.

 APPROVE Recommended Ad Hoc Working Groups to Plan and Implement
 Goals and Operating Improvements

<u>Attachments</u>: <u>DRAFT Govnc & Membership Workgroup Charter</u>

DRAFT Planning Workgroup Charter
DRAFT Grant Admin Workgroup Charter

6. RECEIVE 2025 End of Year Grant Report 25-5209

Attachments: Los Medanos Health 2025 EOY Grant Report

7. RECEIVE 2025 Los Medanos Community Garden Report <u>25-5210</u>

Attachments: Los Medanos Community Garden 2025 EOY Report

8. RECEIVE 2025-2027 Los Medanos Health Area Grant Report

25-5211

The next meeting has not been scheduled. Regular committee meetings will tentatively resume in February, 2026. A Special Workshop/Meeting will be scheduled in January, 2026 and posted on the county meeting calendar once the date is confirmed.

Adjourn

The Committee will provide reasonable accommodations for persons with disabilities planning to attend the Committee meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Committee less than 96 hours prior to that meeting are available for public inspection at 2311 Loveridge Rd. Pittsburg, CA, during normal business hours. Staff reports related to items on the agenda are also accessible online at www.contracosta.ca.gov. If the Zoom connection malfunctions for any reason, the meeting may be paused while a fix is attempted. If the connection is not reestablished, the committee will continue the meeting in person without remote access. Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

For Additional Information Contact: ernesto.delatorre@cchealth.org



CONTRA COSTA COUNTY

1025 ESCOBAR STREET MARTINEZ, CA 94553

Staff Report

File #: 25-5206 Agenda Date: 12/9/2025 Agenda #: 3.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE Subject: RECEIVE AND APPROVE Record of action from September 9, 2025

Presenter: Ernesto De La Torre

Contact: Ernesto.delatorre@cchealth.org

Information:

RECEIVE AND APPROVE Record of Action from September 9, 2025

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CONTRA COSTA COUNTY

Committee Meeting Minutes

Los Medanos Health Advisory Committee

Tuesday, September 9, 2025

5:00 PM

2311 Loveridge Rd. Los Medanos Conference Room Pittsburg, CA Zoom:

https://cchealth.zoom.us/j/96421869738 Dial in: +1 646 518 9805 ID: 964 2186 9738

Agenda Items: Items may be taken out of order based on the business of the day and preference of the Committee

1. Roll Call and Introductions

Present Jelani Killings, Lloyd Mason, Sefanit Mekuria, Christopher

Pedraza, and Dennisha Marsh

2. Public comment on any item under the jurisdiction of the Committee and not on this agenda (speakers may be limited to two minutes).

Public comment was received from Loaves and Fishes of Contra Costa. the agency provides approximately 90,000 meals annually within the LMHA and will now be able to serve Pittsburg and Bay Point without grant funding from the Los Medanos Health Area.

6. Consider Allocation of additional funds and reallocation of unused funds

Rescind funding to the Afghan Coalition. Reallocate \$100,000 to fund other programs Fund Her Story is Mine and Loaves & Fishes of Contra Costa in full.

Fund Full Circle of Choices with the remaining \$51,286.

Motion: Mekuria Second: Mason

3. Receive and Approve Record of Action from June 17, 2025

Attachments: LMHAC Meeting Minutes 06-17-25

A motion was made by Killings, seconded by Mason, that this item be approved. The motion carried by a unanimous vote.

Motion: Killings Second: Mason 4. RECEIVE AND APPROVE Record of Action from June 18, 2025

Attachments: LMHAC Meeting Minutes 06-18-25

A motion was made by Killings, seconded by Mason, that this item be approved. The motion carried by a unanimous vote.

Motion: Killings Second: Mason

5. RECEIVE AND APPROVE Record of Action for June 24, 2025

Attachments: LMHAC Meeting Minutes 06-24-25

A motion was made by Killings, seconded by Mason, that this item be approved. The motion carried by a unanimous vote.

Motion: Killings Second: Mason

The next meeting is currently scheduled for October 14, 2025 at 5:00 pm.

Adjourn

The Committee will provide reasonable accommodations for persons with disabilities planning to attend the Committee meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Committee less than 96 hours prior to that meeting are available for public inspection at 2311 Loveridge Road, Los Medanos Office, during normal business hours. Staff reports related to items on the agenda are also accessible online at www.contracosta.ca.gov. If the Zoom connection malfunctions for any reason, the meeting may be paused while a fix is attempted. If the connection is not reestablished, the committee will continue the meeting in person without remote access. Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

For Additional Information Contact:



CONTRA COSTA COUNTY

1025 ESCOBAR STREET MARTINEZ, CA 94553

Staff Report

File #: 25-5207 Agenda Date: 12/9/2025 Agenda #: 4.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE

Subject: RECEIVE Introduction of new Health Department Staff, Consultant and new Committee Members

Presenter: Ernesto De La Torre

Contact: Ernesto.delatorre@cchealth.org

Information:

Current staff will introduce the new staff to this committee, the consultant that has been hired to support committee improvement, and new committee members. Health Department management of LMHAC will transition to Public Health in 2026.

Referral History and Update:

Denise Milosevich, MPH, Contra Costa Health, Public Health

Denise has worked for CCH Public Health for over 20 years and brings with her community partnerships and management experience to support Contra Costa families and their children.

Erica McWhorter, Principal Consultant, Excelevate PB LLC

As the Principal Consultant, Erica brings a wealth of experience and a passionate commitment to generating clarity, empowering communities, and driving values based decision making that truly impacts society.

Emily Gerber, PhD, Contra Costa Health, Behavioral Health

Dr. Gerber is a licensed clinical psychologist and seasoned behavioral health executive with over 15 years of leadership across county, hospital, academic, and nonprofit systems. As Mental Health Program Chief for Training and Clinical Practices, she leads Contra Costa's Behavioral Health CONNECT initiative, advancing integrated, data-driven, and equitable care across the mental health and substance-use continuum.

