

# St. Mary Medical Center 2022 Community Health Implementation Strategy




Adopted July 2022



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## At-a-Glance Summary

<p><b>Community Served</b></p> 	<p>Dignity Health St. Mary Medical Center serves the cities of Long Beach and Bellflower in Los Angeles County. Long Beach is the seventh most populated city in California with a total population of 553,667. The hospital service area is located in Service Planning Area (SPA) 8 in Los Angeles County.</p>
<p><b>Significant Community Health Needs Being Addressed</b></p> 	<p>The significant community health needs the hospital is helping to address and that form the basis of this document were identified in the hospital's most recent Community Health Needs Assessment (CHNA). Needs being addressed by strategies and programs are:</p> <ul style="list-style-type: none"> <li>● Health care access</li> <li>● Housing and homelessness</li> <li>● Mental health</li> <li>● Preventive practices</li> <li>● Violence and injury prevention</li> </ul>
<p><b>Strategies and Programs to Address Needs</b></p> 	<p>The hospital intends to take several actions and dedicate resources to these needs, including:</p> <p><i>Health Care Access</i>          Financial assistance          Families in Good Health          Low Vision Center          CARE Program          Community grants program</p> <p><i>Housing and Homelessness</i>          Community grants program</p> <p><i>Mental Health</i>          CARE Program          Mental Health First Aid program          Community grants program</p> <p><i>Preventive Practices</i>          Bazzeni Wellness Center          Mobile Care Unit          Families in Good Health          CARE Program          Every Woman Counts          Food Systems Advisory Committee          Community grants program</p> <p><i>Violence and Injury Prevention</i>          Violence and Human Trafficking Prevention and Response Team          Families in Good Health          Community grants program</p>
<p><b>Anticipated Impact</b></p>	<p>The anticipated impact of these strategies and programs include:</p> <ul style="list-style-type: none"> <li>● Increased access to health care and reduced barriers to care.</li> </ul>



- Improved coordination of services for persons experiencing homelessness.
- Increased availability of mental health services in community settings.
- Increased fulfillment of preventive care recommendations.
- Increased prevention and treatment of chronic diseases.
- Reduced community violence and decreased injuries.
- Increased access to needed services and resources through collaboration with community partners.

### Planned Collaboration



Key community partners include (partial listing):

- Community health centers
- Faith-based organizations
- Housing and homeless services
- Long Beach city agencies, including public health
- Los Angeles County agencies
- Mental health agencies
- Organizations serving LGBTQ populations
- Public safety agencies
- Regional collaboratives
- Schools and school districts
- Senior centers and service agencies
- Youth organizations

This document is publicly available online at the hospital's website. Written comments on this report can be submitted to the St. Mary Medical Center Community Health Office, 1050 Linden Avenue, Long Beach, CA 90813. To send comments or questions about this report, please email Kit Katz, Director, Community Health at [Kit.Katz@DignityHealth.org](mailto:Kit.Katz@DignityHealth.org).

## Our Hospital and the Community Served

### About the Hospital

St. Mary Medical Center is a part of CommonSpirit Health, one of the largest nonprofit health systems in the U.S., with more than 1,000 care sites in 21 states coast to coast, serving 20 million patients in big cities and small towns across America.

St. Mary Medical Center is located at 1050 Linden Avenue, Long Beach, California, 90813. It has served the Long Beach community for 98 years. The hospital facility is licensed for 398 beds. We have clinics on campus for children, pregnant women, families and seniors, plus specialty care clinics. St. Mary Medical Center is a designated Baby-Friendly® hospital. We are also a Certified Advanced Primary Stroke Center and an LA County-designated STEMI Receiving Center. The CARE Clinic is a Pre-Exposure Prophylaxis (PrEP) Center of Excellence, which helps meet the needs of those affected or at risk of HIV in our community through treatment, education and support.

