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**Board of Directors
COMMUNITY HEALTH INVESTMENT COMMITTEE MEETING
Monday, October 6, 2025
5:00 - 6:30 PM**

A G E N D A

1. Call to Order

2. Review & Approval of Minutes: July 21, 2025 Pg. 1-14

3. Impact Partners Program: Stanford Teen Van

4. Community Grants Program: Letters of Interest Pg. 15-43

- A. Review Grid & Discussion
- B. Organizations to Move Forward to Full Application Phase

5. Next Steps and Important Dates

A. Key Application Dates

- Full Grant applications due Mon., October 27 by 11:59 pm
- Committee Review period online Wed., October 30 – Wed., November 12
- Completed Reviews on Zengine By Wed., November 12 at 12Noon
- Committee in-person grant review Mon., November 17, 2025
- Board of Directors approval Thurs., December 11, 2025

B. Next Community Health Investment Committee Meeting

- Monday, November 17, 2025: Review, Discuss and Make Grant Recommendations for Board Consideration at December Board Meeting



Community Health Investment Committee

Meeting Minutes 7/21/2025

1. Call to Order: Chairman Navarro called the meeting to order at 5:02 p.m. CHIC members present were Navarro, Sanchez, Baker, Neider, Miran, Mitchell, and Martinez.

Absent: Jue

2. Welcome & Introductions

3. Impact Partners – Renewal Applications

CEO Pulido opened the meeting, welcoming everyone to the new cycle of the community health investment portfolio, which includes renewals for Community Grants and Impact Partners. The agenda was outlined, noting that Impact Partners would present their applications in-person or virtually. Funding is sufficient to fully support approved requests. Partners were asked to present according to established criteria, followed by a Q&A session. Afterward, they would leave the room for Committee deliberation. Decisions may be made immediately or deferred if more information is needed.

Kevin Martinez, Karrie Mitchell, Crystal Miran, and Henry Sanchez were assigned one application each to review thoroughly, and they would share additional information during the deliberation.

a. Mission Hospice & Home Care

Presenter: Roy Barak, Chief Growth and Transformation Officer for Mission Hospice & Home Care.

Mission Hospice provides 24/7 care in a six-bed residential facility in Redwood City, offering nursing, social work, chaplaincy, physician services, and bereavement support. Over the past year, they served more than 80 patients and families, totaling about 1,000 days of care. Approximately 30 percent of these patients were from Peninsula Health Care District zip codes.

Mr. Barak shared that Mission Hospice waived \$85,000 in room and board fees for 20 percent of patients who were unable to pay. More than 95 percent of patients and families would recommend their services, which exceeds both state and national averages.

He highlighted the challenges faced by individuals without safe housing. While Medicare covers hospice care, alternatives such as hospitals, assisted living, or skilled nursing facilities often involve additional costs not covered by most insurance. Mission House was created to offer a more affordable, home-like environment rather than a traditional medical facility.

Last year, staffing changes reduced the facility's capacity to 50 percent, but those issues have since been resolved. Mission Hospice now aims to nearly double the number of patients served and significantly increase the number of patients receiving care at no cost. The organization has partnered with the District for several years and hopes to continue the collaboration.

Q & A with Roy Barak

Director Navarro asked how a recently passed piece of legislation might affect Mission Hospice's services.

Mr. Barak responded that based on their current understanding, the bill's impact appears to be limited to Medi-Cal and Medicaid, with no immediate effect expected on Medicare. He added that updated reimbursement rates would be released next month. He also noted that there was a rate cut last year, which was the first in ten years, due to wage increases leveling out across the country. Despite the reduction, Mission Hospice was able to maintain both services and staff salaries.

Karrie Mitchell asked whether the budget presented was based on operating at 50 percent capacity or full capacity.

Mr. Barak explained that the budget provided reflects historical operations. However, with current staffing levels, they are now able to support double the number of patients without costs increasing at the same rate.

Director Sanchez commented on the recently passed bill and noted that Medicare cuts have been delayed until after the midterm elections. He then asked about the projected hospice care needs in the County over the next five to ten years.

Mr. Barak acknowledged the delay in the cuts and explained that the demand for hospice care has been steadily increasing. While San Mateo County currently has a high utilization rate that may level off, the aging population across the Bay Area is expected to drive a continued rise in need. He also shared that they are developing initiatives to prepare for

anticipated shortages in nursing and home health aides, as hospice care requires a highly labor-intensive workforce.

Bryan Neider asked whether any research had been done into senior care models from countries such as Japan and Korea, considering the demographic challenges those countries are facing.

Mr. Barak responded that they currently focus on state and national best practices.

Bryan Neider added that the strong government involvement and advanced use of technology in those countries are worth examining further.

Kevin Martinez asked whether there are plans to establish additional hospice homes within the County or in other areas.

Mr. Barak responded that they are actively exploring new opportunities, with a focus on identifying donated facilities, similar to how their current hospice house was obtained.

Crystal Miran asked for clarification on the caregiver-to-patient ratio at the hospice house.

Mr. Barak explained that the total staffing includes approximately 16 individuals who rotate to provide care around the clock. There is always at least one staff member on site overnight, with additional staff available on call. He also noted that they can bring in staff from Mission Hospice's home care team when additional support is needed.

Susan Baker asked when the hospice home in Redwood City was established.

Mr. Barak estimated that the home opened approximately ten years ago and noted that Mission Hospice as an organization has been in operation for about 45 years.

Motion: To approve Mission Hospice & Home Care for renewal funding.

Vote: All in favor.

Outcome: Motion approved.

b. Stanford Teen Van

Presenter: Jasan Zimmerman, Senior Director of Foundation Relations at the Lucile Packard Foundation for Children's Health

- The Teen Van provides free, comprehensive health services to youth ages 12 to 25 across the Bay Area, including three locations within the Peninsula Health Care District: the Bridge Program, Peninsula High School, and San Mateo High School.
- A public schedule is posted, and a QR code is available for students to privately schedule appointments.

- The Van helps connect patients to community-based organizations and offers essential services such as vaccinations, including catch-up immunizations for newcomer immigrant youth. The program prioritizes meeting patients where they are, both physically and emotionally.
- Established in 1996, the Teen Van was the first mobile medical unit serving teens and young adults west of the Mississippi River.
- The program operates on the belief that all youth deserve access to mental, behavioral, physical, reproductive, and nutritional healthcare, free of cost, stigma, or barriers.
- Services are delivered holistically, considering factors such as food security, home life, and school environment.
- The Teen Van serves over 200 students annually at sites within the District. Sixty-five percent of patients are uninsured, and 96 percent fall below 200 percent of the federal poverty level. For many, the Van is their only access point to healthcare.
- The Van acts as a bridge, connecting youth to more permanent clinics or care providers when appropriate. It is estimated that for every dollar invested, ten dollars are saved through early treatment and prevention, primarily by avoiding unnecessary emergency room visits.
- Goals for the next three years include continuing to provide comprehensive, accessible healthcare to underserved youth, especially those who may not feel comfortable in traditional healthcare settings. The team plans to continue incorporating community feedback to provide responsive, holistic care.

Q & A with Jasan Zimmerman

Crystal Miran asked how appointments are managed in a way that reduces stigma, particularly for reproductive or mental health services.

Mr. Zimmerman explained that students typically arrive just before their scheduled appointments and are taken directly into the Van, which helps avoid the experience of sitting in a public waiting area. In addition, the availability of a QR code for self-scheduling allows students to make appointments privately without having to go through school administrators. He added that the Teen Van's nearly 30-year presence in the community has normalized its use among youth, making "going to the Van" an accepted and stigma-free experience.

CEO Pulido commented that during a site visit, youth were seen waiting comfortably outside the Van, which reflects the level of trust the program has built in the community.

Bryan Neider asked about the overall budget of the Lucile Packard Foundation and the cost to operate the Teen Van.

Mr. Zimmerman stated that the Teen Van operates on a budget of just over \$1 million per year, which is fully supported by the Foundation's fundraising activities. This includes funding from corporate relations, major gifts, annual giving, and the work of auxiliaries. The auxiliaries also contribute by creating hygiene kits and maintaining an endowment that supports the Van. He emphasized that the Van is a high priority for the Foundation due to its impact on health equity and accessibility.

Bryan Neider followed up by asking about the current status of the endowment and how investment gains are used to fund programs. He noted that in 2022, the Teen Van represented approximately 0.5 percent of the Foundation's total program budget.

Mr. Zimmerman clarified that the hospital's main endowment is restricted and does not support the Van. However, the auxiliary's dedicated endowment for the Van is currently between \$1 million and \$2 million. Approximately five percent of that endowment is used annually, with the remainder of the Van's operating budget raised each year through the Foundation's fundraising efforts.

Decision: The Committee deliberated and agreed to revisit this item at a future meeting for further discussion and consideration.

c. AgeUp, Inc.

Presenter: Elyse Brummer, Executive Director of AgeUp.

AgeUp, formerly Ombudsman Services of San Mateo County, is a nonprofit celebrating its 25th anniversary and recently expanded its programming along with a name change. Its core federally and state-mandated Ombudsman program, active for over 50 years, advocates for residents in long-term care facilities, including adults aged 18–59 with developmental or physical disabilities.

The Peninsula Health Care District funds one full-time staff member. AgeUp now operates with about eight full-time staff and 35 volunteers.

Program Expansion Overview:

- **Phone Buddy and Friendly Visitor Program:** This is an extension of the Ombudsman program, designed to provide emotional and social support to residents through regular check-ins and in-person companionship.

- **Dementia-Friendly Movie Program:** In partnership with the Fox Theater in Redwood City and four additional nonprofit organizations, AgeUp offers a movie-going experience tailored to individuals living with dementia.
- **Kindness Crew:** This newly launched program was inspired by a ride-along with the Mayor of Burlingame. It mobilizes volunteers from the community, including Girl Scout troops, school groups, and Rotary clubs, to deliver arts and crafts activities, bingo, current events discussions, piano recitals, and other forms of engagement. The focus is on meeting the psychosocial needs of residents, particularly those in Medi-Cal-supported facilities. The goal is to grow this effort to include hundreds of volunteers.
- **Healthcare Directives Program:** This initiative includes training and educational programs offered to faith communities and first responders, with the aim of better preparing individuals for long-term care and cognitive changes.
- These new initiatives represent a broadening of AgeUp's mission beyond its core Ombudsman services, with a continued focus on the dignity, rights, and overall well-being of residents in long-term care.

Q & A with Elyse Brummer

Kevin Martinez acknowledged the significant growth and expansion of AgeUp's programming and inquired about the stability of resources needed to support this level of growth, particularly with the onboarding of supervisory staff and commitments to program delivery.

Ms. Brummer shared that her new role as Executive Director allows her to focus on expansion. AgeUp has hired an experienced Director of Ombudsman Services from San Francisco and a program director committed for two years. A grant from Sequoia Health Care District and a recent bequest are supporting program growth and rebranding. The organization is launching a volunteer portal, "Volunteer Matters," and plans to expand its volunteer base from 32–35 to 50 to support new programs. Ms. Brummer noted they do not feel overextended, have full board support, and are prepared to use reserves if needed. While potential federal cuts to Ombudsman services are a concern, they have secured funding commitments and are confident in their sustainability through state support and advocacy.

Bryan Neider asked about the impact of the County's growing aging population and whether their contract with San Mateo County reflects the increased need.

Ms. Brummer responded that the County's Aging and Disability Services department is highly supportive of the expansion, recognizing existing gaps in services for older adults.

The County has provided an additional \$200,000 in funding last year and again this year. Although AgeUp lost Measure K funding last year, advocacy efforts were successful in restoring full funding for the next two years. Ms. Brummer expressed confidence in the organization's financial position for the foreseeable future and its ability to adapt as needed.

Bryan Neider also asked whether staff and volunteers are seeing more mental health concerns among residents, particularly those related to isolation and anxiety.

Ms. Brummer confirmed an increase in anxiety-related issues and concerns such as potential evictions among residents. She emphasized the high level of unmet mental health needs, particularly in light of the limited availability of geriatric psychiatric units in San Mateo County. As a result, skilled nursing facilities are often left to manage complex psychiatric issues without appropriate resources. She noted that residents' psychosocial needs are not being adequately addressed. Committee members who have participated in ride-alongs with AgeUp staff witnessed firsthand the serious conditions many residents face.

Motion: To approve AgeUp for renewal funding.

Vote: All in favor.

Outcome: Motion approved.

d. Samaritan House

Presenters: Dr. Baldeep Singh, Medical Director, and Alec Raffin, Chief Operating Officer of Samaritan House.

Samaritan House clinics have been in operation for 35 years and have steadily expanded their services. They now offer medical, dental, and behavioral health services. In the past three years, new staff additions have allowed them to further expand their offerings.

Service Overview:

Dental Services: The dental team includes one full-time dentist, one part-time dental director, one hygienist, and two dental technicians. The San Mateo clinic specifically has one dental technician and one full-time hygienist. They also work with 11 dental volunteers. Despite these resources, demand for dental services remains extremely high.

Behavioral Health: There has been strong progress in increasing behavioral health capacity. The team includes one full-time therapist and interns. Due to high patient demand, they are currently recruiting an additional therapist. New support groups have

been developed around topics such as stress, domestic violence, and suicidal ideation. There has also been a noted increase in male patients seeking behavioral health services.