Arlene Kobata, City of Pittsburg, City Council

Arlene has been a resident of Pittsburg since 1988 raising her family. She has studied Psychology and Administration of Law, where she has the opportunity to apply her knowledge in programs that she participates in for Contra Costa County. She has been a member of the City of Pittsburg Community Advisory Commission as well as the City of Pittsburg Planning Commission, last serving as Chair.



CONTRA COSTA COUNTY

1025 ESCOBAR STREET MARTINEZ, CA 94553

Staff Report

File #: 25-5208 Agenda Date: 12/9/2025 Agenda #: 5.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE

Subject: RECEIVE Consultant's introduction to LMHAC program improvement Process

APPROVE Recommended Ad Hoc Working Groups to Plan and Implement Goals and Operating

Improvements

Presenter: Erica McWhorter

Contact: Ernesto.delatorre@cchealth.org

Information:

Erica McWhorter has been hired to guide the LMHAC through a review of all aspects of committee operations. Erica will work with both LMHAC and LMHOC to develop process improvements specifically around Planning, Governance, and Grant Program Management.

Referral History and Update:

- 1. Survey of LMHAC Priorities and Concerns (round robin)
 - 1. What are your top 2 goals and priorities for the LMHAC operations (governance) and grant program administration for 2026?
 - 2. What are your top 2 concerns regarding LMHAC's operations (governance) and grant program administration that you would like to address in 2026?
- 2. Recommended Ad Hoc Working Groups to Plan and Implement Goals and Operating Improvements (Action Item)
 - 1. Planning
 - 2. Governance
 - 3. Grant Program Administration

Recommendation(s)/Next Step(s):

Approve Ad Hoc Working groups

Hold a joint LMHOC/LMHAC workshop in January 2026 to finalize and approve the 3 (governance, planning, grant program administration) working groups for 12 months, per the terms of the charters (draft attached). Build out the plan for governance and grant program administration updates during the year. LMHAC members to self-select into working groups, and tasking the working groups with specific action. Erica will work with staff to guide the development of these recommended actions in light of this committee's input.

Los Medanos Health Advisory Committee (LMHAC) Ad Hoc Governance & Membership Workgroup

DRAFT CHARTER

1. Workgroup Status

This is an **ad hoc, non-standing committee** of the Los Medanos Health Advisory Committee. It is advisory in nature and has no independent decision-making authority.

2. Purpose and Charge

The purpose of the Governance & Membership Workgroup is to ensure the LMHAC's governing procedures are relevant, effective, and followed, and to support the full body's lifecycle of membership.

This charge includes an annual or as needed review and recommendations on:

- Governance Tools: Reviewing and proposing updates to the LMHAC Bylaws.
- **Procedural Tools:** Reviewing and supporting the implementation of the *Advisory Body Handbook* and other procedural tools.
- Compliance: Coordinating with staff to ensure compliance with all governing rules and procedures.
- **Membership:** Developing and recommending processes and goals for member recruitment, application review, and new member training/orientation.

3. Authority and Scope

The Workgroup serves in an advisory and planning capacity only.

- Brown Act/BGO: As an ad hoc committee with membership of less than a quorum of the full LMHAC, its meetings are not subject to the public notice requirements of the Ralph M. Brown Act or the County's Better Government Ordinance.
- **Decision-Making:** The Workgroup has no authority to make final decisions, establish policy, expend funds, or act on behalf of the full LMHAC.
- Reporting: All Workgroup findings and recommendations shall be presented to the full LMHAC at a properly noticed public meeting. The full LMHAC shall conduct all deliberation and take any final action on those recommendations in open session.

4. Membership

• Composition: The Workgroup shall be composed of [#] members of the LMHAC, which

- constitutes **less than a quorum** of the full body. Membership must include at least one County staff member for administration.
- **Selection:** Members, including the Chair, will be self-selected or appointed by the LMHAC Chair at the [Month, YYYY] public meeting.
- Term: This is an ad hoc Workgroup, not a standing committee. Its term shall be for the [YYYY-YYYY Fiscal/Calendar Year] to fulfill the specific charge herein. The Workgroup shall be automatically dissolved at the end of the term and requires a formal vote of reauthorization by the full LMHAC to be convened for a subsequent year.

5. Roles and Responsibilities

• Workgroup Chair:

- o Schedules and facilitates all Workgroup meetings.
- Coordinates with the Staff Liaison to set agendas and prepare materials.
- Reports on the Workgroup's progress and presents recommendations to the full LMHAC.

• Workgroup Members:

- Attend and actively participate in Workgroup meetings.
- Review governance documents and assist in drafting proposed revisions or new tools.

Staff Liaison:

- o Provides administrative support to the Workgroup (scheduling, note-taking).
- Provides information on county policies, compliance requirements, and recruitment procedures.
- o Co-drafts documents and recommendations as needed.

6. Meetings

- Schedule: Meetings shall be held as needed to fulfill the Workgroup's charge, with a focus on preparing recommendations for the full body's annual governance review and the seating of new members.
- Location: Meetings may be held virtually or in person at a location accessible to members.

Los Medanos Health Advisory Committee (LMHAC) Ad Hoc Planning Workgroup

DRAFT CHARTER

1. Workgroup Status

This is an **ad hoc, non-standing committee** of the Los Medanos Health Advisory Committee. It is advisory in nature and has no independent decision-making authority.

2. Purpose and Charge

The purpose of the Planning Workgroup is to provide focused planning, oversight, and recommendations to the full LMHAC regarding the body's operational improvements and strategic transition.

This charge includes:

- Tracking the progress of the LMHAC's Transition and Operational Improvements roadmap.
- Supporting staff in troubleshooting implementation challenges, including timing and workflows.
- Developing recommendations for the full LMHAC on pivots, issue resolution, and next steps to ensure strategic goals are met.

3. Authority and Scope

The Workgroup serves in an advisory and planning capacity only.