### Our Mission

The hospital's dedication to assessing significant community health needs and helping to address them in conjunction with the community is in keeping with its mission. As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

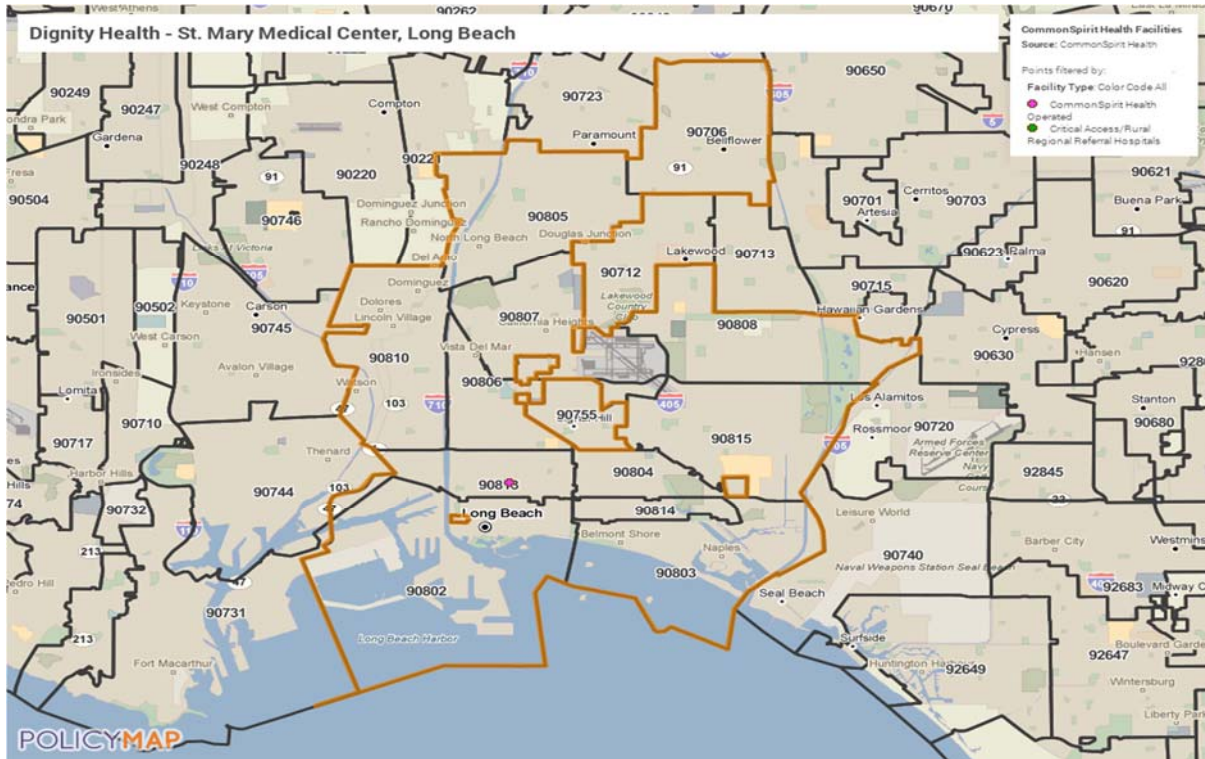
### Financial Assistance for Medically Necessary Care

It is the policy of CommonSpirit Health to provide, without discrimination, emergency medical care and medically necessary care in CommonSpirit hospital facilities to all patients, without regard to a patient's financial ability to pay. This hospital has a financial assistance policy that describes the assistance provided to patients for whom it would be a financial hardship to fully pay the expected out-of-pocket expenses for such care, and who meet the eligibility criteria for such assistance. The financial assistance policy, a plain language summary and related materials are available in multiple languages on the hospital's website.



### Description of the Community Served

The hospital serves 12 ZIP Codes in 2 cities, 11 of which are located in the City of Long Beach in Los Angeles County. A summary description of the community is provided below, and additional details can be found in the CHNA report online.



The population of the St. Mary Medical Center service area is 553,667. Children and youth, ages 0-17, make up 22.8% of the population, 65.8% are adults, ages 18-64, and 11.4% of the population are seniors, ages 65 and older. The largest portion of the population in the service area identifies as Hispanic/Latino (44.8%), 26.2% of the population identifies as White/Caucasian, 12.7% are Asian, and 12.2% are Black/African American. 2.7% of the population identifies as multiracial (two-or-more races), 0.8% as Native Hawaiian/Pacific Islander, and 0.3% as American Indian/Alaskan Native.

Among the residents in the service area, 16.1% are at or below 100% of the federal poverty level (FPL) and 37.1% are at 200% of FPL or below. Those who spend more than 30% of their income on housing are said to be “cost burdened.” In the service area, 46.9% of owner and renter-occupied households spend 30% or more of their income on housing. Educational attainment is a key driver of health. In the hospital service area, 20.4% of adults, ages 25 and older, lack a high school diploma, which is higher than the state rate (16.7%). 29.2% of area adults have a Bachelor’s or higher degree.

