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COMMUNITY HEALTH INVESTMENT COMMITTEE MEETING

Monday, September 14, 2026

5:00pm – 6:30pm

AGENDA

1. Call to Order

2. Approval of Minutes – July 20, 2026

Pg. 1-4

3. Community Grants Program: Letters of Interest

a. Review Grid and Discussion

Pg. 5-14

b. Organizations to Move Forward to Full Application Phase

4. Next Steps and Important Dates

a. Key Application Dates

- Full Grant Applications Due: Monday, October 9, 2026 by 11:59pm
- Committee Grant Review: Monday, November 16, 2026
- Board of Directors Approval: Thursday, December 10, 2026

b. Next Community Health Investment Committee Meeting

- Monday, November 16, 2026: Review, discuss and make grant recommendations for board consideration at December board meeting

5. Adjournment



Community Health Investment Committee

7/20 Meeting Minutes

1. **Call to Order:** Chairman Sanchez called the meeting to order at 5:11pm and was announced as the new chairman. CHIC members present were Sanchez, Navarro, Martinez, Baker, Neider, Miran, Mitchell, and Jue.

2. **Welcome and Introductions**

3. **Approval of Minutes:** November 17, 2025

Motion to Approve the Consent Calendar

Motion: By Bonnie Jue; Director Navarro

Vote: All in favor.

Outcome: Motion approved.

4. **Mid-Year Report Check-In**

CEO Pulido shared updates and highlights from the 2025 Grant Cycle.

- 2025 grants included 39 grantees consisting of 10 healthy aging, 15 mental health, and 14 preventive health.
- Healthy aging highlights: 30,000+ meals delivered, 100,000+ grocery bags distributed, 2,000+ medical equipment distributed, and 155 digital literacy classes.
- Mental health highlights: 5,000 hours of counseling, 440 individual sessions, and 88 group sessions, trauma-informed care.
- Preventive health highlights: 9.9 million pounds of nutritious food distributed, 37,000 residents served, and 1,000 hearing screenings achieved.

CEO Pulido shared an update on the 2026 Mid-Year Report that 15 of 46 reports were received (32% submission rate) to-date, with most grantees on track, except for one new grantee with leadership change.

Q & A with CEO Pulido

Kevin Martinez asked if the organizations we fund have provided feedback on data and reporting they provide to us.

CEO Pulido shared that PHCD has not conducted a formal survey of its grantees but has remained in close communication with peer organizations to gather



information and data. She noted Sequoia Health District as a strong example, given they are primarily a grants agency. She noted that, under the previous Strategic Initiatives Director, PHCD began developing a process to track health outcomes among grantee organizations. Once the vacancy is filled, the District plans to continue this work and establish a formal framework for determining what data should be collected to assess and ensure health outcomes.

Director Sanchez added that the current Blue Zones project will examine health outcomes and explore how the data can inform the assessment of community mental health. He emphasized that there are multiple opportunities to collect and leverage data to develop a strong, evidence-based approach that drives meaningful impact.

5. Review 2026 Community Health Investment Fund Expenditures

- a. Impact Partners Program
 - Last year, \$1.1 million was awarded to Impact Partners.
 - San Bruno School District is the only Impact Partner moved out of this category due to significant changes in the program and funding needs. The school district requested modifications, so the organization will return to the annual grant cycle and will need to reapply this year.
- b. Community Grants Program
 - \$1.85 million was awarded to the Community Grants Program.
- c. Community Workforce Tuition Assistance Program
 - \$50,000 is set aside for healthcare workforce initiatives, which may support the College of San Mateo nursing program. More conversations with College of San Mateo are to come.
- d. Community Support Funds – Small Grants and Partnerships
 - A \$9,000 Seed Grant was awarded to We Make It Matter. The organization was initially categorized under the Community Grant category but was moved to the Seed Grant category due to the smaller award amount.
 - Sponsorships totaled just over \$60,000, with an emphasis on maintaining a presence across the District's communities and supporting organizations that reflect the diversity of its cities. PHCD also prioritizes tabling events in each major city, in addition to providing other sponsorship support.



6. 2027 Grant Cycle

a. Community Health Investment Committee Charge

CEO Pulido noted there are no edits to the committee charge for this year.

Motion to Approve the Community Health Investment Committee Charge 2027

Motion: By Kevin Martinez; Susan Baker

Vote: All in favor.

Outcome: Motion approved.

b. Community Grant Program Policy, Eligibility, Funding Priorities

CEO Pulido shared that Director Sanchez and Director Navarro will be asking the Board on July 23rd board meeting to increase the community grants program funding by \$2 million, making the updated total \$5 million. The proposal includes adding a “Safety Net Services” focus area to help mitigate the effects of local and state budget shortfalls. Grantees would be allowed to submit more than one application when addressing a safety-net need.