- Brown Act/BGO: As an ad hoc committee with membership of less than a quorum of the full LMHAC, its meetings are not subject to the public notice requirements of the Ralph M. Brown Act or the County's Better Government Ordinance.
- **Decision-Making:** The Workgroup has no authority to make final decisions, establish policy, expend funds, or act on behalf of the full LMHAC.
- Reporting: All Workgroup findings and recommendations shall be presented to the full LMHAC at a properly noticed public meeting. The full LMHAC shall conduct all deliberation and take any final action on those recommendations in open session.

4. Membership

• Composition: The Workgroup shall be composed of [#] members of the LMHAC, which constitutes less than a quorum of the full body. Membership must include at least one

County staff member for administration.

- **Selection:** Members, including the Chair, will be self-selected or appointed by the LMHAC Chair at the [Month, YYYY] public meeting.
- Term: This is an ad hoc Workgroup, not a standing committee. Its term shall be for the [YYYY-YYYY Fiscal/Calendar Year] to fulfill the specific charge herein. The Workgroup shall be automatically dissolved at the end of the term and requires a formal vote of reauthorization by the full LMHAC to be convened for a subsequent year.

5. Roles and Responsibilities

• Workgroup Chair:

- Schedules and facilitates all Workgroup meetings.
- o Coordinates with the Staff Liaison to set agendas and prepare materials.
- Reports on the Workgroup's progress and presents recommendations to the full LMHAC.

• Workgroup Members:

- o Attend and actively participate in Workgroup meetings.
- Review relevant documents and assist in drafting recommendations.

Staff Liaison:

- Provides administrative support to the Workgroup (scheduling, note-taking).
- Acts as the coordination point for implementation, timing, and workflows.
- o Provides data, information, and county context as requested.

6. Meetings

- Schedule: Meetings shall be held as needed to fulfill the Workgroup's charge. They will be scheduled by the Workgroup Chair in coordination with the Staff Liaison.
- Location: Meetings may be held virtually or in person at a location accessible to members.

Los Medanos Health Advisory Committee (LMHAC) Ad Hoc Grant Administration Workgroup

DRAFT CHARTER

1. Workgroup Status

This is an **ad hoc, non-standing committee** of the Los Medanos Health Advisory Committee. It is advisory in nature and has no independent decision-making authority.

2. Purpose and Charge

The purpose of the Grant Administration Workgroup is to support the planning, implementation, and evaluation of the LMHAC's annual grant competition, ensuring all grant administration aligns with the body's adopted Grant Plan priorities.

This charge includes:

- Reviewing and recommending improvements to grant administration procedures and tools (e.g., RFP templates, scoring rubrics, grant trackers, public-facing documents).
- Coordinating with staff on the planning and implementation of the annual grant process timeline.
- Supporting the planning of grant process evaluation, community engagement, and awardee reporting.
- Preparing annual updates and recommendations for the full LMHAC on grant process status, issue resolution, and awardee status.
- Coordinating the review of all grant applications against the LMHAC-approved scoring rubric and developing a formal slate of funding recommendations (which may include recommendations for full awards, partial/modified awards, or further review) for the full LMHAC to deliberate and act upon in a public meeting.

3. Authority and Scope

The Workgroup serves in an advisory and planning capacity only.

- Brown Act/BGO: As an ad hoc committee with membership of less than a quorum of the full LMHAC, its meetings are not subject to the public notice requirements of the Ralph M. Brown Act or the County's Better Government Ordinance.
- **Decision-Making:** The Workgroup has no authority to make final decisions, establish policy, select grantees, approve funding, or act on behalf of the full LMHAC.
- Reporting and Serial Meeting Prohibition:

- All Workgroup recommendations, including the proposed slate of grant awards, shall be presented to the full LMHAC at a properly noticed public meeting. The full LMHAC shall conduct all deliberation and take any final action on those recommendations in open session.
- To avoid a "serial meeting" violation under the Brown Act (Gov. Code §
 54952.2(b)), Workgroup members shall not communicate with or brief other
 LMHAC members (who are not on the Workgroup) about the Workgroup's
 deliberations or funding recommendations outside of a publicly noticed
 meeting.
- This ensures that the full LMHAC's deliberation occurs in public and that Workgroup members do not act as "personal intermediaries" to develop a "collective concurrence" in private.

4. Membership

- Composition: The Workgroup shall be composed of [#] members of the LMHAC, which constitutes less than a quorum of the full body. Membership must include at least one County staff member for administration.
- **Selection:** Members, including the Chair, will be self-selected or appointed by the LMHAC Chair at the [Month, YYYY] public meeting.
- Term: This is an ad hoc Workgroup, not a standing committee. Its term shall be for the
 [YYYY-YYYY Fiscal/Calendar Year] to fulfill the specific charge herein. The Workgroup
 shall be automatically dissolved at the end of the term and requires a formal vote of
 reauthorization by the full LMHAC to be convened for a subsequent year.

5. Roles and Responsibilities

- Workgroup Chair:
 - Schedules and facilitates all Workgroup meetings.
 - Coordinates with the Staff Liaison to set agendas and track the grant cycle timeline.
 - Reports on the Workgroup's progress and presents recommendations to the full LMHAC.

Workgroup Members:

- Attend and actively participate in Workgroup meetings.
- Review grant documents and provide feedback and recommendations.

Staff Liaison:

- Provides administrative support to the Workgroup (scheduling, note-taking).
- Manages the operational components of the grant administration process.
- o Co-drafts grant materials and reports in collaboration with the Workgroup.

6. Meetings

Schedule: Meetings shall be held as needed to align with the key milestones of the

- annual grant cycle (e.g., pre-RFP planning, post-award evaluation planning), as established by the LMHAC.
- Location: Meetings may be held virtually or in person at a location accessible to members.