## Community Assessment and Significant Needs

The health issues that form the basis of the hospital’s community health Implementation Strategy and programs were identified in the most recent CHNA report, which was adopted in May 2022. The CHNA contains several key elements, including:

- Description of the assessed community served by the hospital
- Description of assessment processes and methods
- Presentation of data, information and findings, including significant community health needs

- Community resources potentially available to help address identified needs
- Discussion of impacts of actions taken by the hospital since the preceding CHNA

Additional details about the needs assessment process and findings can be found in the CHNA report, which is publicly available on the hospital’s website or upon request from the hospital, using the contact information in the At-a-Glance Summary (page 4).

### Significant Health Needs

The CHNA identified the significant community needs, which are briefly described in the table below. The table also indicates which needs the hospital intends to address in its Implementation Strategy. Identified needs may include specific health conditions, behaviors and health care services, and also health-related social needs that have an impact on health and well-being.

Significant Health Need	Description	Intend to Address?
Access to health care	Access to health care refers to the availability of primary care, specialty care, vision care and dental care services. Health insurance coverage is considered a key component to ensure access to health care. Barriers to care can include lack of transportation, language and cultural issues.	X
Chronic diseases *	A chronic disease or condition usually lasts for three months or longer and may get worse over time. Chronic diseases can usually be controlled but not always cured. The most common types of chronic diseases are cancer, heart disease, stroke, diabetes, and arthritis.	X
COVID-19 *	The Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. In the U.S., over one million persons have died as a result of contracting COVID.	X
Economic insecurity	Economic insecurity is correlated with poor health outcomes. Persons with low incomes are more likely to have difficulty accessing health care, have poor-quality health care, and seek health care less often.	
Education	Educational attainment is a key driver of health. Low educational attainment is associated with self-reported poor health, shorter life expectancy, and higher rates of death, disease and disability.	

<b>Significant Health Need</b>	<b>Description</b>	<b>Intend to Address?</b>
Food insecurity *	The USDA defines food insecurity as limited or uncertain availability of nutritionally adequate foods or an uncertain ability to acquire foods in socially-acceptable ways.	X
Housing and homelessness	Homelessness is known as a state of being unhoused or unsheltered and is the condition of lacking stable, safe, and adequate housing.	X
Mental health	Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.	X
Overweight and obesity	Overweight and obesity are common conditions that are defined as the increase in size and amount of fat cells in the body. Obesity is a chronic health condition that raises the risk for heart disease and is linked to many other health problems, including type 2 diabetes and cancer.	
Pregnancy and birth outcomes	Poor pregnancy and birth outcomes include low birthweight, preterm births and infant mortality. These are associated with late or no prenatal care, unplanned pregnancy, cigarette smoking, alcohol and other drug use, being HIV positive, obesity, maternal age, and poor nutrition.	
Preventive practices	Preventive practices refer to health maintenance activities that help to prevent disease. For example, vaccines, routine health screenings (mammogram, colonoscopy, Pap smear) and injury prevention are preventive practices.	X
Substance use	Substance use is the use of tobacco products, illegal drugs or prescription or over-the-counter drugs or alcohol. Excessive use of these substances, or use for purposes other than those for which they are meant to be used, can lead to physical, social or emotional harm.	
Violence and injury	Violent crimes include homicide, rape, robbery and assault. Property crimes include burglary, larceny and motor vehicle theft. Injuries are caused by accidents, falls, hits, and weapons, among other causes.	X

\* These significant needs will be addressed within the scope of the Preventive Practices need.

**Significant Needs the Hospital Does Not Intend to Address**

Taking existing hospital and community resources into consideration, St. Mary Medical Center will not directly address economic insecurity, education, overweight and obesity, pregnancy and birth outcomes, and substance use as priority health needs. Knowing that there are not sufficient resources to address all



the community health needs, St. Mary Medical Center chose to concentrate on those health needs that can most effectively be addressed given the organization's areas of focus and expertise. The hospital has insufficient resources to effectively address all the identified needs and, in some cases, the needs are currently addressed by others in the community.

## 2022 Implementation Strategy

This section presents strategies and program activities the hospital intends to deliver, fund or collaborate with others to address significant community health needs over the next three years, including resources for and anticipated impacts of these activities.