Food Pharmacy: The program is managed by a food pharmacist and serves diabetic and pre-diabetic patients. The new clinic space includes a dedicated food pharmacy where patients can select from healthy food options.

Medical Services: The clinic employs three part-time physicians and one part-time advanced practice provider (APP), with support from 25 medical volunteers. They offer full-scope primary care and access to 15 medical sub-specialties. A diabetic eye camera, powered by artificial intelligence, has been implemented through a partnership with Stanford, allowing them to handle normal eye exams in-house and reduce the need for outside ophthalmology visits. All PAPS and mammograms are now tracked independently through their Electronic Medical Record (EMR) system.

Pharmacy Program: Samaritan House has partnered with an organization to help meet pharmacy needs. This partnership has resulted in annual savings of approximately \$1 million, particularly on insulin, and has made it possible to offer a full range of pharmacy services.

Vaccine Programs: Adult vaccine programs have expanded, with a particular focus on pneumonia vaccines. There is an effort underway to begin offering comprehensive vaccines to patients aged 50 and older, rather than waiting until age 65. However, they continue to face challenges in securing a free source for shingles vaccines.

Patient Volume: Patient visits have grown from 6,500 per year in 2022 to nearly 11,000 currently, across both clinic locations. Approximately 4,500 of those visits are at the San Mateo site. This increase is almost double the patient volume from two years ago and is attributed to the return of volunteers following the COVID-19 pandemic and improved operational efficiencies.

Financials: Clinic operating costs continue to rise, and Samaritan House remains heavily dependent on its volunteer workforce, including 25 volunteer professionals. The clinic model shifted in fiscal year 2023 with the onboarding of Dr. Singh.

Goals: Current goals include completing the full transition to their Electronic Medical Record system, which is 95 percent complete using eClinicalWorks (ECW). Other goals include hiring an additional Licensed Marriage and Family Therapist (LMFT), preparing for the anticipated increase in demand following changes to Medi-Cal eligibility (referred to as HR1), improving clinic and professional standards, maintaining a high-functioning EMR system focused on quality care, upgrading pharmacy software, and addressing specific specialty care needs.

Q & A with Baldeep Singh and Alec Raffin

Bryan Neider asked which electronic medical record system the organization is transitioning to.

Mr. Raffin confirmed they are moving to eClinicalWorks. The system was initially selected because it aligned with what the County was using at the time. Although the County has since transitioned to Epic, Samaritan House is continuing with ECW and has completed approximately 95 percent of the implementation.

Bryan Neider asked whether the organization is utilizing telehealth for mental health services.

Mr. Raffin confirmed that telehealth is widely used and strongly preferred by both patients and providers, particularly for therapy and psychiatry. This approach aligns with current behavioral health trends. He also acknowledged challenges faced by patients who are hourly wage earners and may struggle to attend in-person appointments due to time and travel constraints.

Bryan Neider suggested that the organization consider hiring licensed California mental health professionals who are now living in other states, such as Florida or Nevada, to provide remote therapy sessions. This could help address workforce shortages and offer a more cost-effective solution.

Dr. Singh noted that a mental health position has been open for the past six to nine months, including for telehealth roles. One of the main challenges is that California licensing regulations require providers to remain based in the state, which has limited their hiring options.

Director Sanchez referred to the budget (page 25 of the application) and noted that Samaritan House is requesting \$450,000 per year for the next three years, which represents an increase from the current \$330,000. He asked for clarification on the funding mix for personnel, specifically why administrative roles such as the San Mateo Clinic Manager are funded more from other sources, while medical director positions rely more heavily on District funding.

Mr. Raffin explained that administrative roles are generally supported by Samaritan House's general fund, which is made up of fundraising revenue. In contrast, medical roles are more closely tied to District funding, as they directly support clinical care.

Director Sanchez asked whether the medical directors and associate directors also see patients in the clinic.

Dr. Singh confirmed that they do and that they are, in fact, among the providers seeing the highest number of patients. This direct clinical engagement helps leadership stay closely connected to community needs and emerging challenges.

Director Sanchez asked about the projected increase in patients from 1,100 to 1,210 by 2026.

Mr. Raffin clarified that the projection included in the application was made before the end of the fiscal year. Actual numbers for the last fiscal year have come in higher than projected, and Samaritan House may submit an amendment to reflect those updated figures.

Director Sanchez asked about the organization's capacity to serve patients given current staffing levels.

Dr. Singh explained that capacity is currently constrained by the budget, specifically the ability to hire additional advanced practice providers (APPs) and physicians. Growth also depends on expanding the volunteer network. Although the number of volunteers has doubled since the COVID-19 pandemic, maintaining that growth is a challenge. Additional outside funding would likely be needed to expand APP staffing.

Bryan Neider inquired about funding available from the County for mental health services, particularly in light of the closure of StarVista.

Mr. Raffin shared that there is no direct County funding for Samaritan House's health clinics. While the County is actively exploring options for filling the gap left by StarVista, Samaritan House's scope of services may not fully align with those previously offered by StarVista. Nevertheless, they are committed to supporting the County's transition efforts.

Bryan Neider also asked whether Samaritan House has received any portion of County funding in the past.

Mr. Raffin clarified that Samaritan House's health clinics do not receive direct County funding. However, other programs such as their shelters and food services may receive support through County-operated services or partnerships like Second Harvest.

Bryan Neider asked how much flexibility the organization has to move funding between programs in the event of funding uncertainties.

Mr. Raffin responded that most funding is restricted and cannot be shifted freely across programs. The San Mateo Clinic, in particular, relies heavily on funds raised specifically for that site. As a result, excess funding from other areas, such as housing, typically cannot be redirected to support free health clinics.

Bryan Neider proposed a scenario in which the organization receives flat funding but is asked to use any incremental amount for innovation efforts that would make service delivery more efficient and effective over the long term, particularly in preparation for future staffing and financial challenges.

Mr. Raffin responded by emphasizing that the organization is committed to a model of continuous improvement. He highlighted initiatives such as their innovative insulin program and partnerships with Stanford as examples of creative approaches to improving care. Their focus remains on efficiency, effectiveness, and addressing the social determinants of health.

Crystal Miran asked whether there are any off-hours services or telehealth options to help patients who might otherwise rely on emergency rooms.

Dr. Singh shared that a Stanford-run free clinic currently operating will be integrated under Samaritan House, and this will allow them to offer Sunday clinic hours. He noted that telehealth for medical services has been more challenging due to insurance underwriting limitations, and they generally prefer in-person visits for comprehensive care needs such as vaccinations and blood pressure checks. However, they are considering reinstating evening hours to improve access.

Director Sanchez commented that the application was well-prepared and demonstrated a strong, multi-faceted approach to service delivery. He pointed out that the funding request represents roughly one-third of the organization's total budget, highlighting a diversified funding model. He commended the organization's focus on adult-centered services that provide significant value to the community. He stated that the request was reasonable, particularly in light of the expected growth in patient volume due to rising need. He moved to approve increasing the funding from \$330,000 to \$450,000 per year for fiscal years 26, 27, and 28.

Motion: To approve Samaritan House's funding increase to \$450,000 per year for three years (2026, 2027, 2028).

Vote: All in favor, with Committee Member Bryan Neider abstaining.

Outcome: Motion approved.

4. Approval of Minutes: March 19, 2025

Vote: All in favor, with Committee Member Kevin Martinez abstaining.

5. Review 2024-2025 Community Health Investment Fund Expenditures

a. Impact Partners Program

- b. Community Grants Program
- c. Health Workforce Tuition Assistance Program
- d. Community Support Funds - Small Grants and Sponsorships

A slide outlining available funds for next year, including a \$1 million increase, was presented. It was noted that any unused Impact Partner funds would roll over into the Community Grants Program.

Motion: To reallocate \$50,000 from the Health Workforce Tuition Assistance Program to the Community Grants Program.

Vote: All in favor.

Outcome: Motion approved.

6. 2026 Grant Cycle

- a. Community Health Investment Committee Charge
 - Appears on pages 17-18 of the CHIC packet
- b. Community Grant Program Policy, Eligibility, Funding Priorities
 - Appears on pages 19-20 of the CHIC packet
- c. 2026 Budget
 - Appears on page 21 of the CHIC packet
- d. LOI Overview and Criteria
 - Appears on pages 22-23 of the CHIC packet
- e. Committee Meeting Schedule & Work Plan

Community Health Investment Committee

2025 Meeting Schedule & Work Plan

Monday, July 21 at 5:00 pm - Meeting #1 (1.5 hours)

1. Present 2026 funding priorities – Mental and Behavioral Health Grants, Preventive Health Grants, Healthy Aging Across the Lifespan Grants
2. Review meeting schedule & work plan
3. Review programs under oversight of CHI Committee

4. Impact Partners Grant Applications & Presentations

Monday, October 6 at 5:00 pm - Meeting #2 (2 hours)

1. Review Letters of Interest (LOI) for One- and Two-year Applications
2. Determine which organizations advance to application stage

Monday, October 27 – Applications due

Wednesday, October 29 – Application review begins in Zengine

Friday, November 14 – Application review completed

Monday, November 17 at 5:00 pm - Meeting #3 (2 hours)

1. Application + materials presented by reviewer
2. Committee discussion
3. Recommendations finalized for December 11th Board meeting

Motion: To approve the packet containing the Focus Areas, Committee Charges and Schedule.

Vote: All in favor.

Outcome: Motion approved.

Updates from Previous Year's Remaining Funds

Following the \$1 million increase and the committee's recommendations for using the remaining funds (approximately \$200,000), two pilot programs were launched:

Pilot Campaign for Safe Disposal of Medications and Other Drugs in the Home:

In June, 15,000 safe disposal packets were distributed in San Mateo, identified as a high-need area based on data. The materials were available in English and Spanish and included QR codes linking to additional resources. If the campaign proves successful, it may be implemented again outside of the grants program.

LifeMoves Youth Summer Camp Program:

This program supports children experiencing homelessness by providing services focused on physical health, mental health, nutrition, and socialization. It runs from July 1st through July 31st.

Update on StarVista

StarVista will cease operations on August 1st. Although their grant funding remains intact, the District is in active discussions to evaluate the impact and help transition patients to other providers, such as allcove San Mateo. Some grantees have already requested budget adjustments due to the loss of StarVista as a service provider. The District is closely monitoring the situation and reviewing how StarVista used its grant funds over a six-month period, as the funding was originally intended to support a full year.

7. Adjournment: 7:02 PM

Organization Name - Program Title	Applicant for One or Two- Year Grant	Annual Funding Request	Award Prior Year (2023, 2024)	Primary Focus Area: *Priorities	Program Summary	Launch, Maintain, or Expand	Total Program Budget (simple)	PHCD Residents to be Served	Zip Codes - Cities Served	How Will PHCD Program Funds Be Used
AbilityPath - Pathways to Health and Wellness	Two-year, invited	\$70,000	\$60,000	Healthy Living Across the Life Span: *Health Education *Healthy Eating and Nutrition *Physical Activity *Programs that increase access to Preventative Services and Support *Socialization for Seniors	AbilityPath’s Pathways Program serves low-income adults ages 18 to 80+ with intellectual and developmental disabilities (I/DD), many with co-occurring conditions or mental health needs. The program operates weekdays at Bay Area sites, virtually, and in community settings. Its Health and Wellness curriculum addresses barriers to traditional programs by promoting healthy aging, chronic disease prevention, nutrition, fitness, mental health, and daily living skills. Certified Therapeutic Recreation Specialists lead evidence-based therapies and activities such as exercise, cooking classes, personal care training, and self-advocacy skill-building. Adults with I/DD are at heightened risk for obesity, diabetes, dementia, and early age-related decline, making tailored support essential. Pathways provides senior-specific programming for participants over 55, who currently make up 22% of those served. Offering more than 150 weekly classes and regular community-based outings, Pathways empowers adults with I/DD to adopt healthier habits, reduce preventable health risks, maintain independence, and improve their overall quality of life.	Expand	\$2,181,527	100	94010 94011 94030 94066 94401 94402 94403 94404 94497	Program expenses for the health and wellness curriculum, including supplies such as food and materials for cooking, nutrition, and wellness classes. Funds will also cover admission fees for community kitchens, fitness classes, and activity materials. Rising costs, such as a 200–300% increase in food for weekly cooking classes, have significantly impacted the annual budget. PHCD funds will contribute to staff salary and benefits related to program management and development.
Boys & Girls Club of the Peninsula - Youth Fitness and Wellness Programs	Two-year, invited	\$42,000	\$35,000	Healthy Living Across the Life Span: *Health Education *Healthy Eating and Nutrition *Physical Activity	Boys & Girls Clubs of the Peninsula’s (BGCP) Youth Fitness and Wellness Programs serve K–5 students at four Peninsula Health Care District schools: Fiesta Gardens, Lead, Sunnybrae, and San Mateo Park. Offered after school during the academic year and all day in summer, these programs ensure every student receives at least 60 minutes of physical activity daily. Students engage in fitness enrichment and learn the fundamentals of various sports like basketball and soccer while building lifelong healthy habits. BGCP’s Barry Carr Sports League provides a structured, no-cost opportunity for students to apply their skills, develop teamwork, leadership, and emotional resilience, with trained coaches, referees, equipment, and uniforms provided. Aligned with a whole-child approach, BGCP integrates academic support, fitness, nutrition, warm meals, and mental health programming. Social-emotional learning is embedded into daily activities, guided by curriculum developed by licensed clinical therapists and adapted to each age group. Mental health services are offered free, and staff receive trauma-informed care training focused on emotional regulation, relationship building, and creating safe environments. Collaborations with Child Mind Institute, NAMI of San Mateo, and Santa Clara University interns expand training and therapeutic support.	Expand	\$4,200,000	500	94066 94401 94402 94403 94404	PHCD grant funds will be used to support a portion of the salary costs for our direct service staff (youth program leaders). These staff work directly with students and deliver our fitness, enrichment, and social emotional learning curriculum across our four elementary school sites in San Mateo.