CONTRA COSTA COUNTY

1025 ESCOBAR STREET MARTINEZ, CA 94553

Staff Report

File #: 25-5209 Agenda Date: 12/9/2025 Agenda #: 6.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE Subject: RECEIVE AND ACCEPT the 2025 End of Year Grant Report

Presenter: Ernesto De La Torre

Contact: Ernesto.delatorre@cchealth.org

Information:

At the end of contract terms agencies are required to submit an end of contract report. There were 13 agencies from the 2023-2025 grant cycle that completed their contract terms on June 30, 2025. Reports were submitted by August 1st and summarized here.

Referral History and Update:

Additional contracts were completed on November 30, 2025 and others will complete on December 31, 2025. Reports are due 31 days after contract completion. Those reports will be presented at the next regular meeting of the LMHAC.

Recommendation(s)/Next Step(s):

Receive the 2025 End of Year Grant Report.



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Los Medanos Health Area Grant Report FY 2023–2025

Community Health & Wellness Impact Summary

Executive Summary

The Los Medanos Health Area (LMHA)—serving the communities of Pittsburg, Bay Point, and Clyde—has long been committed to addressing persistent health disparities, economic challenges, and barriers to essential services. Through years of sustained investment, the LMHA Grant has supported community-based organizations that are deeply rooted in the neighborhoods they serve, ensuring that services are both accessible and culturally responsive. Over the course of the 2023–2025 grant cycle, **13 of the 25 funded agencies** successfully concluded their contracts, delivering a broad spectrum of services that directly aligned with the LMHA's **Priority Health Areas**:

- 1. **Improved access to affordable healthcare services**, including elder care, health-related clinics, and linkage to care.
- 2. **Mental health awareness, education, and prevention**, addressing depression, anxiety, stress, and suicide prevention.
- 3. **Chronic disease prevention and education**, with a focus on cardiovascular disease, diabetes, asthma, and food security.
- 4. **Support for unhoused individuals and families**, prioritizing services for children and families experiencing homelessness.
- 5. Substance use prevention and education, targeting alcohol, drug, and tobacco use.

The funded programs provided critical services such as free medical care, mental health counseling, youth and senior enrichment activities, nutrition education, housing navigation, and large-scale food distribution. These efforts not only addressed immediate needs but also contributed to long-term community resilience, health equity, and empowerment.

In a region where one in five residents faces hunger and many lack access to affordable healthcare, the impact of these programs has been profound. They have helped reduce preventable hospitalizations, improve mental and physical health outcomes, and create pathways to economic and housing stability. By investing in trusted, culturally responsive organizations, the LMHA Grant ensured that services were accessible, relevant, and grounded in the lived experiences of the community.

As we close this grant cycle, the work of these 13 agencies stands as a testament to the power of community-driven solutions in advancing health equity and improving quality of life across the LMHA.

- Total Amount Funded (13 agencies): \$1,165,392.68
- Total Residents Served (Est.): 30,000+
- Contract Period: July 1, 2023 June 30, 2025

Notable Highlights:

- Over 1.2 million pounds of food delivered
- 1,000+ free medical visits provided
- 43 CNA graduates placed into healthcare jobs
- 540,000+ meals served to seniors
- Hundreds of youths and seniors engaged in enrichment programs

Methodology

This report is based on End-of-Year Reports submitted by each funded agency. Data was reviewed for consistency and summarized using a standardized format. Metrics such as number of residents served, services delivered, and outcomes achieved were compared across agencies. Where available, geographic data was noted to assess reach in Pittsburg, Bay Point, and Clyde.

Agency Profiles and Findings

Agency: 18 Reasons

• Funding Received: \$ 100,000

Amount Spent: \$\frac{100,000}{}{}

• **Program Focus:** Cooking and nutrition education for low-income families

• Target Population: Children, teens, and adults in Pittsburg and Bay Point

Summary:

18 Reasons delivered its Cooking Matters and Food as Medicine programs, exceeding enrollment goals and demonstrating strong health outcomes. Participants reported increased fruit and vegetable intake, reduced sugary drink consumption, and improved BMI and A1C levels. Classes were held onsite and virtually, with trained chefs and nutrition educators. Despite occasional class cancellations and HIPAA compliance challenges, the program was highly successful.

Geographic Reach: Pittsburg, Bay Point

Photos:



Recommendation: Continue support for hybrid delivery and expand access to equipment and food boxes.

Agency: The Bay Church

• Funding Received: \$ 100,000

Amount Spent: \$ 99,985.12

• **Program Focus:** Hygiene services, food distribution, and health education

• Target Population: Unhoused and low-income individuals

Summary:

The Bay Church provided mobile showers, laundry vouchers, and food pantry services, exceeding goals in all areas except health screenings. While blood pressure and glucose checks were not implemented due to insurance and referral barriers, the program hosted health fairs and supported participants in achieving housing, employment, and sobriety.

Geographic Reach: Pittsburg, Bay Point

Photo:



Recommendation: Strengthen clinical partnerships for screenings and expand food distribution capacity.

Agency: Cancer Support Community

Funding Received: \$ 40,000

• Amount Spent: \$ 40,000

• **Program Focus:** Cancer support services, wellness education, and outreach

• Target Population: Cancer patients and their families in the LMHA

Summary:

Cancer Support Community (CSC) provided weekly support groups, yoga, communal meals, and educational workshops for individuals affected by cancer. They exceeded their outreach goals, enrolling 36 LMHA residents who attended 400 sessions. Programs were offered in English and Spanish, and new services included social work interns and a pilot meal delivery program. Participants reported improved quality of life, emotional connection, and better management of their treatment.

Geographic Reach: Pittsburg

Photo:



Recommendation: Expand Spanish-language offerings and continue meal delivery partnerships.

Agency: Center for Human Development

Funding Received: \$ 80,000

Amount Spent: \$ 26,228

Program Focus: Nutrition education and behavior change

• Target Population: Adults at risk of chronic disease

Summary:

CHD delivered two 8-week Healthy Eating Challenge sessions, enrolling 64 participants. While enrollment fell short of the 100-person goal, 73% of participants showed progress toward reducing BMI, and 87.5% consulted with a nurse. Cooking demos, nutrition education, and behavior tracking were core components. Participants reported increased fruit and vegetable intake and reduced sugar and salt use. Survey misalignment and limited time for hiring were noted challenges.