Planned activities are consistent with current significant needs and the hospital’s mission and capabilities. The hospital may amend the plan as circumstances warrant, such as changes in community needs or resources to address them.

### Creating the Implementation Strategy

The hospital is dedicated to improving community health and delivering community benefit with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.



The following criteria were used by the hospital to determine the significant health needs St. Mary Medical Center will address in the Implementation Strategy:

- Existing Infrastructure: There are programs, systems, staff and support resources in place to address the issue.
- Established Relationships: There are established relationships with community partners to address the issue.
- Ongoing Investment: Existing resources are committed to the issue. Staff time and financial resources for this issue are counted as part of our community benefit effort.
- Focus Area: The hospital has acknowledged competencies and expertise to address the issue and the issue fits with the organizational mission.

St. Mary Medical Center engaged hospital leaders and the Community Health Advisory Committee to examine the identified health needs according to these criteria. The CHNA served as the resource document for the review of health needs as it provided statistical data on the severity of issues and also included community input on the health needs. As well, the community prioritization of the needs was taken into consideration. As a result of the review of needs and application of the above criteria, St. Mary Medical Center chose to focus on: chronic disease, health care access, housing and homelessness, mental health, preventive practices and violence and injury prevention.

For each health need the hospital plans to address, the Implementation Strategy describes: actions the hospital intends to take, including programs and resources it plans to commit, anticipated impacts of these actions, and planned collaboration between the hospital and other organizations. In most cases, the strategies identified to address the selected needs are based on existing programs that have evidence of success. For some strategies, St. Mary Medical Center is part of a larger collaborative initiative.

## Community Health Strategic Objectives

The hospital believes that program activities to help address significant community health needs should reflect a strategic use of resources and engagement of participants inside and outside of the health care delivery system.

CommonSpirit Health has established four core strategic objectives for community health improvement activities. These objectives help to ensure that our program activities address strategic aims while meeting locally-identified needs.



Advance  
Community  
Health  
Alignment and  
Integration

Create robust alignment with multiple departments and programmatic integration with relevant strategic initiatives to optimize system resources for advancing community health.



Expand Clinical  
- Community  
Partnerships  
and Linkages

Scale initiatives that complement conventional care to be proactive and community-centered, and strengthen the connection between clinical care and social health.



Build Capacity  
for More  
Equitable  
Communities


Work with community members and agency partners to strengthen the capacity and resiliency of local ecosystems of health, public health, and social services.





Inspire,  
Innovate  
and Scale  
High Impact  
Initiatives

Partner, invest in and catalyze the expansion of evidence-based programs and innovative solutions that improve community health and well-being.

## Strategies and Program Activities by Health Need

 <b>Health Need: Health Care Access</b>					
<b>Anticipated Impact (Goal)</b>	The hospital's initiatives to address access to care are anticipated to result in: increased access to health care for the medically underserved, reduced barriers to care, and increased availability and access to primary and specialty care services.				
<b>Strategy or Program</b>	<b>Summary Description</b>	<b>Strategic Objectives</b>			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Financial assistance for the uninsured or underinsured	St. Mary Medical Center provides financial assistance to those who have health care needs and are uninsured, underinsured, ineligible for a government program or otherwise unable to pay.	X			
Families in Good Health (FiGH)	Families in Good Health is a multilingual, multicultural health and social education program for the Southeast Asian, Latino and other communities in Long Beach. Its mission is to help the community make informed choices and gain access needed health and social resources.	X	X	X	
CARE (Comprehensive AIDS Resource and Education) Program	The CARE program is a multidisciplinary HIV care and support project, based on the campus of St. Mary Medical Center. Clients of the CARE program receive integrated high quality medical, dental, health, and psychosocial services to a heavily impacted population of low-income men, women, and children living with HIV and for those at high risk for acquiring HIV.	X	X	X	X

 <b>Health Need: Health Care Access</b>					
Low Vision Center	Provides no cost vision screening, optical aids, education and referrals for persons with limited vision.		X		
Community grants program	Offers grants to nonprofit community organizations that provide health care access programs and services.			X	
<b>Planned Resources</b>	The hospital will provide health care providers, dental care providers, vision care providers, enrollment counselors, community health educators, case managers, philanthropic cash grants, outreach communications, and program management support for these initiatives.				
<b>Planned Collaborators</b>	Key partners include: community clinics, the Welcome Baby Program, community-based organizations, the LGBTQ Center, schools and school districts, faith groups, public health and city agencies.				