Organization Name - Program Title	Applicant for One or Two- Year Grant	Annual Funding Request	Award Prior Year (2023, 2024)	Primary Focus Area: *Priorities	Program Summary	Launch, Maintain, or Expand	Total Program Budget (simple)	PHCD Residents to be Served	Zip Codes - Cities Served	How Will PHCD Program Funds Be Used
Breathe California - Seniors Breathe Easy	Two-year, invited	\$60,000	\$40,000	Preventive Health: *Caregiver Support *Health Education *Physical Activity *Programs that increase access to Preventative Services and Support *Screening Programs	Seniors Breathe Easy delivers comprehensive health and wellness services to older adults in the PHCD region, especially those facing health inequities and environmental threats like extreme heat, wildfires, poor air quality, RSV, COVID, and chronic lung conditions. The program offers health education sessions, screenings, smoking cessation support, breathing exercises, and home visits focused on lung health, environmental risk, and fall prevention. It also provides respiratory therapy equipment to seniors in need. Services are delivered by a team of health educators, supervised interns, and professional volunteers, including physicians, under the direction of a program director. These services are offered in senior centers, homes, and community locations convenient to clients, using culturally and linguistically appropriate materials. The program aims to increase awareness of diseases like COPD, TB, and COVID, improve access to preventive care, and enhance home safety. Its evidence-based approach includes tools like the Stanford Falls Prevention Inventory, EPA environmental assessments, and behavior-change models such as the Prochaska-DiClemente Stages of Change. All programming is built on best practices and CDC health information, ensuring effective, targeted interventions.	Expand	\$85,300	2,407	94030 94066 94401 94403 94404	PHCD funds will support: 1) project-specific personnel costs for staff who outreach and coordinate with community organizations and senior centers, implement activities, and conduct the communications campaigns; 2) the development/translation, printing and/or purchase of community health education materials, health screening supplies, and respiratory therapy equipment; 3) travel expenses to provide services on-site in community; and 4) other program-related expenses such as small incentive items to increase participation in programs.
Caminar - Medication Assistance Program	Two-year, invited	\$60,000	\$55,000	Preventive Health: *Diabetes Programs (Preventive services and support) *Health Education *Healthy Eating and Nutrition *Programs that increase access to Preventative Services and Support *Senior Mental Health	CALL Primrose is a non-profit organization providing free, healthy groceries to low-income individuals and families in San Mateo County. In 2024, CALL provided direct support to roughly 75,000 individuals, distributing 110,000 bags of groceries. Our services are offered Monday through Friday from 9:30 am to 2:45 pm on a drop-in basis; anyone in need is welcome. Through our partnership with Second Harvest of Silicon Valley (SHFB) and local grocery rescue programs, and as a result of our relationships with local food wholesalers, we have access to a wide variety of grocery items, placing an emphasis on obtaining those that are nutritious and most beneficial to our clients. Our current distribution model is client-choice based with our typical daily offering consists of fresh fruits and vegetables, dairy products, meat/poultry and vegan options, as well as the staple items such as beans, rice, tuna, soup and pasta typically associated with the offering of a food pantry.	Maintain	\$120,000	25	94010 94011 94030 94066 94401 94402 94403 94404 94497	Caminar requests a two-year grant of \$120,000, \$60,000 per fiscal year, to supplement the LVN and supervising nurse salaries and to purchase mediset supplies for clients. 25 clients per year will receive services.

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Catholic Charities - Adult Day Services San Mateo	Two-year, invited	\$85,000	\$50,000	Healthy Living Across the Life Span: *Caregiver Support *Physical Activity *Senior Mental Health *Socialization for Seniors	Catholic Charities Adult Day Services, San Mateo County is a licensed program that provides safe, supervised, therapeutic care in a friendly environment for seniors and adults with disabilities who experience losses in physical function, memory, or social support. Through mentally and physically stimulating activities, the program enhances participants' quality of life and increases their independence while providing support and respite to family caregivers. The program hosts a monthly caregiver support group and a monthly Memory Cafe where newly diagnosed seniors and their care partners can connect with others sharing similar experiences. Adult Day Services is a reliable, more affordable alternative to in-home care or placement in an assisted living facility. Services provided by our San Mateo location include: Supervised activities tailored to meet the level of cognitive function for seniors and adults with disabilities. Hot nutritious lunch and snacks. Personal care assistance. Extended care in early morning or afternoon outside daily programming hours. Caregiver education, support groups, information, and referral.	Maintain	\$728,447	300	94010 94011 94030 94066 94401 94402 94403 94404 94497	These funds will help support the staffing pattern needed to serve the specific mentally, physically, or cognitively impaired population who needs to attend an adult day program to get the support and supervision they need in order to attend a community program. We will also use a portion of these funds to pay for Memory Cafe events, as well as Case Management for clients and their caregivers. Additional, Alzheimer's-specific training for staff and community will be provided to improve quality of care and client relationships to improve feedback, which facilitates future advances in services. Finally, additional outreach efforts will be undertaken to meet
Edgewood - Edgewood Kinship Support Network	Two-year, invited	\$70,000	\$35,000	Mental & Behavioral Health: *Caregiver Support *Health Education *Programs that increase access to Preventative Services and Support *Reduction of Adverse Child Events and Toxic Stress *Senior Mental Health *Socialization for Seniors	The Edgewood Kinship Support Network (Kinship) is dedicated to supporting kinship families—those in which relatives such as grandparents, aunts, uncles, or other extended family members step in to care for children when their biological parents can no longer do so. Kinship’s comprehensive offerings include: resources, information and referrals support, respite, parenting education, health-focused trainings and workshops, support groups, youth activities, school supplies, education/vocation support for Kinship teens and young adults, and nursing case management and healthcare support for older adult caregivers and any family member in need of medical assessment or mental health services. Kinship also employs Peer Partner Support Group Facilitators. Caregivers receive: 8 hours of support groups each month. Caregiver Café gatherings include one on-line, two in person, and one bi-lingual offering; 4 hours of caregiver training in two sessions each month, including guest speakers on pertinent topics and topics about which participants have expressed an interest; two significant contacts with each family every month, including one via telehealth and a one-on-one in-home consultation; 700 hours of respite care annually, usually provided in 4-hour increments and available 7-days a week.	Maintain	\$1,180,073	80	94066, 94401	A grant from PHCD will be used for Edgewood to facilitate the health trainings, workshops, and support groups that ensure the wellness of the caregivers and youth they are raising. The greater the flexibility in spending we have allows us to more effectively responded to the most acute needs of our clients that can change over the course of any year of our program.

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First 5 San Mateo County - Help Me Grow San Mateo County	Two-year, invited	\$60,000	\$60,000	Preventive Health: *Health Education *Pediatric Mental & Behavioral Health (Age 0- 12, K-7) *Programs that increase access to Preventative Services and Support *Reduction of Adverse Child Events and Toxic Stress *Screening Programs	Help Me Grow (HMG) is a national model, designed to help communities leverage existing resources to provide information on child development, link families to community-based services, identify vulnerable children, and empower families to support their children’s healthy development through the implementation of Four Core Components: • Child Health Provider Outreach supports community-based pediatricians by enhancing their developmental promotion and early detection activities for all children and families. • Family and Community Outreach promotes the HMG system, facilitates provider networking, and bolsters children’s healthy development by supporting families. • Centralized Access Point or (CAP) typically takes the form of a call center or virtual hub that serves as the “go-to” place for family members, health care providers, and others seeking information, support, and referrals for children and early development. • Data Collection and Analysis ensures ongoing capacity for continuous system improvement. Help Me Grow San Mateo County (HMG SMC) launched in 2018 with partial funding from PHCD and has been fully operational with all four components since June 2019.	Maintain	\$1,600,000	816	94010 94011 94030 94066 94401 94402 94403 94404 94497	With PHCD funding, HMG SMC will support the following activities within the District: (a) Family and Community Outreach: Augmentation of HMG CAP staff time (staffed by AbilityPath) to conduct outreach activities to promote the use of the HMG SMC system and to validate and destigmatize developmental questions and concerns (b) Child Health Care Provider Outreach: Dedicated time for AbilityPath and Stanford Children’s Health staff to build relationships, encourage screening and promote utilization of the HMG system in pediatric clinics (c) Centralized Access Point: Knowledgeable, multilingual staff will provide direct support for families contacting CAP with questions/concerns about child development or needing resources.
Foster City Village - Buddy Connection/ General Expenses/ Silver Scholarships	Two-year, invited	\$20,000	\$15,000	Healthy Living Across the Life Span: *Health Education *Healthy Eating and Nutrition *Physical Activity *Senior Mental Health *Socialization for Seniors	The Buddy Connection Program (originally titled WE CARE), is in its third year as the only specific program offered by Foster City Village. Senior isolation is considered to be the top mental health challenge for those over 60 years of age. San Mateo County has deemed it a pandemic in our neighborhoods. The Buddy Connection was developed when volunteers and board members noticed that our membership was experiencing this at a high level, particularly during and after Covid. The program matches participants who feel they have become isolated to be matched with a volunteer who becomes a friend, ;initially visits them in their homes so they become comfortable with guests, invites them to local events with other seniors for new friendships, invites and accompanies them to events or other activities in the area for socialization, education, and fitness. Per survey results from late 2024, 100% of our participants felt they had become more social, wished to continue the program, none wanted to change their Buddy, felt they had made one or more new friends through this program, and would continue to attend activities and events in Foster City.	Expand	\$40,000	100	94404	Funds will be used to expand our search for more participants and more volunteers for this specific program, consulting fees to experts for training presentations, events costs for this program specifically, expense reimbursement for buddies when taking their partner out into the community, Silver Scholarships for non-members (prospects for this program) who cannot afford the annual dues. (there is no additional charge for participating in this program from the member), and a small portion of administrative costs.

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Fresh Approach - Knowledge into Action: Expanding Nutrition and Food Access in the District	Two-year, invited	\$50,000	\$45,000	Preventive Health: *Diabetes Programs (Preventive services and support) *Health Education *Healthy Eating and Nutrition *Programs that increase access to Preventative Services and Support	1. Group-setting nutrition classes: Fresh Approach will engage eight cohorts of participants (four in English and four in Spanish) in 12-week VeggieRx nutrition and cooking workshops. Classes are evidence-based and cover the fundamentals of a nourishing diet for the mind and body, basic cooking, and strategies to manage limited resources and food access. Curricula are aligned with trauma-informed practices and are appropriate for a wide range of ages, cultural identifications, and languages. Each participant will receive \$30 per week in produce prescription vouchers to spend at local farmers’ markets, supporting both nutrition access and the regional farming economy. 2. In-person food and nutrition demonstrations at community sites: Fresh Approach will host 12 in-person demonstrations across the District. In addition to the San Mateo Farmers’ Market, demonstrations will be also offered at food pantries, senior centers, libraries, and other community hubs. Each demonstration will showcase a culturally relevant recipe using seasonally available produce, offering participants practical, affordable, and healthy cooking skills while reinforcing the healing properties of food. 3. Collaborative community outreach to spread awareness around Food as Medicine and VeggieRx class availability: Fresh Approach will strengthen outreach in partnership with senior centers, health clinics, libraries, and other community-based organizations. Outreach will focus on reducing language and cultural barriers and increasing familiarity with produce prescription projects and the positive impacts of consuming fresh, locally grown fruits and vegetables.	Expand	\$82,000	396	94010 94066 94402 94403	1. Program Manager (\$10,387 / 13% FTE) – Designs and oversees program activities, supervises implementation, manages partnerships, and coordinates evaluation. Program Specialist (\$12,680 / 20% FTE) – Nutrition and cooking classes, community cooking demonstrations, outreach and enrollment, vouchers, and participant surveys. Community Ambassador (\$6,970 / 8 hours per week, 9 months) – Community-based outreach and support to on-site cooking demonstrations. Benefits (\$6,920) 2. Program Expenses (\$8,476): Voucher Distribution Costs (\$350). Cooking Demonstration Supplies (\$62). VeggieRx Vouchers (\$7,308) – Incentives for participants to purchase fresh fruits and vegetables at farmers’ markets.Travel (\$756) – Mileage reimbursement 3. Indirect Costs (\$4,568 PHCD Request): Allocated at 12% of direct costs (excluding vouchers and stipends), covering organizational infrastructure and administrative support to ensure smooth and compliant program delivery.
Jewish Family and Children’s Services - Center for Dementia Care (a program of JFCS’ Seniors At Home)	Two-year, invited	\$31,500	\$30,000	Healthy Living Across the Life Span: *Caregiver Support *Health Education *Healthy Eating and Nutrition *Programs that increase access to Preventative Services and Support *Screening Programs *Senior Mental Health *Socialization for Seniors	JFCS’ Center for Dementia Care promotes healthy aging and quality of life for older adults living with dementia and their family caregivers through early detection, intervention, prevention, education, and connection. Our goal is to enable older adults to continue living in their homes for as long as safely possible and to foster social and community connections. The Dementia Care team provides coordinated, compassionate support through experienced social workers, care managers, trained caregivers, and a neurologist. Personalized care plans are developed using biopsychosocial assessments of health, daily living abilities, risks, and dementia symptoms. Care managers help implement plans, adjust care as needs evolve, and connect clients to resources such as food delivery, friendly visitor programs, and fiduciary services. Family caregivers receive education, webinars, support groups, and guidance on advanced planning and self-care. Scholarships for in-home respite care allow caregivers to rest while professionals provide personal care, safety assistance, meal preparation, transportation, companionship, and light housekeeping.	Maintain	\$582,951	70	94010 94011 94030 94066 94401 94402 94403 94404 94497	Continued funding from PHCD will allow us to deliver a comprehensive array of dementia care services to 70 individuals living in PHCD’s geographic area. Funds will primarily support scholarships for in-home respite care by professional caregivers and personnel costs for care managers and the Director of the Center for Dementia Care.