Director Sanchez added that anticipated funding reductions following the midterm elections make it important for PHCD to prepare in advance to help address potential gaps in services and increased community needs.

Director Navarro added that inflation has already affected funding for some organizations and expressed support for increasing available funding to help organizations meet growing needs and continue providing essential services.

Bonnie Jue emphasized the importance of education around the prevention of losing essential services, encouraging community members to stay informed and take proactive steps to navigate upcoming changes in government funding.

Motion to Approve Community Grant Program Policy, Eligibility, Funding Priorities

Motion: By Kevin Martinez; Susan Baker

Vote: All in favor.



Outcome: Motion approved.

c. 2027 Budget

CEO Pulido shared that after accounting for existing two- and three-year grantees, just over \$1 million remains for one-year grantees in the upcoming cycle. The District will also maintain \$100,000 for small grants and sponsorships and \$50,000 for healthcare workforce initiatives, which may support the College of San Mateo nursing program. The District will host an informational session for current and prospective grantees on August 3rd led by Director Sanchez and CEO Ana Pulido.

d. LOI and Application Overview and Criteria

CEO Pulido requested feedback and CHIC members' review of the LOI criteria, including proposed changes such as adding a Safety Net Services focus area and increasing the funding request range from \$10,000 to \$15,000. She asked members to provide their feedback by July 24th.

e. Committee Meeting Schedule and Work Plan

CEO Pulido encouraged committee members to attend the final two CHIC meetings in person. The September 14th meeting will focus on reviewing Letters of Intent and determining which organizations will advance to the full application stage. At the November 16th meeting, the committee will discuss funding recommendations to present to the Board.

f. Potential Increase in Funding

At the July 23 Board meeting, Directors Sanchez and Navarro will propose increasing the FY 2026–27 Grants Program from \$3 million to \$5 million. This targeted bridge funding will support nonprofits facing reduced public funding and growing demand for services. The additional investment will help preserve critical services, strengthen the local safety net, and maximize the impact of existing community-based infrastructure.