 <b>Health Need: Housing and Homelessness</b>					
<b>Anticipated Impact (Goal)</b>	The hospital’s initiative to address housing and homelessness are anticipated to result in: improved health care delivery to persons experiencing homelessness and increased access to community-based services for persons experiencing homelessness.				
<b>Strategy or Program</b>	<b>Summary Description</b>	<b>Strategic Objectives</b>			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Community grants program	Offers grants to nonprofit community organizations that provide housing and homelessness programs and services.			X	
<b>Planned Resources</b>	The hospital will provide philanthropic cash grants and outreach communications for this initiative.				
<b>Planned Collaborators</b>	Key partners include: housing developers, city agencies, funders, faith community, community clinics, community-based organizations, and housing agencies.				



## Health Need: Mental Health


<b>Anticipated Impact (Goal)</b>	The hospital's initiatives to address mental health are anticipated to result in: increased access to mental health services in the community, and improved screening and identification of mental health needs.				
Strategy or Program	Summary Description	Strategic Objectives			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
CARE (Comprehensive AIDS Resource and Education) Program	The CARE program is a multidisciplinary HIV care and support project, based on the campus of St. Mary Medical Center. Clients of the CARE program receive integrated high quality medical, dental, health, and psychosocial services to a heavily impacted population of low-income men, women, and children living with HIV and for those at high risk for acquiring HIV.	X	X	X	X
Mental Health First Aid Program	Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. The hospital will offer this program in the community.	X	X	X	X
Community grants program	Offers grants to nonprofit community organizations that provide mental health programs and services.			X	
<b>Planned Resources</b>	The hospital will provide mental health care providers, care managers, social workers, philanthropic cash grants, outreach communications, and program management support for these initiatives.				
<b>Planned Collaborators</b>	Key partners include: schools and school districts, community-based organizations, the UniHealth Foundation, Dignity Health Southern California Hospitals, law enforcement, and regional collaboratives that seek to support mental health and case management needs.				



**Health Need: Preventive Practices  
(Including Chronic Disease, COVID-19 Prevention and Food Insecurity)**

<p><b>Anticipated Impact (Goal)</b></p>	<p>The hospital’s initiatives to address prevention are anticipated to result in: increased access to preventive care services in the community, increased identification and treatment of chronic diseases, and increased compliance with preventive care and disease prevention recommendations (screenings, vaccines, and life style and behavior changes).</p>				
<p><b>Strategy or Program</b></p>	<p><b>Summary Description</b></p>	<p><b>Strategic Objectives</b></p>			
		<p>Alignment &amp; Integration</p>	<p>Clinical - Community Linkages</p>	<p>Capacity for Equitable Communities</p>	<p>Innovation &amp; Impact</p>
<p>Families in Good Health (FiGH)</p>	<p>FiGH is committed to providing outreach and education to vulnerable populations in Long Beach where the pandemic has had a detrimental impact. FiGH Community Health Workers (CHW) will provide education at community events in North and east Long Beach. In addition, FiGH will provides PPE and at-home tests to clients and community members CHWs will make appointments for community members to get COVID-19 vaccines. FiGH will provide COVID-19 workshops in English, Khmer, and Spanish.</p> <p>FiGH also offers disease management programs.</p>		<p>X</p>	<p>X</p>	<p>X</p>
<p>CARE (Comprehensive AIDS Resource and Education) Program</p>	<p>The CARE program is a multidisciplinary HIV care and support project, based on the campus of St. Mary Medical Center. Clients of the CARE program receive integrated high quality medical, dental, health, and psychosocial services to a heavily impacted population of low-income men, women, and children living with HIV and for those at high risk for acquiring HIV.</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>X</p>



 <b>Health Need: Preventive Practices (Including Chronic Disease, COVID-19 Prevention and Food Insecurity)</b>					
Bazzeni Wellness Center	The Bazzeni Wellness Center provides health education, health screenings and chronic disease prevention services.		X		
Every Woman Counts	Mammogram services are provided to underserved women who are older than age of 40 and cervical screenings for women ages 21 and older.		X		
Mobile Care Unit	The mobile van provides health care screenings, education and outreach to communities at high-risk of negative health outcomes.		X		
Food Systems Advisory Committee	Participate in CommonSpirit systemwide committee to address food insecurity issues in the community, including reducing barriers to accessing healthy food.	X	X		
Community grants program	Offers grants to nonprofit community organizations that provide preventive care and chronic disease-focused programs and services.			X	
<b>Planned Resources</b>	The hospital will provide health care providers, health educators, philanthropic cash grants, outreach communications, and program management support for these initiatives.				
<b>Planned Collaborators</b>	Key partners include: public health, youth organization, faith community, LGBTQ community, community clinics, senior centers and community-based organizations.				