Geographic Reach: Pittsburg, Bay Point

Photo:



Recommendation: Improve survey tools and expand outreach to increase enrollment.

Agency: Buchannon Swim Program

Funding Received: \$ 30,000

Amount Spent: \$ 30,000

• **Program Focus:** Youth swimming instruction and water safety education

• Target Population: Underserved youth in Pittsburg and surrounding LMHA communities

Summary:

The Buchanan Swim Center utilized LMHAC grant funds to provide free swim lessons and water safety education to underserved youth. The program focused on teaching essential swimming skills, including floating, independent swimming, and safety techniques such as using personal flotation devices (PFDs), buoys, and recognizing lifeguards. A key feature of the program was "Safety Day," held during each two-week session, which became a favorite among participants. The program not only promoted physical activity and safety but also offered social engagement opportunities for youth. Testimonials from parents and students highlighted the program's positive impact and the value of continued participation through scholarship support.

Geographic Reach: Pittsburg, Bay Point

Photo:



Recommendations:

- Continuing Safety Day as a core component of the curriculum
- Expand outreach to ensure more underserved youth can access swim scholarships
- Track long-term skill progression and retention among returning participants

Agency: City of Pittsburg – Twilight Hoops Program

Funding Received: \$ 99,986

Amount Spent: \$\frac{\xi}{2}\$

- **Program Focus:** Youth engagement through recreational basketball, mental health awareness, and chronic disease prevention
- Target Population: Youth and young adults in the Los Medanos Health Area

Summary:

The Twilight Hoops Program provided a safe, structured environment for youth and young adults to engage in recreational basketball while participating in educational workshops focused on mental health, chronic disease prevention, workforce readiness, and more. Operating for 10 weeks each spring, the program offered weekly games, mentorship, healthy meals, and access to community resources. Over the 2024 and 2025 cycles, the program served nearly 100 participants annually, with average weekly attendance of 26.9 in 2024 and 24.6 in 2025.

Survey data showed significant improvements in participants' mental health awareness and self-reported well-being. Participants also gained practical skills such as CPR training and financial literacy. The program helped youth access employment, open bank accounts, and connect with mentors. One participant, facing homelessness, was hired by the city and now serves as a coach and mentor for younger youth.

Geographic Reach: Pittsburg, Bay Point

Photos:



Recommendations:

- Continue offering flexible "drop-in" format to increase accessibility
- Expand mental health and workforce development components
- Strengthen outreach to at-risk youth and deepen mentorship opportunities

Agency: Healthy Hearts Institute

Funding Received: \$\frac{100,000}{}{}

• Amount Spent: \$ 100,000

• **Program Focus:** Food access, farm training, and community wellness

• **Target Population:** Disadvantaged communities and individuals with marginalized identities in the LMHA

Summary:

Healthy Hearts Institute exceeded its service goals by providing fresh, locally grown produce and hands-on farm training to underserved populations. Over the grant period, the organization grew and distributed 13,560 pounds of produce to local residents and students in the Mt. Diablo Unified School District (MDUSD), reaching over 200 families monthly through partnerships with the Contra Costa Food Bank, MDUSD, and its own distribution channels. In addition to food access, Healthy Hearts delivered 4,005 hours of farm training to 11 individuals from marginalized backgrounds. Trainees learned essential agricultural skills such as seed cultivation, irrigation repair, and harvesting. Participants reported reduced stress, increased community connection, and a sense of peace from working on the land. Despite its successes, Healthy Hearts faced challenges due to limited organizational capacity, which restricted its ability to expand services and fully document its impact. The organization is actively seeking funding to hire key staff and scale its operations.

Geographic Reach: Pittsburg, Bay Point **Photo:**



Recommendations:

- Secure funding to expand staff capacity (e.g., farm manager, program director, outreach specialist)
- Enhance data collection and impact reporting
- Reintroduce health and wellness education components as capacity grows

Agency: Hope Solutions

Funding Received: \$ 100,000

Amount Spent: \$ 96,956.68

- **Program Focus:** Housing stability, youth enrichment, mental health, and community wellness
- **Target Population:** Low-income families and youth residing at Bella Monte Apartments and Los Medanos Village

Summary:

Hope Solutions provided 2,144 hours of services to 91 households (220 individuals) in the Los Medanos Health Area, offering case management, eviction prevention, youth academic enrichment, and mental health support. The program also delivered 374 hours of social-emotional learning to 36 youth and 407 hours of wellness and harm reduction programming to 38 residents. Services included tutoring, summer camps, community events, and access to food and home goods through partnerships with White Pony and Loaves & Fishes. Long-standing staff relationships fostered trust and continuity, helping families build self-sufficiency and youth achieve educational milestones.

Geographic Reach: Pittsburg (Bella Monte Apartments and Los Medanos Village)

Photo:



Recommendations:

- Increase outreach to meet original youth participation goals
- Expand capacity for mental health and harm reduction programming
- Continue leveraging community partnerships to enhance service delivery

Agency: Meals on Wheels Diablo Region

Funding Received: \$ 100,000

Amount Spent: \$ 100,000

• **Program Focus:** Senior nutrition and meal delivery

• Target Population: Food-insecure seniors in Pittsburg and Bay Point

Summary:

Meals on Wheels Diablo Region provided 61,672 meals to seniors, including home-delivered meals, breakfast bags, and café meals. While the Cultural Cuisine program faced disruptions due to vendor issues, MOWDR is transitioning to a new provider to offer globally inspired meals. Client testimonials highlighted the life-saving impact of the program. The agency continues to serve over 8,500 seniors countywide.

Geographic Reach: Pittsburg, Bay Point

Photos: No pictures shared

Recommendations: Finalize new cultural meal vendor and expand outreach to isolated seniors.