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Latino Commission - Entre Familia Outpatient Services	Two-year, invited	\$20,000	\$20,000	Preventive Health: *Health Education *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Programs that increase access to Preventative Services and Support	Our Agency approach is centered on intergenerational culturally based services and Latino culturally rooted transformational programming. We use ‘Girasol’ an after-school health, prevention, and wellness youth program for Latina girls, teaching the "La Cultura Cura" Transformation Healing Philosophy and providing Cultural Pride Curriculums that resonate with the Latino communities we serve. At-risk youth participate in Evidence Base Practices Youth Prevention, Education and Intervention Training Cycle, that includes counseling, health education, group activities, life skills trainings, and behavior modification, all delivered via indigenous teachings in a cultural model in our Entre Familia Outpatient Facility in San Bruno. Youth meet once a week, for 3 hours after school for 16 weeks. Girasol is a comprehensive bilingual/bicultural youth development process designed by National Compadres Network (NCN) to provide adolescent female youth the guidance for a healthy passage into adulthood. Based on indigenous principles, this curriculum provides a dialectic process designed to support and build on the strengths of the individual. It incorporates an educational and organizing process in the development of leadership capacity and personal community responsibility in the participants encouraging them to serve as teachers and guides for other young women in the community. Topics in the Girasol curriculum include Academic Success, Behavioral & Mental Health, Career Exploration, Character & Leadership Development, Community Service, Cultural Competency, Cultural Reaffirmation, Domestic Violence, Education Enrichment, Gang Prevention, Healthy Lifestyles, Indigenous Principles, La Cultura Cura, Leadership, Mental Health & Well Being, Nutrition & Health, Teen Pregnancy Prevention, Sexual Health Education, Youth Development.	Expand	\$850,000	40	94010 94030 94066 94401 94402 94403	We will use PHCD funds to leverage existing funds we receive from the San Mateo County BHRS Prevention and Early Intervention for Youth to assist in implementing the Girasol Project in San Bruno for direct service staff including Girasol Certified Trainers, Outreach/Intake Coordinator, Health Screening and Assessor, and cost of an agency contracted LMFT for individual therapy sessions when needed. Three employees with two contractors will be involved in the project, all employees providing services have been trained in the program models. Key personnel are Certified Girasol trainers.
LifeMoves - BehavioralMoves	Two-year, invited	\$70,000	\$60,000	Mental & Behavioral Health: *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Senior Mental Health	The Behavioral Moves program at First Step for Families delivers trauma-informed, no-barrier behavioral health care to families navigating homelessness in San Mateo County. Our work centers around three core objectives: (1) screening all clients for behavioral health needs upon entry, (2) providing on-site support to address trauma, stress, and other mental health concerns, and (3) training a new cohort of graduate-level psychology and social work students each year in the unique challenges connected to homelessness- especially the impacts of trauma. With support from Peninsula Health Care District (PHCD), we are able to operate this critical program directly at our First Step location, ensuring that families have immediate access to therapeutic care without the barriers of insurance waitlists, transportation gaps, or out-of-pocket costs. We believe that behavioral health is foundational to long-term stability. By embedding these services into our interim housing model, we not only support clients in healing, but also equip them with the emotional tools needed to secure and maintain permanent housing. The program’s impact extends beyond our clients- by preparing the next generation of behavioral health professionals to serve this population with compassion and skill, we’re building lasting systems of care for our community.	Maintain	\$1,185,000	378	94401	Support behavioral health services at our First Step for Families interim housing site in San Mateo. Staffing support from our Director of Behavioral Health and Associate Program Director, who manage day-to-day operations and supervise our practicum cohort. Portion of time from Senior Director of Clinical Services (0.5 FTE) and Director of Social Work (0.7 FTE). To maintain consistent services year-round, fund two full-time summer therapists. Monthly stipends for our graduate-level interns. Training materials and group therapy supplies to support trauma-informed care and specialized interventions.

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Peninsula Bridge - Mental Health Wellness Program	Two-year, invited	\$35,000	\$30,000	Mental & Behavioral Health: *Health Education *Pediatric Mental & Behavioral Health (Age 0- 12, K-7) *Programs that increase access to Preventative Services and Support *Reduction of Adverse Child Events and Toxic Stress	The Peninsula Bridge Mental Health Wellness program is in alignment with PHCD’s mission to promote good mental health, ensure access to needed mental health services and achieve equity in health outcomes. Peninsula Bridge will use three existing strategies and one new strategy to positively impact youth in all areas of their lives, playing an active role in helping students navigate significant challenges and stay engaged in school: 1) Individualized one-on-one student counseling services (including crisis intervention); 2) Individual parent/caregiver collateral sessions to support student goals and progress; 3) Parent mental health education workshops; and 4) (NEW) Student mental health wellness workshops. All sessions and resources are provided in English, Spanish and Portuguese by licensed LMFT counselors using evidence-based practices. This program is offered to low-income students ages 9-12, who attend 41 elementary and middle schools within the PHCD District. The clinicians provide individual student counseling and also work closely with students and families to assess mental health needs and provide educational tools and resources to increase resilience, reduce stress and anxiety and build protective factors. We teach adaptive coping skills including healthy habits, how to diffuse tensions at home, how to validate grief and loss and other mindfulness techniques. Our parent workshops include topics such as how to manage the turbulent tween/teen years, internet safety and cyber bullying. PHCD funds will help cover the expense of individual counseling, parent workshops and our expanded mental health workshops for students.	Expand	\$431,257	128	94010 94401 94402 94403 94404	Peninsula Bridge is requesting \$70,000 over 2 years (\$35,000 per year) to maintain and expand our Mental Health Wellness Program for 128 students and their parents or caregivers who reside in the district. PHCD funds will partially fund clinician fees for individual counseling services and mental health wellness workshops for students; and educational workshops for parents to support their students’ mental health. We have increased our program budget to address an increase in mental health challenges among our students, contracting for additional counseling hours and the student wellness workshops.
Peninsula Family Service - Peer Counseling (Older Adult Services)	Two-year, invited	\$70,000	\$40,000	Healthy Living Across the Life Span: *Senior Mental Health *Socialization for Seniors	The Peer Counseling program at Peninsula Family Service (PFS) trains volunteer counselors to provide weekly one-on-one group support and companionship to diverse community members (aged 55+) to help manage the life changes and transitions of older adults, such as health concerns, mobility issues, caregiver needs, grief, and loneliness. Older adults are referred for being at risk for out of home placement, mental illness, depression, anxiety, severe isolation, or other issues to PFS by the County of San Mateo Behavioral Health and Recovery Services (BHRS), as well as by family, friends, self-referrals; hospital discharge planners; community and aging services; and home health agencies.	Maintain	\$927,928	200	94010 94011 94030 94066 94401 94402 94403 94404 94497	This funding will be used to help fill the gap in the Peer Counseling annual budget for critical expenses such as staffing costs (training and salaries), and other program administration expenses.

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Peninsula Jewish Community Center - Pink Power @ the PJCC	Two-year, invited	\$15,000	\$10,000	Preventive Health: *Physical Activity *Programs that increase access to Preventative Services and Support	Pink Power @ the PJCC is an innovative, evidence-based exercise program developed specifically to address and support the needs of, and enhance recovery for, post-operative breast cancer survivors using a one-to-one training program developed at the PJCC in Foster City. Our program focuses on improving strength and overall well-being for breast cancer survivors of all ages. Participants attain measurable health benefits, including reduced feelings of depression, improved self-confidence, higher energy, better weight control, improved sleep, decreased stress, and improved strength and mobility. They see improvements in these areas: (1) increased quality of life as evidenced by physical, social, emotional, and functional well-being; (2) reduction in overall fatigue; (3) reduction in body fat percentage; (4) increased range of scapular motion; and (5) reductions in lymphedema (if present) in wrist, forearm, elbow, and bicep. Services include the following: ● Pre- and post-program fitness assessments (approximately 60 minutes each). ● Twenty 30-minute private classes. ● Nutritional guidance provided upon request	Maintain	\$106,628	108	94010 94030 94066 94401 94402 94403 94404	Funds will be used to support PHCD residents’ participation in the full Pink Power program and to explore opportunities to expand BC Fit class offerings within the District. In addition, funds will support PHCD residents with financial need to participate in Pink Power @ the PJCC. During the two-year grant period, we plan to explore re-launching a pilot, free BC (Breast Cancer) Fit class at the PHCD Health & Fitness Center. These efforts will ensure that the program continues to meet demand and remains accessible to all participants, regardless of financial ability.
Peninsula Volunteers - Meals on Wheels	Two-year, invited	\$60,000	\$55,000	Healthy Living Across the Life Span: *Health Education *Healthy Eating and Nutrition *Programs that increase access to Preventative Services and Support *Socialization for Seniors	PVI Meals on Wheels (MoW) is a lifeline for seniors and people with disabilities who cannot shop or cook for themselves and lack a reliable support system. Our activities are clear and comprehensive. Each new client begins with an in-depth assessment, followed by quarterly reassessments to ensure their needs are continually met. We deliver nutritious meals directly to clients’ homes and, during these visits, our trained staff and volunteers also conduct wellness and safety checks. Clients benefit from referrals to community resources, health evaluations, and nutritional education designed to support long-term wellbeing.	Maintain	\$1,958,100	460	94010 94011 94030 94066 94401 94402 94403 94404	Based on the current cost structure—\$16.00 to plan, prepare, and deliver each meal, offset by the \$11.00 reimbursement per meal from the San Mateo County Older Americans Act program—the grant will fully subsidize 45 Meals on Wheels clients each year. While the grant will cover 45 clients in full, our program will serve more than 400 District residents annually. PHCD funds will be used to cover the actual costs of: Raw food purchases; compostable delivery containers; salaries for nutrition staff and delivery drivers who prepare, pack, and deliver meals, and who also provide essential wellness and safety checks at the time of delivery.

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Peninsula YMCA - Community as Medicine (CAM)	Two-year, invited	\$70,000	\$60,000	Mental & Behavioral Health: *Health Education *Healthy Eating and Nutrition *Physical Activity *Programs that increase access to Preventative Services and Support *Senior Mental Health *Socialization for Seniors	Community as Medicine (CAM), launched in 2016 with Open-Source Wellness, CAM turns “eat better, exercise more, reduce stress” into real-life action by making healthy habits social and sustainable. Programs deliver measurable results: a 19-point drop in blood pressure, 43% decrease in depression, 41% decrease in anxiety, and a 51% increase in physical activity. Since its launch, CAM has been successfully implemented across YMCAs, Alameda County Recipe for Health, Bay Area Community Health, and Kaiser Permanente.	Launch	\$80,000	64	94010 94011 94030 94066 94401 94402 94403 94404 94497	Funds will be allocated as follows:*Program Launch & Implementation: Funding will cover the costs of developing and launching 4 cycles of the 12-week CAM program. *Participant Access: To reduce financial barriers, PHCD funds will offset participant enrollment costs, allowing individuals to enroll in the CAM program at no cost. *Health Coach Training: Funds will support the training of YMCA Health Coaches to deliver CAM, ensuring program sustainability and high-quality facilitation.
San Mateo Police Activities League - Promoting Healthy Futures	Two-year, invited	\$50,000	\$60,000	Healthy Living Across the Life Span: *Health Education *Healthy Eating and Nutrition *Physical Activity *Programs that increase access to Preventative Services and Support *Reduction of Adverse Child Events and Toxic Stress	San Mateo PAL’s Promoting Healthy Futures programming provides a wide range of supervised recreational, social, and cultural activities during out-of-school time for kids ages 5-20 in the PHCD area. Each activity provides education and experiential learning around physical fitness, social-emotional well-being, healthy lifestyles, self-esteem, and positive relationships. Our activities include: - PAL Recreation and Enrichment: Kids choose a team or club that fits their interests to try for a season with options from sports to dance to music and even life skills. - PAL Outdoor Adventures: One-day field trips to nearby State beaches and parks to access and experience the benefits of nature. - PAL Explorers: For high schoolers interested in volunteerism to develop leadership skills, gain insights into community services like law enforcement, and prepare for their futures. - PAL Diversion/Prevention: For first-time juvenile offenders, providing an alternative to, and preventing them from, entering the juvenile justice system. - PAL Pathways: Career-focused conversations for kids transitioning from middle to high school, and then high school to college, trade schools, or the workforce. - PAL’s Place: A teen hangout at the Dr. Martin Luther King, Jr. Recreation Center in San Mateo. This space is dedicated to middle schoolers to drop in to hang out, play sports, do homework, and more. - Back-to-School Assistance: Provides students with backpacks and school supplies. - Family Support, Education, and Mental Wellness: This initiative provides parenting education, mental health counseling, culturally sensitive assistance, and care coordination (provided with several community partners).	Expand	\$997,000	525	94010 94011 94030 94066 94401 94402 94403 94404 94497	PHCD grant funds will be used to support the delivery and staffing of San Mateo PAL’s Promoting Healthy Futures program. Specifically, this grant will fund salaries and benefits for program staff, including recreation specialists who are essential to providing localized and responsive programming. Increasing our staffing is a direct mechanism to serve more children as we strive to eliminate our waitlist. In 2023-24, we served 1,450 kids. In 2024-25, we served 1,600. At this time, we have a waitlist of 450 kids. With support from PHCD, we have the opportunity to serve more kids than ever before this year.