7. Adjournment: 6:10pm

	A	B	C	D	E	F	G	H	I	J	K	L	M
	Organization Name	Award Prior Year	Primary Focus Area: *Priorities across the Life Span Grants	Annual Funding Request	Total Program Budget (Simple)	Launch, Maintain, or Expand	Program Title	Program Summary	# People Served in Program	PHCD Funding Received or to be Served w/ PHCD	Zin Codes - Others Served	How Will PHCD Program Funds be Used	How will you Track PHCD Funds are Serving District Residents
1	CALL Primrose	6/2020 - \$15,000 2/2021 - \$10,000 1/2022 - \$15,000 1/2024 - \$20,000 1/2025 - \$60,000 11/2025 - \$40,000 1/2026 - \$80,000	Healthy Living across the Life Span Grants	\$ 60,000.00	\$ 580,000.00	Expand	CALL Primrose Community Pottery	CALL Primrose is a nonprofit organization providing free, healthy groceries to low-income individuals and families throughout San Mateo County. In 2025, CALL provided direct support to approximately 78,000 individuals through the distribution of more than 130,000 bags of groceries. Our services are available Monday through Friday from 9:30 a.m. to 2:45 p.m., on a drop-in basis, with no appointment required. Anyone experiencing food insecurity is welcome. Through our partnership with Second Harvest of Silicon Valley (SHSV), local grocery rescue programs, and relationships with food wholesalers, CALL has access to a wide variety of grocery items. We prioritize obtaining nutritious foods that address the needs, preferences, and dietary requirements of the clients we serve. Our current distribution model is client-choice based, with two primary goals. First, we empower clients by giving them the ability to determine what they want to eat. Second, we ensure that the food is healthy and nutritious. Our typical daily selection includes fresh fruits and vegetables, dairy products, meat and poultry, vegan options, and staple foods such as beans, rice, tuna, eggs, and pasta. Second, our client-choice model naturally supports waste reduction. Rather than providing predetermined bags of food, we tailor each client's groceries to the specific needs and preferences of their household. This helps ensure that the food we distribute is useful, wanted, and ultimately consumed, while minimizing the amount of food that may otherwise go to waste. All forms and instructions are available in both English and Spanish, and staff and volunteers are trained to use translation software when additional language assistance is needed. We have recently engaged our Board of Directors in our outreach efforts with the goal of dispelling our reach into the community. Our Beyond Advocate Program equips CASA volunteers to provide well-rounded support that extends far beyond the courtroom. CASA volunteers are trained to address the full spectrum of their youth's needs, from mental and physical health to educational success to long-term independence. These dedicated volunteers are carefully paired with one child who is under the jurisdiction of the San Mateo County courts, offering mentorship, advocacy, and the support needed to empower young people. The program centers on four core goals: First, training volunteers to understand the deep impact of Positive Childhood Experiences (PCEs) on mental health, development, and educational outcomes; second, providing volunteers with the tools and flexible funding to facilitate meaningful PCEs for their youth while supplementing state assistance to address material and financial gaps; third, expanding youth-led programming through intentional partnerships with community organizations; and fourth, growing participation in the Stay Connected program to better serve young adults ages 18 to 25 as they transition out of the foster care and juvenile justice systems.	8500	8160	94010 94020 94066 94401 94402 94403 94404	If granted, funding will be used to expand our existing, free grocery distribution program, more specifically: -for the purchase of additional healthy grocery items needed to supplement the core food donations received from our partner organizations; -for the purchase of holiday poultry (500 units each November) that used to be donated by Second Harvest of Silicon Valley; -for the purchase of healthy food items geared toward the nutritional needs and taste preferences of children as we expand our summer lunch program during the summer months when school is out making free and reduced meals less accessible; -To expand outreach campaigns through both SanTrans Bus ads and closed-circuit tv ads at the San Mateo DMV;	CALL Primrose collects and verifies household demographic, income, address, and visit data through a secure client database. Monthly reporting tracks households and individuals served, repeat visits, and characteristics by city, age, ethnicity, and other demographics. Verified addresses allow CALL Primrose to reach out to clients who have not responded to outreach. CALL Primrose serves District residents and demonstrates the direct impact of PHCD funding.
7	CASA of San Mateo County	Healthy Futures 2020-2025, \$70,000 in 2026;	Mental & Behavioral Health Grants	\$ 70,000.00	\$ 235,133.00	Maintain	Beyond an Advocate: Advancing Mental Health Support for Court-involved Children and Youth	Our Beyond Advocate Program equips CASA volunteers to provide well-rounded support that extends far beyond the courtroom. CASA volunteers are trained to address the full spectrum of their youth's needs, from mental and physical health to educational success to long-term independence. These dedicated volunteers are carefully paired with one child who is under the jurisdiction of the San Mateo County courts, offering mentorship, advocacy, and the support needed to empower young people. The program centers on four core goals: First, training volunteers to understand the deep impact of Positive Childhood Experiences (PCEs) on mental health, development, and educational outcomes; second, providing volunteers with the tools and flexible funding to facilitate meaningful PCEs for their youth while supplementing state assistance to address material and financial gaps; third, expanding youth-led programming through intentional partnerships with community organizations; and fourth, growing participation in the Stay Connected program to better serve young adults ages 18 to 25 as they transition out of the foster care and juvenile justice systems.	170	65	94010 94011 94030 94066 94401 94402 94403 94404	3% FTE Program Director: Oversees the program and strengthens partnerships, including with A Home Within. 20% FTE Program Manager/Mental Health Specialist: Coordinates mental health trainings, researcher resources and partners, promotes trainings to staff and volunteers, and maintains the mental health resource guide. 6% FTE Training Coordinator: Completes Mental Health First Aid certification and facilitates trainings. 10% FTE Senior Program Manager, Case Management: Oversees PCE funds, supervises advocates, and ensures volunteers can access appropriate referrals and resources for youth. Case management and operations software to support program coordination and service delivery. Intake and outcomes software: Supports ongoing work with Applied Survey Research to collect, analyze, and report youth outcomes. Mental Health First Aid training for all volunteers. Direct youth support: Provides positive childhood experiences, health and wellness supplies, extracurricular activities, and other materials and experiences that promote youth mental health and well-being.	CASA will track youth and volunteer demographics, placements, referrals, activities, and volunteer hours through CASA Connect and Individualized Advocacy Plans. Data will be reviewed to monitor placement changes, youth wellness, needs, and service gaps. Attendance, engagement, and outcomes data will be used to evaluate program effectiveness and inform improvements. CASA expects to serve at least 65 youth residing within PHCD's service area in 2027.