Agency: Opportunity Junction

Funding Received: \$\frac{100,000}{}{}

• Amount Spent: \$ 100,000

Program Focus: Healthcare workforce training (CNA and MA)

• Target Population: Low-income adults, especially women and BIPOC residents

Summary:

Opportunity Junction exceeded all CNA training goals, graduating 43 students and placing 41 into jobs at an average wage of \$24.61/hour. The MA pilot cohort launched successfully, with plans to expand. Participants received wraparound support, professional development, and clinical training. Alumni stories highlighted the program's transformative impact on career and personal growth.

Geographic Reach: Antioch (serving Pittsburg residents)

Photo:



Recommendation: Continue MA program expansion and deepen employer partnerships.

Agency: Pittsburg Fifty Plus Club

Funding Received: \$ 98,450

Amount Spent: \$ 94,717.52

Program Focus: Senior recreation and social wellness

• Target Population: Adults aged 50+ in Pittsburg

Summary:

The Fifty Plus Club delivered a wide range of recreational activities including bowling, kayaking, Paint Nite, movie nights, and dinner dances. Most program goals were met or exceeded, with the exception of kayaking (weather-related) and escape room sessions (venue closure). Hybrid meetings and a membership database improved access and tracking. Members reported strong emotional support and social connection.

Geographic Reach: Pittsburg

Photo:



Recommendation: Explore new venues for escape room-style activities and expand kayaking during favorable seasons.

Agency: RotaCare Pittsburg Free Medical Clinic

Funding Received: \$ 120,000

• Amount Spent: \$ 120,000

Program Focus: Free healthcare for uninsured residents

• Target Population: Uninsured adults in East Contra Costa

Summary:

RotaCare Pittsburg provided 1,010 free medical visits, 1,514 lab tests, 908 prescriptions, and 80 imaging tests—far exceeding all targets. The clinic also offered diabetes and hypertension education and referred patients to specialty care and social services. Staffing remains a challenge, particularly in recruiting volunteer physicians. Patient stories highlighted the clinic's role in preventing medical debt and improving health outcomes.

Geographic Reach: Pittsburg, Bay Point

Photo:



Recommendation: Increase provider recruitment and expand specialty care partnerships.

Agency: White Pony Express

• Funding Received: \$ 100,000

Amount Spent: \$ 100,000

• **Program Focus:** Food rescue and nutrition security

• Target Population: Food-insecure families and individuals

Summary:

WPE delivered over 1.23 million pounds of fresh food to 19 partner sites in Pittsburg and Bay Point, serving 24,150 residents annually. The program eliminated 1,984 metric tons of CO₂e emissions and engaged 1,200 volunteers. Despite federal funding cuts and a major facility move, WPE maintained daily operations and increased refrigeration capacity. Deliveries were customized to meet cultural and dietary needs.

Geographic Reach: Pittsburg (14 sites), Bay Point (5 sites)

Photo:



Recommendation: Secure additional food sources and restore federal funding streams.

Key Outputs Delivered

Service Area	Output
Food Distribution	1.23 million lbs of food (WPE), 540,000+ meals (MOWDR), 340,000 lbs (Bay Church)
Healthcare Access	1,010 free medical visits, 1,514 lab tests, 908 prescriptions, 80 imaging tests. 43 CNA graduates, 41 job placements, MA pilot launched.
Nutrition Education	2 Healthy Eating Challenge cohorts, 3 health fairs, 6-week cooking classes
Youth Engagement	182 youth in Twilight Hoops, 374 hours of social-emotional learning
Senior Wellness	1,025 bowling sessions, 487 movie nights, 264 Paint Nites, 182 dinner dance attendees
Mental Health & Case Management	2,144 hours of service to 91 families, 69 youth groups, 17 wellness groups
Volunteer Engagement	1,200+ volunteers (WPE), thousands of hours across all agencies

Geographic Reach

Area	Estimated % of Services
Pittsburg	~60–70% (most agencies based or operating here)
Bay Point	~25–35% (notably served by WPE, Bay Church, RotaCare)
Clyde	~5% or less (limited direct data; likely served indirectly)

Environmental Impact

Greenhouse Gas Reduction:

- 1,984 metric tons of CO₂e emissions prevented by White Pony Express
 - Equivalent to removing hundreds of cars from the road annually

Outcome Highlights

"They saved my life. The doctors and nurses were so nice... they really took care of me." — Sergio, RotaCare Clinic patient

"I replaced chips and candy with fruit and whole wheat crackers... now I walk daily and feel better every day." – T.F., Healthy Eating Challenge participant

"I'd probably be eating out of a can without it." - Gilbert, Meals on Wheels recipient

"The emotional support we give and get from each other cannot be described in words." – Katy Castro, Fifty Plus Club member

"CSC has added a new dimension to my life. I have found that I now have a purpose in my life, to move forward with my fellow participants to help others affected by cancer. I am convinced that with each other's support, we can improve each of our lives and help those who are newly diagnosed with this horrible disease by sharing what we have learned here." – CSC participant

"Healthy Hearts Institute offered me the opportunity to learn how to grow food, earn money, and help my community. I am thankful for Healthy Hearts Institute." – Ms. Shirley- Community Resident

Conclusion

The LMHA Grant has made a measurable difference in the lives of thousands of residents across Pittsburg, Bay Point, and Clyde. From food security and healthcare access to youth development and senior wellness, the 13 funded agencies have demonstrated innovation, resilience, and deep community impact.

These programs did more than deliver services—they built trust, fostered dignity, and empowered individuals and families to take control of their health and well-being. Whether it was a senior receiving a culturally familiar meal, a young adult finding mentorship through basketball, or an uninsured resident accessing life-saving medical care, each story reflects the transformative power of community-based support.

The grant also revealed the strength of collaboration. Agencies worked together to share resources, refer clients, and create wraparound systems of care that addressed the complex realities of poverty, chronic illness, and social isolation. These partnerships amplified the reach and effectiveness of each program, demonstrating that collective action yields greater impact.