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Second Harvest - Alleviate hunger by providing nutritious foods to low-income residents of San Mateo, Foster City, Millbrae, San Bruno, and Burlingame	Two-year, invited	\$70,000	\$50,000	Healthy Living Across the Life Span: *Healthy Eating and Nutrition *Screening Programs	Second Harvest of Silicon Valley will collaborate with 24 partner agencies in the Peninsula Health Care District service areas of San Mateo, Foster City, Millbrae, San Bruno, and Burlingame to distribute free nutritious food – including close to 50% fresh produce, close to 25% high-quality protein/dairy and plentiful healthy grains – to an average 21,000 clients/month who participate in our various food programs in the above mentioned cities during CY2026 & CY2027. Clients who take advantage of our distributions weekly typically receive \$200 worth of free groceries every month, freeing up dollars that can be used to pay for other necessities like rent and medicine. Our Food Connection staff will also prescreen 2,000 client households in San Mateo County for CalFresh (SNAP, aka food stamps) and enroll 450 income-eligible households to receive CalFresh monthly benefits, allowing them to purchase nutritious foods on their own. Second Harvest will also work with 18 medical partners in San Mateo County to screen medical patients for food insecurity and provide 500 referrals for food-insecure medical clients. Our Food Connection staff will then assess and help all referred clients so they can access free nutritious foods in their neighborhood.	Maintain	\$3,866,787	21,000	94010 94030 94066 94401 94402 94403 94404	Purchase nutritious foods that we will distribute free of cost to low-income clients that will participate in our various programs in collaboration with 24 partner agencies operating in San Mateo, Foster City, Millbrae, San Bruno, and Burlingame. Close to 50% of all food distributed will be fresh produce; close to 25% will be high quality protein/dairy and will include plentiful healthy whole grains. Grant funds will particularly enable us to provide enough food for 280,000 meals over the next 2 years (CY2026 and CY2027).
Via Heart - PHCD HeartSafe Program - Community Needs Assessment, AED Placement/ Maintenance, and Training	Two-year, invited	\$69,855	\$60,000	Preventive Health: *Health Education *Programs that increase access to Preventative Services and Support	Via Heart Project is a leader in comprehensive community AED management. We received our first grant from the Peninsula Health Care District (PHCD) in 2016, and have since placed 135 AEDs (automated external defibrillators) in the community through the PHCD HeartSafe Program. We are now requesting support to expand the program by conducting a community-wide needs assessment to identify: 1) Sites that still need an AED, and 2) Sites with AEDs that are not currently enrolled in a professional management program. Summary of Need: Awareness of AEDs and the value of having one on-site has increased since our program began, yet many organizations face obstacles to ownership and proper upkeep. Cost, confusion about compliance, and lack of understanding of the need for ongoing maintenance often prevent sites from placing AEDs or maintaining them properly long-term. Unfortunately, AEDs in the community that are not maintained after the initial placement are not uncommon. Many existing AEDs sit on walls with expired supplies, unregistered with the county, and unknown to staff—rendering them useless or nonfunctional in an emergency.	Expand	\$139,710	254,912	94010 94011 94030 94066 94401 94402 94403 94404 94497	<u>Community assessment & AED placement/enrollment:</u> As this program will first assess the current needs of the community and then address the sites’ needs accordingly, we will not pre-determine a specific number of AEDs to be placed or enrolled in our program, or a specific number of training classes. Rather, the funds will be allocated based on the need determined by our outreach and assessment. PHCD funds will be used for the following categories: - Community outreach, website development for ‘intake/request for support’ form, and staff support for assessments and analysis. - AED placement for sites needing to place their first AED or sites that need additional AEDs to provide adequate coverage. - AED costs will vary based on the needs of the site (e.g., standard AED vs AED with pediatric and/or bilingual [English-Spanish] buttons). Via will select the most cost-effective AED for the site based on their needs and AED manufacturer availability. - AED wall cabinets for new AEDs. - Subsidized AED maintenance program for new and existing community AEDs. - Grant funds will subsidize the cost of our AED maintenance program for a predetermined number of years so as to lower the barrier to entry for enrollment.

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Villages of San Mateo County - A Village Experience: Reimagining Aging through Connection, Purpose, and Mutual Support	Two-year, invited	\$35,000	\$20,000	Healthy Living Across the Life Span: *Physical Activity *Programs that increase access to Preventative Services and Support *Senior Mental Health *Socialization for Seniors	Villages of San Mateo County addresses a critical and growing need in San Mateo County, where 25% of residents will be 65+ by 2030—5% above the national average. With the county declaring isolation and loneliness a public health crisis in June 2024, affecting 1 in 3 older adults, our proven model delivers essential social care that complements healthcare to improve health outcomes and quality of life. Our volunteer-driven model has achieved consistent 7-10% annual growth in both membership and volunteers. Following comprehensive strategic planning involving our Board, Village leaders, members, and volunteers, we are focused on serving 10% more members annually while expanding our volunteer base by 10% year-over-year. (1) SOCIAL CONNECTION PROGRAMS: Our volunteers create and host activities that build lasting friendships and combat isolation: • Cultural excursions to Bay Area museums, theaters, and local attractions; Regular social gatherings including lunches, dinners, and happy hours at local venues; Educational programming featuring speakers on healthy aging, current events, and the arts; Active engagement opportunities including park walks, and music socials; Interest Groups centered around shared passions and hobbies. (2) ESSENTIAL SUPPORT SERVICES: Monthly, our volunteers provide over 400 hours of practical support enabling aging in place: • Transportation Services; Home Safety Improvements; Home Maintenance; Technology Support; Friendly Visits: (3) SUPPORT TO NAVIGATE AGE TRANSITIONS [NEW AREA OF EXPANSION]: Recognizing that our members (average age 83) increasingly face aging transitions, we now provide: • Educational workshops by trusted experts on navigating life changes • A Care Team comprised of volunteers with gerontological expertise that reach out to members experiencing life changing transitions to bring additional support • Resource coordination connecting members to comprehensive community support during transitions	Expand	\$485,000	125	94010 94011 94030 94066 94401 94402 94403 94404 94497	Request to support our expanded capacity and enhanced programming specifically: Expand support for age transitions for our Villagers; Enhance our social programming to deepen community connections; Maintain our proven staff team driving 10% annual membership growth; Increase volunteer recruitment and training to meet growing demand We will use these PHCD grant funds in five ways – (1) Excursions and expenses for social gatherings including cost of staff coordinating these volunteer-led events, (2) Staff recruiting / organizing volunteers for all our services and events, (3) Home safety improvements, (4) Staff organizing the sharing of expert insights and other resources for navigating age transitions, and (5) Subsidizing Village membership dues of low-income Village members

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AnewVista Community Services - TechFluent Seniors: Modern Skills for a Healthy, Connected Life	One-year, returning	\$35,000	\$35,000	Healthy Living Across the Life Span: *Health Education *Programs that increase access to Preventative Services and Support *Socialization for Seniors	We primarily operate as a virtual learning center, offering all of our classes, workshops, and support sessions online. This allows us to serve seniors across a wide geographic area, making our programs available to anyone with an internet connection. In addition to our online services, we have established strong partnerships with local community hubs to provide in-person classes and hands-on support. These monthly sessions are held at: The Trousdale: 61600 Trousdale Dr, Burlingame, CA 94010 Burlingame Parks & Recreation: 850 Burlingame Ave, Burlingame, CA 94010 By combining targeted online outreach with dedicated in-person locations, we ensure our services are both widely accessible and deeply integrated within the communities we serve.	Maintain	\$280,000	350	94010 94011 94030 94066 94401 94402 94403 94404 94497	Funds will expand free digital literacy programs for older adults across the District, including over 200 online and monthly in-person classes at Burlingame Parks & Rec, The Trousdale, and our new partner site, PJCC. These classes help seniors access telehealth, manage Rx, and stay connected. Geo-targeted digital outreach—esp. FB ads, plus ongoing content across blogs, videos, reels, and newsletters. PHCD funds are approximately 10%-12% of 2025/26 budget, how we forecast that up to 20%-25% of the AnewVista Community members.
Bay Area Community Health Advisory Council (BACHAC) - Community Mammograms, Breast Cancer Prevention Education, and Community Health Village Screenings	One-year, returning	\$60,000	\$60,000	Preventive Health: *Diabetes Programs (Preventive services and support) *Health Education *Programs that increase access to Preventative Services and Support *Screening Programs	The Community Mammogram Program is BACHAC’s longest-running community health outreach program. For 27 years, this program has provided education and free mammograms to individuals in San Mateo County who cannot access regular screenings due to lack of insurance or other barriers. Many are homeless, low-income, or lack ability or knowledge of how to access screenings. The specific activities are: Outreach and engagement with the community via a trusted member and organization through four Community Health Village "pop-up" clinics; Bilingual education and outreach through community health outreach professionals (CHOPs), culturally relevant services, referrals, and follow-up Health education, including how to conduct self-examinations, promotion of breast health, and identifying symptoms of breast cancer; Partnership with a healthcare organization to provide the mammograms and medical follow-up; Medi-Cal education and re-enrollment to access health insurance	Expand	\$536,965	400	94010 94030 94066 94401 94402 94403 94404	Funding supports salaries of Community Health Outreach Professionals (CHOPS) who build trust, increase community awareness about available screenings and breast health, and assist community residents with navigating the health system before and after screenings. Funds will be used to provide training and compensation for CHOPS, educational and support materials (fliers, etc.), stipends for speaker workshops, a digital marketing campaign, and sponsorships on culturally relevant educational opportunities.

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Burlingame Parks & Recreation - Let the Sunshine In	One-year, returning	\$50,000	\$50,000	Healthy Living Across the Life Span: *Healthy Eating and Nutrition *Physical Activity *Senior Mental Health *Socialization for Seniors	“Let the Sunshine In” is a vibrant initiative that enriches the lives of seniors by connecting them with nature, culture, history, and one another. Every trip or special event is crafted to inspire healthy living across the lifespan, encouraging physical activity, supporting mental health, and fostering meaningful social connections. From nature walks and gentle hikes to guided tours, animal-watching excursions, and lively gatherings with food, entertainment, and friendship, the program makes these opportunities affordable for all. With each experience, seniors are supported in building healthier habits, staying engaged, and creating lasting memories together.	Expand	\$120,000	450	94010 94011 94030 94066 94401 94402 94403 94404 94497	The grant funds we are requesting will be instrumental in ensuring the success and sustainability of the "Let the Sunshine In" program. The allocated funds will be utilized in the following ways: Expert Guides, Instructors, and Admission Tickets — \$20,000 (40%); Transportation — \$20,000 (40%); Meals and Refreshments — \$9,000 (18%); Activity Materials and Equipment — \$500 (1%); Promotional and Outreach Materials — \$500 (1%).
California Scottish Rite Foundation - RiteCare Childhood Language Center of Burlingame	One-year, returning	\$30,000	\$30,000	Mental & Behavioral Health: *Caregiver Support *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Programs that increase access to Preventative Services and Support *Screening Programs	The Burlingame RiteCare CLC provides access to critical speech-language-occupational therapy services for children who have profound communication disorders, learning disabilities, and motor skill delays. Children with communication disorders and motor skill delays are at high-risk for increased behavioral problems, low self-esteem, and poor performance levels in school. Through customized therapy plans and in-depth evaluations, the CLC works to improve their quality of life, open doors to future successes, and bring awareness to the community at-large about the importance of early intervention. We rely heavily on parent involvement in our sessions so the parents can continue the learning process at home, and the parents feel supported during this difficult time period. 50% of the children seen here are 5 years old and younger. 50% of the children seen here have been diagnosed or are suspected of being on the autistic spectrum. We provide services for those in critical need without giving them the burden of worrying about fees.	Expand	\$85,000	10	94010 94011 94030 94066 94401 94402 94403 94404 94497	These grant funds directly cover the cost of screenings, evaluations, individual speech therapy, occupational therapy, and group therapy which help with speech, language, and social skills. A \$30,000 grant gives 240 therapy sessions to children living in the Peninsula Health Care District that would not otherwise be able to afford therapy.