**Health Need: Violence and Injury Prevention**

<b>Anticipated Impact (Goal)</b>	The hospital’s initiative to address violence and injury prevention are anticipated to result in: increased access to programs in the community that focus on reduced violence and injury prevention.				
<b>Strategy or Program</b>	<b>Summary Description</b>	<b>Strategic Objectives</b>			
		Alignment & Integration	Clinical - Community Linkages	Capacity for Equitable Communities	Innovation & Impact
Families in Good Health (FiGH)	Families in Good Health is a multilingual, multicultural health and social education program for the Southeast Asian, Latino and other communities in Long Beach. FiGH will explore ways to provide community outreach and education to address violence and injury prevention.		X	X	
Violence and Human Trafficking Prevention and Response Team	Provides education to assist providers and staff to identify patients who may be impacted by abuse, neglect, or violence, including human trafficking. Guide caregivers to provide victim assistance in a trauma-informed manner.	X	X	X	X
Community grants program	Offers grants to nonprofit community organizations that provide violence and injury prevention programs and services.			X	
<b>Planned Resources</b>	The hospital will provide philanthropic cash grants and outreach communications in support of this initiative.				
<b>Planned Collaborators</b>	Key partners include: community-based organizations, faith community, public safety agencies, city agencies, schools and school districts, and youth organizations.				

## Program Highlights

### The CARE Center

The CARE Center at Dignity Health - St. Mary Medical Center was founded at the rise of the AIDS crisis in 1986. CARE provides comprehensive HIV treatment, PrEP & PEP, social services, and dental care to our community, regardless of ability to pay.

#### HIV Medical and Support Services

- HIV and STI testing
- Specialty HIV medical care
- AIDS drug assistance (ADAP)
- Health Insurance Premium Assistance (OA-HIPP)
- Benefits counseling and housing assistance
- Food and nutritional services
- Hepatitis C screening and treatment
- Case managers from the comfort of your home
- Medical care coordination

#### PrEP and PEP Services

CARE is recognized by the Los Angeles County Board of Supervisors as a Pre-Exposure Prophylaxis (PrEP) Center of Excellence. PrEP is a once-daily pill that can prevent you from contracting HIV. PEP (post-exposure prophylaxis) can prevent HIV infection if you've had a recent exposure to HIV and are not currently on PrEP. PEP is an emergency medicine that must be taken within 3 days of HIV exposure.

#### Dental Services

CARE Dental Services include comprehensive dental care (hygiene, white fillings, crowns, bridges, partial and full dentures and more). CARE has a multi-lingual staff, 2 full time dentists, 1 hygienist and 4 treatment rooms.

#### Behavioral Health

The CARE Program offers individual, partner and relational therapy for you and your loved ones. Your behavioral health is a very important part of staying healthy. It affects how you think, feel and behave. It also can determine how you handle stress, relate to others, and make important choices. You are not alone. We also offer various support groups where you can receive compassionate care.

#### CARE Center Resources

At Dignity Health, all patients should expect to be treated with courtesy and respect and receive the highest level of care. We support the health of all patients regardless of sexual orientation or gender identity and expression.

We understand the unique health needs of the LGBTQ community, and we work hard to ensure that patients receive quality, inclusive, culturally competent care.

- CARE Support Groups & Classes
- The LGBTQ Center Long Beach Social & Support Groups

- The LGBTQ Center Long Beach Health Services
- APLA Support: Healthy Him, AAGMHI, Trans Connections
- APLA Long Beach Transgender Health Services
- Los Angeles LGBT Center Transgender Services
- AIDS Walk Long Beach
- Donate to CARE
- Volunteer for CARE

### **Families in Good Health**

Families in Good Health is a multilingual, multicultural health and social education program for the Southeast Asian, Latino and other communities in Long Beach.