Importantly, the LMHA funding model allowed organizations to be responsive and culturally relevant—meeting people where they are, both literally and figuratively. Programs were delivered in schools, clinics, community centers, and even on the streets, ensuring that no one was left behind.

As the region continues to face rising costs of living, food insecurity, and gaps in healthcare access, continued investment in these programs is not just beneficial, it is essential. Sustaining and expanding this work will help build a healthier, more equitable future for all residents of the Los Medanos Health Area.



CONTRA COSTA COUNTY

1025 ESCOBAR STREET MARTINEZ, CA 94553

Staff Report

File #: 25-5210 Agenda Date: 12/9/2025 Agenda #: 7.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE

Subject: 2025 Los Medanos Community Garden Report

Presenter: Ernesto De La Torre

Contact: Ernesto.delatorre@cchealth.org

Information:

The Los Medanos Community Garden is located at the Pittsburg Health Center, 2311 Loveridge Rd., Pittsburg. 2025 was a productive and transformative year for the Los Medanos Community Garden. Through education, partnerships, and collective effort, we enhanced gardener skills, improved infrastructure, and cultivated a more connected, sustainable, and resilient garden community. In a region where access to fresh food is limited, this garden is not just a solution, it's a symbol of what's possible when communities come together.

Recommendation(s)/Next Step(s):

Receive the 2025 Los Medanos Community Garden Report



Los Medanos Health Area | 2311 Loveridge Rd., Pittsburg, CA 94565 | Phone: (925) 917-5901 | | Email: cchcommunitygarden@cchealth.org |

Los Medanos Community Garden

2025 End-of-Year Report

Introduction

The Los Medanos Community Garden continues to thrive as a vibrant, inclusive space where residents grow healthy food, foster community connections, and learn sustainable gardening practices. Located in a USDA-designated food desert, the garden is more than just a green space, it's a vital community resource. In an area where access to fresh, affordable produce is limited, the garden empowers individuals to take control of their food sources, reduce grocery costs, and improve their health outcomes. Beyond nutrition, it fosters resilience and connection, offering a safe, welcoming environment where neighbors can gather, share knowledge, and support one another. In a time of rising food insecurity and social isolation, the garden stands as a powerful model of grassroots sustainability, equity, and community care.

Key Accomplishments at a Glance

- Hosted 5 educational workshops with strong attendance
- Welcomed 14 new gardeners
- Logged approximately 120 volunteer hours during workdays
- Strengthened community partnerships with UC Master Gardeners and CalFresh Healthy Living

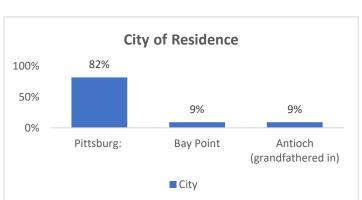
Garden Plot Management

- Total Plots: 57
- 39 ground plots
- 18 raised beds
- Applications received during January registration: 46
- New gardeners this year: 14

This year marked the first formal application cycle since the health department assumed oversight of the garden—an essential step in improving transparency and accountability. The January registration process not only streamlined plot assignments and improved communication but also allowed us to clearly identify active gardeners and monitor their participation throughout the season. This is especially important given the high demand for plots from interested community members. By ensuring that plots are actively used and maintained, we can better support equitable access to this valuable resources.

Demographics Snapshot





Partnership with UC Master Gardeners & CalFresh Healthy Living

We successfully launched a new partnership with the UC Master Gardeners and the CalFresh Healthy Living initiative, significantly expanding educational opportunities for gardeners of all experience levels. This collaboration goes beyond teaching gardening techniques—it also emphasizes the nutritional value of growing and eating fresh, seasonal produce. Through handson workshops and expert-led sessions, gardeners learned not only how to cultivate healthy crops, but also how those crops contribute to a balanced diet, chronic disease prevention, and overall well-being. By connecting gardening with nutrition education, we are empowering community members to make informed food choices, improve their health outcomes, and build lasting habits rooted in self-sufficiency and wellness.

Educational Workshops – Fresh from the Garden Series

1. Tomatoes 101: Spring Planting & Growing Basics

Participants learned how to plant and grow tomatoes in California's spring, including variety selection, plant care, and tips for a flavorful summer harvest.

Attendees: 17





2. Grow Smarter, Eat Healthier!

A hands-on session covering organic pest control, using all edible parts of plants, and preparing nutritious, low-cost meals from the garden.

Attendees: 14





3. Summer Squash: From Garden to Table

Focused on growing summer squash, managing pests organically, and incorporating squash into affordable, healthy meals.

Attendees: 17





4. Garden Health & Harvest Preservation

Covered pest management (ants, aphids), live pruning demonstrations, and simple methods for preserving harvests through cooking, freezing, or drying.

Attendees: 17





5. Winter Cover Crops for Soil Health

Explored the benefits of planting cover crops during winter to improve soil fertility and prepare for a successful summer garden.

Attendees: 8



These sessions were well-received and offered practical guidance on pest management, soil health, crop planning, and seasonal planting. In addition to the formal workshops, UC Master Gardeners remained available afterward to walk through the garden, offering personalized tips and one-on-one plot consultations for gardeners who requested them. The workshop series will resume in the spring, with plans to expand offerings and continue building both knowledge and connections. $\[mathbb{P}\]$

Community Workdays

We hosted three of our four community workdays this year, each playing a vital role in maintaining and improving our shared garden spaces. While we offer four events annually, gardeners are required to attend at least two per year to remain in good standing. This ensures that everyone contributes to the care and upkeep of the garden.

To make participation accessible to all, we offer a wide variety of tasks suited to different abilities and comfort levels. These include sweeping and dusting the barn, pulling weeds, shoveling bark, and wheelbarrowing it to cover pathways. Whether light or labor-intensive, every task plays an important role in keeping the garden safe, clean, and welcoming. Beyond the physical work, clean-up days are also a time for connection. Gardeners work side by side, share stories, and build relationships, strengthening the sense of community that makes the garden so special.