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CALL Primrose - Community Pantry	One-year, returning	\$60,000	\$60,000	Healthy Living Across the Life Span: *Healthy Eating and Nutrition	CALL Primrose is a non-profit organization providing free, healthy groceries to low-income individuals and families in San Mateo County. In 2024, CALL provided direct support to roughly 75,000 individuals, distributing 110,000 bags of groceries. Our services are offered Monday through Friday from 9:30 am to 2:45 pm on a drop-in basis; anyone in need is welcome. Through our partnership with Second Harvest of Silicon Valley (SHFB) and local grocery rescue programs, and as a result of our relationships with local food wholesalers, we have access to a wide variety of grocery items, placing an emphasis on obtaining those that are nutritious and most beneficial to our clients. Our current distribution model is client-choice based, with a goal that is two-fold; Our primary objective is that of empowering our clients with the ability to choose, through providing each client with a daily menu and asking that they decide what goes into their grocery bags. Our typical daily offering consists of fresh fruits and vegetables, dairy products, meat/poultry and vegan options, as well as the staple items such as beans, rice, tuna, soup and pasta typically associated with the offering of a food pantry. A secondary goal, and natural outgrowth of our choice-based offering, is that of waste reduction. We are custom making each bag of groceries to client specifications, ensuring that we provide only those items each household wants or can use. All forms and instructions are provided in English and Spanish, with staff and volunteers trained to use translation software when necessary.	Expand	\$590,000	7,900	94010 94030 94066 94401 94402 94403 94404	Many of the partner organizations that donate to CALL Primrose have seen a dramatic decrease in funding, and have had to make significant cutbacks to what they provide. If granted, funding will be used to expand our existing, free grocery distribution program: Purchase of additional healthy grocery items to supplement the core food donations received from our partner organizations; purchase of holiday poultry (500 units each November) that used to be donated by Second Harvest; purchase healthy food items for our summer lunch program; support additional staff for our distribution model; to expand outreach campaigns through both SamTrans Bus ads and closed-circuit tv ads at San Mateo DMV.

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CASA of San Mateo County - Building Resilience: Enhancing Mental Health Support for Youth in the Juvenile Justice and Dependency Systems	One-year, returning	\$70,000	\$60,000	Mental & Behavioral Health: *Healthy Eating and Nutrition *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Reduction of Adverse Child Events and Toxic Stress	According to the Department of Social Services, 80% of youth in the foster system struggle with mental health issues, compared to 20% of the general population. With Peninsula Healthcare District's support, CASA will expand its “Beyond an Advocate” program, which equips volunteers to address youth mental health and wellness needs alongside their courtroom advocacy. Informed by research on adverse childhood experiences (ACEs), this program will train volunteers to provide holistic support to youth outside of their courtroom advocacy duties. CASA’s core program model relies on carefully vetted and trained community volunteers who advocate for young people in and out of the courtroom. In addition to their courtroom advocacy, volunteers forge close relationships with their CASA youth, providing mentorship, fun activities, and access to additional resources. CASA staff members support volunteers through recruiting, training, oversight, case management, and connections to needed resources. However, as youth approach their 21st birthday and the loss of many state resources, they experience a gap in care and support, and many struggle to achieve independence. This program will also provide direct support to youth through experiences, material supplies, and programming to build community with other youth in the foster care and juvenile justice systems. We will focus on five key strategies: 1) training volunteers to support youth mental health; 2) providing volunteers with resources to facilitate PCEs; 3) increasing transformative youth programming to build resilience; 4) extending support to young adults after court involvement ends; and 5) training volunteers to empower and prepare youth for independence.	Expand	\$175,748	50	94010 94011 94030 94066 94401 94402 94403 94404 94497	Staff personnel: -3% FTE of Program Director to oversee program and continue building partnerships to fill gaps left from Star Vista closure; -20% FTE of our Program Manager, Mental Health Specialist’s time. -10% of our Training Coordinator’s time to train to be a Mental Health First Aid certified and facilitate trainings. -5% of the Recruitment and Engagement Coordinator’s time to recruit additional volunteers to serve PHCD youth in the jurisdiction. Funds to support CASA’s case management and operations software -Funds to pay for Mental Health First Aid instructor training for our Training Coordinator -Funds to pay for subcontractors to do mental health and PCE training for volunteers -Funds to support expenses for new data and outcomes software to track youth reported PCEs. -Funds to directly provide youth with PCEs and material support related to wellness and mental health. CASA will use funds to provide youth with experiences and materials as described in the activities section above. These include funds for in-person positive childhood experiences with their volunteers, needed health and wellness supplies, extracurricular activities, and more.

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Chinese Hospital - Bilingual Health Education and Wellness Screening	One-year, returning	\$70,000	\$60,000	Preventive Health: *Caregiver Support *Diabetes Programs (Preventive services and support) *Health Education *Healthy Eating and Nutrition *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Programs that increase access to Preventative Services and Support *Screening Programs *Senior Mental Health *Socialization for Seniors	Building on the success of our 2025 program, Chinese Hospital will conduct and/or participate in 8 community health fairs in 2026, providing bilingual (Chinese and English) health education and preventive wellness screenings. These health fairs will expand access to early detection, health education, and referral pathways. The program will serve as a gateway to long-term preventive care, supporting PHCD’s mission to improve wellness and health equity across the District.	Maintain	\$157,568	115,050	94010 94011 94030 94066 94401 94402 94403 94404 94497	\$30,092 Wellness screenings devices and supplies for: (a) \$3,000 diabetes blood sugar screening incl. glucose meter stripes, lancets for finger prick; (b) \$17,500 diabetes management of hemoglobin A1c (HbA1c) for high risk individuals at \$35 each x [500 of 1,000] attendees; (c) \$2,500 for flu vaccination at \$25 each x 1,000 attendees; Chinese Hospital will in-kind the remaining \$2,500 at \$25 x 1,000 attendees; (d) \$300 for BP screening such as blood pressure monitor at \$50 each x 6 monitors, (e) \$6,000 for one bone density portable scanner for osteoporosis screening, and (f) \$700 BMI for obesity screening including portable scale for height and weight measurements at \$250 each x 3 scales. (g) \$1,092 Supplies including sharp disposal container, wipe, masks, gloves; (h) \$3,500 Printed bilingual (Chinese and English) health informational materials such as booklets, articles, flyers. Health Education - Chinese Hospital; (i) \$5,408 Health Fair Coordinator at \$25 per hour at 0.10 FTE (4 hours a week) to organize, coordinate, manage, implement, report all health fair-related tasks; (j) \$22,000 Promotion/ Marketing Expenses (\$11,000 each fair x 2 of 8 events); (k) \$6,000 (Food and transportation for health fair volunteers (\$750 per fair); (l) \$2,000 for venue rental fee; (m) \$7,200 for a 10.3%
Community Overcoming Relationship Abuse (CORA) - Family Centered Mental Health Program	One-year, returning	\$60,000	\$60,000	Mental & Behavioral Grants: *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Reduction of Adverse Child Events and Toxic Stress *Senior Mental Health	CORA’s Family-Centered Mental Health (FCMH) Program provides free, trauma-informed, evidence-based individual, family, and group counseling for domestic violence survivors and their children. The program’s overall goal is to support clients in the process of learning how to cope with trauma and in securing safety for themselves and their children.	Maintain	\$1,577,618	120	94010 94030 94066 94401 94402 94403 94404	PHCD funds will be used to support children exposed to domestic violence 0-12 in the FCMH Program as well as to expand mental health services to senior survivors. CORA will provide trauma-informed, developmentally-appropriate, and age specific support groups and individual therapy to increase coping skills, improve emotional regulation, improve parent and child relationships and reduce feelings of isolation and depression.

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Each Green Corner - Living Campus Program	One-year, returning	\$70,000	\$55,000	Healthy Living Across the Life Span: *Health Education *Healthy Eating and Nutrition *Physical Activity	Each Green Corner (EGC) empowers communities throughout San Mateo County to increase food sovereignty and climate resiliency through sustainable urban agriculture. We do this by training and assisting communities in building sustainable food-producing gardens at schools and community centers to grow culturally-diverse fresh produce for donation to nonprofit food distribution partners and/or directly to communities in need. The Living Campus Program’s impact is three-fold: (1) education of students, communities, and volunteers to develop a connection between sustainable small- scale and/or urban agricultural techniques, our food system, the environment, public health, nutrition and health equity, and food security through our Food Explorers Program curriculum; (2) production/distribution of fresh and diverse produce to combat food insecurity and health inequity throughout San Mateo County; and (3) increasing environmental viability through conversion of under- or poorly-utilized land into sustainable agriculture and native planting uses, tree canopy development, and cultivation of native ecosystems.	Maintain	\$278,281	1,000	94403 94066	\$15,000 match funding already provided by the SBPSD that would go towards the 2025-2026 Food Systems Educators for weekday school instruction at three schools (Allen, Belle Air and Portola Elementary schools). -\$30,000 to contribute the matching funds to be provided by SBPSD for the 2006-2027 academic year for the Food Systems Educators at these same three schools. - \$15,000 towards the Program Coordinator salary for the coordination necessary for the SBPSD school gardens site support - \$10,000 for the Portola Elementary garden improvements.
Healthier Kids Foundation - HearingFirst	One-year, returning	\$40,000	\$35,000	Preventive Health: *Programs that increase access to Preventative Services and Support *Screening Programs	The Healthier Kids Foundation’s HearingFirst program is dedicated to screening over 1,000 children across preschool through 8th grade in the San Bruno Park School District during the 2025-2026 school year. This initiative, aligned with the Preventive Health priority funding area, focuses on early detection and preventive care for hearing concerns. Utilizing OAE (Otoacoustic Emissions) screening devices and Audiometers, we assess children from 6 months to 18 years old, with about 4-6% typically requiring follow-up. After an initial referral, we conduct a follow-up screening after four to six weeks to determine if concerns due to flu or other illnesses have resolved, and assist in connecting families with pediatricians and audiologists as needed. Our Care navigators help parents navigate insurance and ensure children receive necessary care.	Maintain	\$528,000	1,000	94066	These funds will be used to plan and send screeners to sites, utilize Salesforce and our equipment to screen and store all data, allocate referral results to care navigators and allow them to assist parents in accessing the care they need. All case management and results are stored in Salesforce. The funds will allow us to continue to maintain our program, screen, and assist parents in accessing care for their children utilizing the child’s own health insurance.

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Heart & Soul - HOPE/Total Wellness	One-year, returning	\$70,000	\$45,000	Mental & Behavioral Health: *Diabetes Programs (Preventive services and support) *Health Education *Healthy Eating and Nutrition *Physical Activity *Programs that increase access to Preventative Services and Support *Screening Programs *Senior Mental Health *Socialization for Seniors	H.O.P.E. is the first peer program in San Mateo County to facilitate support services for you during hospitalization and post-hospitalization via mental health and substance use recovery and family support. The program provides immediate wellness tools through alternative approaches to mental health recovery and evidence-based practices such as Intentional Peer Support, Motivational Interviewing, and Wellness Recovery Action Plan (WRAP®) instruction. These include: Peer Mentors & Family Support, self-care modeling and community resource information. The goal of this support is for you to develop a self-directed plan and pattern of mental health and/or substance use recovery and subsequent wellness maintenance. Also support through: From Hospitalization to Healthy Community Integration; Supportive Employment Coordination Provides opportunities to enter or return to paid employment in integrated work settings through both Transitional Employment and Supportive Employment programs. Peer Mentors encourage Peer Participants to connect with community resources and reconnect with family members and supportive individuals.	Maintain	\$2,000,000	6,000	94010 94011 94030 94066 94401 94402 94403 94404 94497	General operating support provide a whole-person-centered approach towards mental wellness. One-on-One wellness coaching, peer-to-peer counseling and a host of self-help groups, mindfulness classes, art for Wellness, and our highly respected Seeing Through Stigma campaign are all integral components of our Total Wellness Powered by Peers Initiative.
Kara - Bereavement Support, Grief Education, and Crisis Response	One-year, returning	\$30,000	\$30,000	Mental & Behavioral Health: *Caregiver Support *Health Education *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Reduction of Adverse Child Events and Toxic Stress *Senior Mental Health *Socialization for Seniors	As the only ‘stand-alone’ grief focused agency in the Bay Area, Kara will offer an array of bereavement support services through our five integrated programs (Adult Services, Youth & Family Services, Spanish Services, Community Outreach Services, and Therapy Services), providing grieving youth, adults, families and organizations the healing space, connections, and tools they need to move along their unique journey of loss toward renewed hope and meaning. Peer-based support and crisis response services are offered at no cost to those we serve and are offered in English and Spanish, and in person or via telehealth, as needed. Our grief education and therapy services are provided on a sliding scale.	Maintain	\$1,640,000	110	94010 94011 94030 94066 94401 94402 94403 94404 94497	The grant would be used to fund staffing and program costs associated with our key programs noted above to provide the aforementioned services.