### **COVID-19 Prevention**

Community Health Workers will provide outreach and education to increase COVID-19 vaccinations.

### **Educated Men with Meaningful Messages (EM3)**

Educated Men with Meaningful Messages (EM3) is a advocacy and health education program for youth 14-19 years old. EM3 offers culturally competent mentoring, career exploration, cultural activities, community engagement, leadership training, and healthy relationship workshops. EM3 works to reduce teenage pregnancy by involving young men in health education, training, outreach and advocacy with their peers and community. EM3 also hosts a youth camping retreat every summer. The program has provided guidance and direction to thousands of at-risk multi-ethnic youth.

### **Welcome Baby Program**

The Welcome Baby program, funded by First 5 Los Angeles, is available to all pregnant women residing in LA County. Welcome Baby is a free, voluntary home visitation program available to expectant parents and parents with newborns as they navigate early parenthood.

### **Healthy Families America**

Healthy Families America (HFA) is an evidence-based, nationally recognized home visiting program model. HFA is designated to work with expectant mothers through the journey of pregnancy, continuing up to 3-5 years after the baby's birth. HFA is rooted in the belief that early, nurturing relationships are the foundation for life-long healthy development. Family Support Specialists enrich the family dynamic by providing education and support in the home. HFA is funded by the Department of Public Health, First 5 Los Angeles, and the Department of Social Services. Families can enroll in the HFA program via self-referral, community referral, or after delivery in the hospital. Expectant and new mothers who voluntarily enroll in the program will have a Family Support Specialist assigned to provide individualized services based on each family's needs.

### **Infant Massage Workshops**

The Infant Massage Workshops promote nurturing touch through training and education. Workshops enhance bonding, assist parents with understanding non-verbal cues, and encourage healthy sleep patterns. Additional benefits include improved immune system and relief from colic or constipation.

Workshops are intended for infants two to eight months old. A certificate of participation will be provided at the fifth session.

### **Parenting Workshops**

Families in Good Health offers the Nurturing Parenting Programs Workshops. The Nurturing Parenting Program (NPP) is an evidence-based program that focuses and builds protective factors. NPP promotes parental resilience, social connections, child development, and children's social-emotional competence. The workshops will help empower parents with new knowledge, beliefs, strategies, and skills to make healthy lifestyle choices. The goal is to prevent child abuse and neglect. The workshops are held once a week for ten weeks. All workshops are FREE of cost, first come, first serve. Childcare will be provided and parking validated.

**Los Angeles Tobacco Prevention Network (LATPN)** is funded through the California Tobacco Control Program (CTCP) to support smoke-free ordinance in the state. LATPN goal is to help eliminate the tobacco epidemic for all population groups and to ensure health equity that all people have full and equal access to opportunities that enable them to lead healthy lives. Currently LATPN youth leaders are working with community coalitions to support smoke-free policies such as smoke-free multi-unit housing, and smoke-free outdoor dining policies in the South Bay and San Gabriel Valley. LATPN is currently working with Advocates Invested in Restoring the Environment (AIRE). They are a community-based coalition that focus on empowering youth and community leaders to become advocates for a smoke-free environment. Members of the AIRE coalition learn about the overall impact the tobacco industry has in our community.

**Community Wellness Program (CWP)** – Cambodian refugees, who are now older adults faced the “Killing Fields” genocide firsthand from 1975-1979 and were, virtually without exception, left traumatized by their experience and its aftermath. CWP promotes wellness in the Long Beach Asian Pacific Islander Community by providing culturally and linguistically appropriate prevention and intervention services. CWP conducts workshops on physical and mental health, support groups, and wellness activities.

**Benefits Enrollment Center (BEC)** – BEC assists and links low-income Medicare eligible seniors and persons with disabilities to identify available benefit programs. Available programs include Medicare Part D Extra Help (or Low-Income Subsidy), Medicare Savings Programs, Supplemental Nutrition Assistance Program and Low-Income Home Energy Assistance.

**Covered California** – Certified Enrollment Counselors provide free enrollment assistance for Covered California and Medi-Cal health coverage.

**Oral Health** – The Oral Health project was implemented to provide outreach and education on the value of oral health and to share information on the available oral health coverage programs, including the restoration of adult dental benefits in Medi-Cal. Oral Health organizations in California also advocate for comprehensive, affordable, and quality oral health care for AANHPIs (Asian American, Native Hawaiian, and Pacific Islander).