Our fourth and final clean-up day of the year is scheduled for December 13, and we look forward to another successful day of teamwork and community building.

Workday #1

- Attendees: 17
- Cleared vines, cleaned common areas, and prepped paths

Workday #2

Attendees: 8

Added bark, cleared abandoned plots, and weeded

Workday #3

Attendees: 14

Re-barked paths, extensive weeding, refreshed shared zones

Workday #4

• Scheduled for December 13

These efforts significantly improved garden accessibility, safety, and overall appearance. They also fostered a strong sense of pride among gardeners, as the work was done together, side by side. The visible transformation of the space has even caught the attention of community members passing by who often comment on how beautiful and well-cared for the garden looks.







Garden Challenges & Solutions

Pest Management Response

Gardeners faced persistent ant and aphid issues throughout the year. To address this organically and sustainably, we implemented a pollinator-friendly strategy and introduced targeted pest control methods recommended by both UC Master Gardeners and Public Works:

- Planted pollinator-attracting flowers in two newly purchased elevated beds to draw beneficial insects and support biodiversity.
- Encouraged natural predators such as ladybugs, lacewings, and bees to help manage pest populations.
- Deployed ant stakes around the garden fence line and outer areas of plots, following expert recommendations, to help control ant populations and reduce aphid farming behavior.

This integrated pest management approach supports long-term pest control and enhances the overall health and biodiversity of the garden.

Overproduction & Crop Planning

A common challenge this year was gardeners planting too much of the same crop, which led to overproduction and wasted harvests. With guidance from the UC Master Gardeners, gardeners were encouraged to:

- Plan their plots more strategically
- Diversify plantings
- Donate surpluses produce to neighbors or local organizations

To support these efforts and encourage greater planting diversity, we integrated our community seed library. Gardeners were invited to:

Borrow seeds for seasonal planting

- Contribute seeds from their harvests
- Share culturally significant varieties

This combined approach helped gardeners make more intentional planting decisions, reduce waste and increase the variety of crops grown. The seed library also fostered cultural exchange and strengthened community bonds, reinforcing the garden's role as a space for learning, sharing, and sustainability.

Theft & External Security Concerns

Some produce theft occurred this year, primarily involving individuals from outside the garden, including unhoused community members. While we understand the broader issues of food insecurity, it remains important to protect the time, effort, and resources gardeners invest in their plots.

We explored the idea of creating a surplus donation box where gardeners could leave extra produce for those in need. However, due to exposure to weather and the potential to attract rodents, this option was not feasible at this time.

To address these concerns, we are taking steps to:

- Increase gardener presence and communication
- Encourage timely harvesting to reduce temptation
- Maintain dedicated staff members who can regularly oversee the garden and help deter theft These efforts reflect our commitment to protecting garden resources while approaching challenges with empathy and care.

Goals for the Upcoming Year

- Expand the seed library and increase gardener participation
- Resume the Master Gardener and nutrition workshop series
- Add more pollinator-friendly plants and enhance natural pest control
- Explore compassionate strategies to reduce theft
- Strengthening gardener communication and engagement
- Revisit the idea of a surplus produce donation box with improved weather protection and rodent-proofing
- Reinforce garden plots in need of repair to ensure safety and usability
- Utilize the additional space at the back of the garden for either new plots or orchard trees.

Conclusion

2025 was a productive and transformative year for the Los Medanos Community Garden. Through education, partnerships, and collective effort, we enhanced gardener skills, improved infrastructure, and cultivated a more connected, sustainable, and resilient garden community. In a region where access to fresh food is limited, this garden is not just a solution, it's a symbol of what's possible when communities come together. While we anticipate a few gardeners may transition out during the upcoming application process, we are confident that, with ongoing outreach and engagement, we will continue to fill garden plots and welcome new members into our growing community. With ongoing collaboration and care, we look forward to an even more fruitful year ahead.



CONTRA COSTA COUNTY

1025 ESCOBAR STREET MARTINEZ, CA 94553

Staff Report

File #: 25-5211 Agenda Date: 12/9/2025 Agenda #: 8.

Advisory Board: LOS MEDANOS HEALTH ADVISORY COMMITTEE

Subject: RECEIVE the 2025-2027 Los Medanos Health Area Grant Program Report

Presenter: Ernesto De La Torre

Contact: Ernesto.delatorre@cchealth.org

Information:

For the 2025-2027 Los Medanos Health Area Grant Cycle award letters were sent to all 30 agencies who were approved by the Board of Supervisors. Five of those agencies have contracts which have the option to be renewed, 3/5 have chosen to renew rather than initiate a new contract. The award acceptance deadline was 12/1/25, and all awards were accepted.

Staff has started to schedule meetings with each agency to finalize service deliverables and contracts. Meetings with agencies are scheduled to begin on Monday, December 8, 2025. The contract terms are tentatively set for January 1, 2026 to December 31, 2027. During contract meetings, staff will work with each agency to finalize service deliverables and prepare contracts. There will be a mandatory fiscal training will also be held to support agencies in accurately completing financial forms, which will help streamline processing, strengthen fiscal accountability, and promote transparency. These efforts are part of a broader strategy to support sustainable grant management and build agency capacity. transparency around Contra Costa Health financial processes. These efforts are part of a broader strategy to support sustainable grant management and build agency capacity.

Agencies may request payment terms that include an option for advanced payments. The maximum monthly advance payment is 1/24 of the entire award. All receipts and payment verification must be submitted and approved prior to a new monthly request for advance payment. Standard terms are to submit demands for reimbursement on a monthly basis. Agencies have the option to seek advance payment or use standard reimbursement process.

Progress reports will be expected twice per year. Staff will coordinate site or event visits with Advisory Committee members as appropriate.

Recommendation(s)/Next Step(s):

Receive the 2025-2027 Los Medanos Health Area Grant Program Report.