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MELP/Able Closet - Free Durable Medical Equipment For All	One-year, returning	\$46,000	\$50,000	Mental & Behavioral Health: *Caregiver Support *Pediatric Mental & Behavioral Health (Age 0- 12, K-7) *Physical Activity *Reduction of Adverse Child Events and Toxic Stress *Senior Mental Health *Socialization for Seniors	The MELP program (Medical Equipment Loan Program) handles standard mobility and safety equipment such as walkers, crutches, wheelchairs, commodes, shower chairs, etc., mostly for adults. The AbleCloset program handles highly specialized equipment for children with moderate or severe disabilities. In both programs, we receive donated DME (durable medical equipment), we clean and repair the items as needed, and then we loan them out at no cost to anyone who needs them. Specific activities include: 1. Outreach team informing the public that we will accept new or used DME, and that we are making it available at no cost to those in need. 2. Each Wednesday at our San Carlos warehouse and each Thursday at our South San Francisco warehouse, our receiving team inspects donated equipment or DME being returned by MELP clients who no longer need it. We also accepted absorbent underwear, bed pads, cleansing wipes, bandages, etc. 3. Equipment which is broken, excessively worn, or surplus to our inventory (approximately 1/3 of what we receive) is distributed to other non-profit organizations that may repair such equipment, or recycle it, or even send it to another country. Every effort is made to avoid equipment going to landfill. 4. Each Saturday at both locations, our volunteers distribute the warehoused medical equipment and personal care items to our clients free of charge. 5. The data entry team enters all of the information into our database for accurate tracking of the equipment and to give us the ability to summarize statistics on our volume of services and some demographics on the clients served. 6. In 4 years MELP/AbleCloset has grown from just an idea to a strong organization supported by numerous community partners providing both funding and volunteers. A licensed Occupational Therapist provides training to our volunteers on the characteristics and proper use of each type of DME. 7. We ask those who have benefited from our program to provide us with their thoughts on what our equipment has meant to them.	Maintain	\$166,269	960	94010 94030 94066 94401 94402 94403 94404	A \$46,000 grant from PHCD will cover 28% of our annual operating expenses of \$169,269. We specifically chose that number because our data indicates that approximately 28% of our clients are residents of the PHCD area, and actually we expect that percentage to grow because of the recent opening of our second facility in South San Francisco. Therefore the PHCD grant will directly serve only PHCD residents, while our other income sources will serve the remaining clients.

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One Life Counseling Center - Free and Low-Fee Child-Parent Psychotherapy for Children 0-12 and Their Families	One-year, returning	\$70,000	\$60,000	Mental & Behavioral Health: *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Programs that increase access to Preventative Services and Support *Reduction of Adverse Child Events and Toxic Stress	One Life’s Free and Low-Fee Child-Parent Psychotherapy for Children 0-12 and Their Families program will use three strategies to improve the mental health of PHCD residents:1) Learn each client’s cultural and linguistic needs, schedules, income, and specific mental health needs at intake and connect them with an appropriate therapist and low-fee payment plan. 2) Provide culturally and linguistically competent individual counseling services to families who are in mental health crises and cannot afford therapy. 3) Connect clients to additional services to provide a continuum of care for basic needs. One Life provides free or low-fee child-parent psychotherapy to low-income and uninsured and underinsured families in the community who would otherwise be unable to afford professional counseling. 100% of the clients served in this program are economically disadvantaged, and nearly all have acute mental health needs that are not otherwise being addressed due to inability to pay for services, inaccessible scheduling, and/or language or cultural barriers. One Life also connects each client with other community supports based on their unique needs, such as food pantries, emergency financial assistance, English classes, medical care, housing, and legal assistance. On average, each family served through the Free and Low-Fee Child-Parent Psychotherapy for Children 0-12 and Their Families program receives 28 free or low-cost mental health therapy sessions. Clients may also participate in group counseling and will be connected to a Peer Counselor who assists families to navigate systems and recommend appropriate providers/ partners/community, or governmental organizations/resources.	Expand	\$783,023	175	94010 94011 94030 94066 94401 94402 94403 94404 94497	The requested funds will be used to pay for additional therapy hours to meet the high demand for accessible mental health counseling services for low-income children ages 0-12 and their families within the PHCD. This need has become more urgent following the recent closure of StarVista and the resulting significant gap in services for youth mental health in our area. Specifically, One Life will serve 175 unduplicated PHCD residents with an average of 28, 1-hour counseling sessions, ongoing supportive services, and work with a Peer Counselor. Families with greater needs continue to receive individual and group counseling as needed. 100% of the families served in this program are economically disadvantaged, and nearly all have acute mental health needs that are not otherwise being addressed due to inability to pay for services, inaccessible scheduling, and/or language or cultural barriers. The sessions will be provided at little to no cost.
Peninsula Conflict Resolution Center - Restorative Justice	One-year, returning	\$70,000	Not since 2021, 2021	Mental & Behavioral Health: *Reduction of Adverse Child Events and Toxic Stress	Since 2018, we have conducted our restorative justice programs at East Palo Alto Academy (EPAA) and Menlo-Atherton High School (M-A). Our programs include staffing an on-campus practitioner who leads restorative circles, mediations, and trainings for students and staff. Our staff builds strong relationships with the students on campus and acts as a safe space for them to talk through day-to-day problems, to prevent violence and reduce toxic stress. Our program facilitates a safer, more supportive school environment and culture that allows students to thrive. Our program addresses the needs of the school community based on ongoing issues raised by administrators. For example, in the most recent school year, we began implementing substance abuse training on the EPAA campus. We have integrated content from our existing Alcohol and Other Drugs (AOD) program to support this work. Students in our program have reported better coping and communication skills in their day-to-day lives. For example, students indicated that our program helped them reconsider their actions in the classroom and in their extracurricular activities, for example, taking deep breaths rather than lashing out. Other students indicated that our restorative justice program helped them stray away from substances and taught them how to communicate with trusted adults about past drug use. We plan to expand our program to Capuchino High School in San Bruno. The support of this grant would allow us to support the school free of cost. We have previously worked with Capuchino High School on a MANA after-school program to support Pacific Islander	Expand	\$254,118	1,108	94066	Our existing program is supported by contracts with the schools and districts. Support from PHCD would allow us to provide service in the district free of cost. We will be able to use existing supplies and equipment to support the program.

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San Mateo County Health Foundation - Caring Hands in Health	One-year, returning	\$60,000	\$25,000 (not through CGP)	Preventive Health: *Health Education *Healthy Eating and Nutrition *Programs that increase access to Preventative Services and Support *Reduction of Adverse Child Events and Toxic Stress	Caring Hands in Health is the San Mateo County Health Foundation’s lifeline for vulnerable patients and families, stabilizing them during healthcare crises while fostering long-term wellness through preventive support. Working in close partnership with hospital staff and social workers, the program identifies those most at risk of financial collapse due to uncovered medical expenses and unaffordable basic needs. To keep families stable, Caring Hands provides targeted assistance such as prescription coverage, housing support, nutritious food, medical supplies, and transportation to vital appointments. By intervening quickly, the program prevents short-term health challenges from spiraling into lasting financial and emotional hardship—challenges that often manifest as chronic stress, anxiety, and depression long after physical recovery. By addressing the intersection of health and financial stability, Caring Hands creates the space for true healing while tackling the social determinants that exacerbate medical challenges. The program primarily serves marginalized, low-income communities who make up the majority of San Mateo County Health’s patient population and who often lack sufficient insurance or financial reserves. Rather than treating symptoms alone, Caring Hands helps build a foundation for sustained well-being, enabling families to focus on recovery instead of survival. This holistic approach transforms medical emergencies from family crises into manageable challenges, ultimately strengthening both individual resilience and community health outcomes.	Maintain	\$250,000	780	94010 94011 94030 94066 94401 94402 94403 94404 94497	PHCD grant funds will be used to deliver critical patient assistance that directly aligns with the District’s priorities: expanding access to care, strengthening mental health supports, and addressing barriers to wellness. Funds will cover prescription copays, essential medical supplies, and transportation so vulnerable patients can continue treatment without interruption.PHCD’s investment will also sustain preventive services that address the mental health stressors tied to financial and medical crises. By providing temporary housing assistance and nutritious food, the program reduces the chronic anxiety and depression that often accompany instability. In this way, Caring Hands in Health not only meets PHCD’s goals of immediate health stabilization but also advances long-term community wellness and resilience.

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The HEAL Project - San Mateo County Farm Field Trip Program	One-year, returning	\$60,346	\$40,893	Preventive Health: *Health Education *Healthy Eating and Nutrition *Physical Activity	The HEAL Project’s Farm Field Trip Program serves more than 3,500* elementary school students from across San Mateo County each year, with 46% coming from schools in the Peninsula Health Care District service area in our most recent program year. The majority of participants are in grades K-5, and more than 40% attend disadvantaged schools, attending for free or substantially reduced cost. During a day trip to the San Mateo County School Farm, students engage in hands-on lessons built around the HEAL acronym: Health, Environmental, and Agricultural Literacy. Our approach to nutrition education is unique: students harvest fresh produce themselves, taste new foods, and learn the effort behind growing healthy food. Each child plants a seed, harvests fresh produce, and prepares their own nutritious snack, building both confidence and practical skills. Teachers and parents consistently report that students are far more willing to try new fruits and vegetables when they pick them on the farm. Field Trip Activities Harvest and Taste Fresh Produce Students harvest fruits and vegetables with guidance from farm educators, who encourage them to be brave when trying new or unfamiliar foods. Lessons are age-appropriate, with themes such as “eating a rainbow” and choosing whole, minimally processed foods. Teachers and parents consistently report that students are more willing to try fresh produce they harvest themselves than when offered at home or school. (30–45 minutes) Prepare a Healthy Snack Students prepare their own snack in the Farm’s outdoor kitchen using freshly harvested, in-season produce. This activity builds both skills and confidence, giving children pride in preparing and enjoying food they made themselves. Materials include age-appropriate knives, cutting boards, tortillas, hummus, and occasional supplemental produce. This activity is for classes aged 2nd grade and up. (30–45 minutes)	Expand	\$158,700	1,400	94010 94011 94030 94066 94401 94402 94403 94404 94497	PHCD funds will directly support the Farm Field Trip Program by covering core program costs, including staff time, cooking activity ingredients, garden supplies, kitchen equipment, office materials, and bus stipends for high-needs schools. Each field trip is led by THP’s experienced farm educators, with one educator assigned per class to ensure a high-quality experience. A full-time program manager oversees curriculum implementation, scheduling, and teacher communication, while also delivering lessons. The program director provides training for educators and manages ongoing program evaluation. Importantly, PHCD funds will be applied exclusively to field trips serving schools within the PHCD service area. We are asking for a more support this year, to serve a larger number of students. The cost per student is similar to our previous grant awards.

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Vista Center for the Blind - Vision Loss Rehabilitation	One-year, returning	\$70,000	\$45,265	Healthy Living Across the Life Span: *Caregiver Support *Diabetes Programs (Preventive services and support) *Health Education *Healthy Eating and Nutrition *Physical Activity *Programs that increase access to Preventative Services and Support *Screening Programs *Senior Mental Health *Socialization for Seniors	On average, it costs \$1,871 to provide full support to each unique client. Our Vision Loss Rehabilitation Program (VLR) is divided into two equally important categories, Independent Living Skills and Life Enrichment Services, that empower clients to build a life they love. Depending on their diagnosis and life stage, clients come to us with a variety of needs; for example, some clients were born blind while others have conditions that cause them to lose their sight over time like macular degeneration or diabetic retinopathy, and other clients became blind suddenly from trauma or illness. Our staff create a tailored services plan based on clients’ goals and concerns.Clients work one-on-one with Vista instructors to relearn everyday abilities that most people rely on without a second thought. Our instructors meet clients where they are, both physically and emotionally, to teach practical, personalized strategies for navigating daily life. From cooking and organizing medications to traveling independently and using technology, clients gain skills that restore more than just function—they restore freedom, choice, and control. Our work is essential for visually impaired people of all ages: from giving youth the skills to live independently for the first time or find a job, to helping seniors age safely in place, we tailor our services to the needs and life stage of each client. Life Enrichment Services address mental and emotional health by restoring joy, connection, and a sense of belonging. Vision loss disrupts not only how people see, but how they engage with their community, their hobbies, and their identity. Vista Center provides group and individual counseling to help clients cope with loss and changes. We also offer inclusive, enriching activities like music, fitness, and pottery classes that foster emotional well-being, reduce isolation, and empower individuals to reconnect with life.	Maintain	\$1,003,445	37	94010 94030 94066 94401 94402 94403 94404	PHCD grant funds will support the physical and mental health needs of 37 blind and visually impaired PHCD district residents.Life Enrichment Services Activities: - Support and Counseling Services: We help clients accept their vision loss through individual counseling, support groups, and adjustment programs to address the mental health challenges that come with vision loss. Our aim is to help clients maintain a positive sense of self and to focus on both physical and emotional wellness. - Social and Recreational Programs: We offer group classes such as fitness, creative workshops, and social events to foster connection and reduce isolation. We help clients find hobbies that suit them including gardening, pottery, and music. - Family Support: We provide valuable connection points for families, creating a sense of community and shared understanding among parents and caregivers. Through recreational outings, peer meetups, and skill-building workshops, Vista Center offers families a trusted place to connect and gain greater understanding of visual impairment.

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Camp Kaleidoscope	One-year, new	\$70,000	n/a	Mental & Behavioral Health: *Caregiver Support *Pediatric Mental & Behavioral Health (Age 0-12, K-7) *Physical Activity *Reduction of Adverse Child Events and Toxic Stress	Our flagship offering is a week-long sleepaway camp in the Pescadero mountains. During the year, we offer biquarterly reunions, at sporting events throughout the Bay Area, around the Stanford Campus, and Palo Alto. Our counselors also spend time with families by request-- at birthday parties, school plays, and soccer games but also, if necessary, at treatments and memorials. We create year round space for children to connect with a web of support while navigating their parent's cancer. This includes access to mental health professionals and mentors, as well as peers who understand them. We reduce the stigma associated with talking about their home situation to ensure all children's mental health needs can be addressed. Additionally, at camp, we provide extensive programming to encourage development around the arts and environment. Our eldest campers take part in a two day backpacking trip centered on outdoor and leadership skills, while our younger campers take part in various theater and crafting activities to help build their communication and teamwork skills. Finally, we put families in contact in spaces for children and parents alike to share resources. Parent coffee chats with our leadership team help us understand how we can better serve this community, discover new avenues for collaboration with other resources, and allow parents to express their own difficulties among peers.	Maintain	\$262,197	19	94010 94011 94030 94066 94401 94402 94403 94404 94497	With support from the Peninsula Health Care District, we would be able to fully cover the costs of camp for all Peninsula District families—estimated to represent 13% of the anticipated \$145,000 in expenses associated with running camp, closely reflecting their proportion in our community. Of the requested funds, approximately 70% will cover room and board for the week of camp, 14% will go toward materials and activity rentals for programming, 7% will fund transportation for all campers to reduce the burden on families, 6% will support the outdoor education and leadership trip, and 3% will be allocated towards mental health professionals, medical staff, and supplies. These funds play a crucial role in ensuring families have the support they need to face cancer without worrying about the financial burden.
Coastside Adult Day Health Center - Aging in Place	One-year, new	\$ 70,000	\$7,500 in 2020, pandemic	Healthy Living Across the Life Span: *Caregiver Support *Diabetes Programs (Preventive services and support) *Health Education *Healthy Eating and Nutrition *Physical Activity *Senior Mental Health *Socialization for Seniors	Coastside Adult Day Health Center provides a four-hour daytime healthcare program located in Half Moon Bay, CA. We provide a wide range of services, including nursing, physical therapy, occupational therapy, speech therapy, transportation, comprehensive activities, caregiver respite, caregiver support group, nutrition services and more. These comprehensive healthcare services provide a wide range of supports to seniors and adults with disabilities throughout the entire county. Participants and their caregivers alike often refer to the facility as a lifeline. Our agency strives to provide a home away from home, support participants with their evolving healthcare needs and provide caregivers with both respite and support group. Our goal is to support people with aging in place, helping them stay in their own homes within the communities they helped build. Through our program, caregiver support group, medical equipment loan project and more, we are able to support community members throughout the entire county.	Maintain	\$1,485,000	35	94010 94030 94066 94401 94402 94403	The requested funding will be dedicated to supporting essential program-related expenses that ensure the continued operation and sustainability of our services. Specifically, funds will be used to enhance our nutrition services, providing participants with a balanced, hot lunch daily. Additionally, the grant will support our transportation services by funding curb-to-curb transportation for participants traveling to and from their homes.

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Felton Institute - San Mateo Suicide Prevention Mental Health Pre and Postvention	One-year, new	\$70,000	StarVista awarded \$60,000. This organizatio n is attempting to provide crisis prevention and support services since StarVista ceased operations.	Mental & Behavioral Health: *Programs that increase access to Preventative Services and Support *Senior Mental Health	San Mateo Suicide Prevention Mental Health Prevention addresses the rising risk of suicide by providing workshops that harness the power of social networks to increase help-seeking behaviors and promote connections between peers and caring adults. SMSP MH meets the needs of people who are struggling with suicide, self-destructive behaviors, and emotional pain, and harnesses the power of education, awareness, and supportive services. People often hide the fact that they’re feeling suicidal—sometimes hiding it even from themselves. They self-blame and don’t seek support, even if it’s desperately needed. Untreated mental health issues have both a social cost and an economic cost; for example, mental health issues, including suicide ideation, can lead to Emergency Department visits, entailing sometimes-steep financial costs while also causing family disruption and trauma. And if the person attempting suicide is a student, that trauma may extend across the school community. SMSP’s goal is to respond to the growing suicide crisis. SMSP is there to help, 24 hours a day, 365 days a year. We will continue providing comprehensive mental health services for youth and adults through our programming while expanding to older adults in crisis. The specific activities and services to be funded through this grant are below: • Educational presentations to provide schools, senior facilities, and community groups with vital knowledge and support around mental health and suicide (virtually and/or in person) • Crisis Postvention services, including 988 mental health services call and text lines. • A Virtual peer support service via online group sessions for suicide attempts and suicide survivors.	Expand	\$380,000	1,000	94010 94011 94030 94066 94401 94402 94403 94404 94497	Funding from PHCD will specifically be used to serve youth, adults, older adults, and those who support them through their challenges. This is accomplished by funding support staff and education resources, tabling, curriculum, and presentation supplies/materials.

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Chinese Community Health Resource Center - Holistic Healthy Aging Initiative	One-year, new	\$70,000	n/a	Healthy Living Across the Life Span: *Health Education *Healthy Eating and Nutrition *Physical Activity *Senior Mental Health *Socialization for Seniors	A) Background & Proof of Concept: Founded in 1989, the Chinese Community Health Resource Center (CCHRC) is a nonprofit organization established to address the need for culturally and linguistically appropriate health education and information for the Chinese community. B) Residential Wellness and Resource Center at Northgate: Established in 2024, the Residential Wellness and Resource Center to increase health maintenance, well-being, and quality of life among residents at Northgate Terrace through scalable bilingual (English and Chinese) clinical health screenings, wellness services, and educational programs led by a multidisciplinary clinical and public health team. C) Program Description: The Holistic Healthy Aging Initiative builds on our previous work through a whole-person approach: (1) Healthy Eating & Nutrition: Workshops and group sessions on balanced diets, healthy cooking, and managing chronic conditions through nutrition.(2) Physical Activity: Monthly wellness classes such as chair yoga, indoor volleyball, and culturally relevant movement activities designed to improve mobility, strength, and overall well-being (e.g., Tai-chi). (3)Socialization for Seniors: Structured group workshops and activities every two weeks. (D) Objectives: -Provide monthly workshops on nutrition, physical activity, and socialization (total about 12 sessions annually per program area). -Establish partnerships with 6 local nonprofits/adult day care centers to co-host programs and expand reach. -Collect pre/post surveys to measure reductions in loneliness using validated tools such as the UCLA Loneliness Scale (loneliness), improvements in physical activity, and increased knowledge in healthy nutrition. -With PHCD’s support, CCHRC will strengthen seniors’ physical, nutritional, emotional, and social health, while creating scalable models to replicate across the Peninsula Health Care District. - Photos or videos of activities can be provided upon request to demonstrate community engagement and program impact.	Expand	\$70,000	550	94010 94011 94030 94066 94401 94402 94403 94404 94497	Funds will support: -Staffing (\$40,000): One bilingual Program Coordinator/Facilitator (20 hrs/week) and one Evaluation Assistant (8 hrs/week) for workshop delivery, outreach, scheduling, and evaluation support. -Program Supplies & Technology (\$12,500): Educational materials, food for demonstrations, exercise equipment, laptops, and digital evaluation tools. -Travel (\$3,000): Mileage reimbursement, parking, and staff travel to deliver workshops across the Peninsula. - Community Outreach & Engagement (\$5,000): Bilingual flyers, newsletters, and digital campaigns. -Venue & Participant Support (\$7,000): Senior center rentals, light refreshments, and participant transportation assistance. -Evaluation (\$5,000): Surveys, data collection, reporting and participant incentives (\$5 each) - Indirect/Admin (\$6,500): HR, accounting, and management support (≈15% of personnel).

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GiveThx - Reducing Youth Toxic Stress in PHCD Schools	One-year, new	\$50,000	n/a	Mental & Behavioral Health: *Reduction of Adverse Child Events and Toxic Stress	Our impact goal is to change the way schools in the PHCD, and across the country, support their students' mental health. GiveThx provides schools with our Student Wellbeing program, a proactive set of tools that nurture wellbeing and increase belonging, while reducing toxic stress, anxiety, and depression. We reach all students in a school with mental health support that feels identity-safe, accessible, and culturally responsive. We provide a proactive and scalable program that fulfills each student’s need to feel they belong and are valuable. Currently, GiveThx has partnered with 120 schools in seven states. However, we have a waitlist of 300 schools, including schools in the PHCD, for which we need funding to provide our effective and tested program. GiveThx’s Student Wellbeing program is a research-validated program that integrates gratitude science into a curriculum and practices that spring from the real experiences of the youth who most need the support. The educators of each partner school receive customized training to learn about gratitude science, build their own shared gratitude practice to nurture mental health and belonging, and prepare to lead the work with students. Then teachers lead lessons, reflections, and interpersonal gratitude practice (sending digital Thx notes) with students, building a weekly habit that increases mental health, belonging, and positive behaviors. All students in a school use GiveThx with the goal being for each student to feel included, valued, and able to participate without fear or need to change anything about their identity. The program includes a multi-year, research-proven and student-centered curriculum that increases belonging and reinforces positive behaviors to improve students’ mental health, connection to peers, and wellbeing. It is this personal student-to-student approach that affects real change and increases belonging. Those personal moments of gratitude expressed in confidence between two youth can reduce isolation and stress, while bringing genuine feelings of belonging. The GiveThx approach builds on the “kernels of practice” research at the Harvard Graduate School of Education that suggests using a core practice, such as peer-to-peer	Expand	\$50,000	5,000	94010 94011 94030 94066 94401 94402 94403 94404 94497	PHCD support would enable GiveThx to provide our Student Wellbeing program to 10 elementary, middle or high schools in the District and approximately 5,000 students. We have requests for the program from schools within the District. These are schools that have expressed a strong desire to use the GiveThx program and are waiting for us to raise the funding needed to implement the program for them. Recent school budget cuts have prohibited many local schools from implementing any sort of mental health supports for their students. Project Budget Expenses: Educator Training: \$2,000 x 10 schools: \$20,000; Annual educator/school support: \$2,000 x 10 schools: \$20,000; Technology implementation and misc: \$1,000 x 10 schools: \$10,000

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Ravenswood - RFHN’s Health Education and Prevention Programs	One-year, new	\$20,000	n/a	Preventive Health: *Diabetes Programs (Preventive services and support) *Health Education *Programs that increase access to Preventative Services and Support *Screening Programs	We are respectfully requesting PCHD to support our Health Education and Prevention Programs, which include two core programs. The first one is our Comprehensive Diabetes Management Program, in which our Health Coaches, who are certified Medical Assistants bi-lingual in English/Spanish or English/Tongan, support patients with chronic conditions, such as diabetes and hypertension. They provide medication counseling, coordinate care, address care gaps, and ensure follow-up from external providers. They also monitor vital signs, perform glucose and foot exams, teach self-care practices, and conduct retinal screenings.	Maintain	\$200,234	130	94010 94030 94066 94401 94402 94403 94404	Support 0.1 FTE (aggregate) of our Health Coaches, 0.09 FTE of a Breast and Cervical Cancer Screening Program Assistant, and 0.01 FTE of our Health Education and Prevention Program Manager. • Bilingual Health Coaches, certified as Medical Assistants, provide counseling on medications, coordinate care, close care gaps, monitor vitals, conduct screenings, and teach self-care practices. The Breast and Cervical Cancer Screening Program Assistant supports early detection by contacting overdue patients, maintaining referral resources, documenting encounters, and enrolling patients with abnormal results into treatment programs to ensure timely care. Oversight is provided by the Health Education and Prevention Program Manager, who guides staff, protocols, tracking systems, and outreach strategies. She also supports the Comprehensive Diabetes Management Program, ensuring smooth clinic integration, while monitoring outcomes, evaluating effectiveness, and implementing improvements.

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We Make it Better - Senior Saturdays- Making you Matter!	One-year, new	\$15,000	n/a	Mental & Behavioral Health: *Health Education *Programs that increase access to Preventative Services and Support *Reduction of Adverse Child Events and Toxic Stress *Senior Mental Health *Socialization for Seniors	We Make It Matter is launching the Senior Saturday Series — a monthly (or more frequent) wellness event designed to support the mental, emotional, and physical health of seniors in our community. Hosted at the Foster City or Burlingame Community Center, these sessions create an engaging, supportive, and fun environment where seniors can focus on their well-being. Program Highlights: -Mental Wellness Counseling: Group discussions and strategies for stress management, resilience, and positivity. -Exercise & Movement: Light fitness sessions to promote mobility, balance, and strength. -Healthy Habits: Nutrition tips and practical approaches for better daily living. -Brain & Memory Activities: Stimulating games and exercises to enhance cognitive function and retention. - Community & Connection: Social time with peers, refreshments, and free swag to encourage bonding and joy. -Expert-Led & Volunteer-Supported: Industry experts will guide sessions, supported by volunteers for a welcoming, community-first feel. - Accessibility: Free transportation from designated areas to ensure no one is left out. Schedule: Minimum of 12 sessions annually (1 per month, with potential for bonus sessions). Rotating themes to keep activities fresh, engaging, and impactful.	Launch	\$30,000	1,000	94010 94011 94030 94066 94401 94402 94403 94404 94497	Funds will be used for physical space rentals in community centers (the larger spaces and more attractive space often do not provided community discounts), the cost of time for specialized facilitators (wellness educators, therapists, councilors, teachers etc, time is often given but covering other costs as needed), program materials and aides, marketing materials, insurance costs for event, supporting items such as refreshments etc, gifts in kind to to participants. Also funding would go to potential cost of transportation to and from events for those who need assistance.

\$2,499,701