8	Catholic Charities CTO Archdiocese of San Francisco	Adult Day Services SM 2/19/2025, \$100,000 Adult Day Services SM 1/23/2024, \$50,000 Adult Day Services SM 6/25/2024, \$12,000	Healthy Living across the Life Span Grants	\$ 70,000.00	\$ 543,140.00	Maintain	Adult Day Services San Mateo	Catholic Charities' Adult Day Services program in San Mateo County offers a licensed, supervised setting where older adults and adults with disabilities receive therapeutic day care designed around their individual needs. Many participants are coping with declining physical abilities, social isolation, and cognitive decline. The program provides a safe, supportive environment where participants can engage in meaningful activities, socialize, and receive care while being family caregivers themselves as well, gaining regular respite alongside a dedicated monthly caregiver support group and a Memory Cafe, where those newly navigating a dementia diagnosis can build community with others facing similar circumstances. Compared to in-home care or residential placement, Adult Day Services offers families a dependable and more accessible option. Core services at our San Mateo site include: -Activities structured around each participant's cognitive and physical abilities -Daily hot lunch and snacks, paired with education that helps clients adopt healthy eating habits suited to their stage of life -Assistance with personal care needs -Early morning and late afternoon extended care beyond standard program hours -Support groups, education, referrals, and information for family caregivers	1069	300	94010 94030 94402 94404	PHCD funding will directly support the staffing needed to safely serve participants who require close supervision and care due to cognitive, physical, or mental impairments allowing them to attend an adult day program rather than remain isolated at home. PHCD funding will also support the program's efforts to provide caregiver support and training, and ensure that all participants receive the highest quality of care. A portion of the funds will go toward hosting our monthly Memory Cafe events and providing case management for both clients and their caregivers. Additional funds will support Alzheimer's-specific training for staff to strengthen the quality of care and deepen client relationships, helping the program continue to improve based on real feedback. Finally, a portion of the grant will fund outreach efforts to connect more San Mateo County seniors and adults with disabilities to the aging services they need, ensuring the program operates at full capacity and reaches those who could benefit most.	Catholic Charities tracks client residency, participation, and service utilization through a secure database, reporting of individual residents served by ZIP code. District residents served by ZIP code across Adult Day Services and caregiver support programs. Surveys, conversations, forums, and focus groups provide ongoing participant feedback to improve services, while ensuring programs effectively reach PHCD-area seniors and caregivers.
9	Changing Perspectives	The program title: Youth Mental Health Support through School-based Social-Emotional Learning was the amount of \$15,000 during the 2024-2025 program year.	Mental & Behavioral Health Grants	\$ 20,000.00	\$ 60,000.00	Expand	Advancing Youth Mental & Behavioral Health Through Social-Emotional Learning	Changing Perspectives seeks funding to provide school-based, preventive mental and behavioral health programming in Burlingame and Millbrae during the 2026-27 school year. Partnering with at least four schools, the program will build educators' and parents'/caregivers' capacity to support students' social-emotional and mental health needs, by equipping adults with practical strategies and resources, students can strengthen emotional regulation, relationships, resilience, and overall well-being. Changing Perspectives uses social-emotional learning (SEL) as an upstream approach to prevention, focusing on five core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. The initiative includes four interconnected components: - K-7 Curriculum Resources: More than 1,000 customizable, standards-aligned lesson plans, discussions, and activities based on the CASEL Framework and California SEL Guiding Principles. - Professional Development: Training for educators and school staff to strengthen student relationships, model healthy SEL skills, and support emotional regulation and well-being. - Site Visits: Individualized school support through focus groups, observations, co-teaching, needs assessments, and consultation to help schools translate training into sustainable practice. - Family Workshops: Practical strategies for parents and caregivers focused on communication, relationships, emotional regulation, and growth mindsets. Together, these components create consistent social-emotional support across school and home environments. By strengthening protective factors early, students are better prepared to manage stress, navigate adversity, seek support, and develop confidence and belonging. Rather than providing a short-term intervention, Changing Perspectives builds lasting adult capacity, school systems, and shared practices that can continue beyond the grant period, creating healthier school communities and stronger pathways to long-term mental and emotional well-being.	1200	1200	94010 94030 94066	Changing Perspectives respectfully requests a grant of \$20,000 from PHCD to directly support a range of school-based social-emotional learning and preventive mental health programming in four or more Burlingame and Millbrae schools during the grant year. Programming and services would be tailored to partner schools' specific needs, such as educator access to Available and grant-tracking systems. PHCD funding will document participating schools, services, dates, and the students, educators, and families reached. PHCD-funded activities will be tracked and reported to the District to identify how their allocation of services could have the greatest impact. For example, one school may prioritize building educator capacity through professional development and coaching, while another may have a greater need for family engagement or direct, site-based implementation support. Across all partner schools, PHCD funding will share the same purpose: building the capacity of the adults who surround students to create supportive environments that promote student mental and behavioral health. This flexible, school-responsive approach allows Changing Perspectives to meet communities where they are while ensuring that PHCD's investment results in meaningful, sustainable support for students, educators, and families.	Changing Perspectives will use PHCD funds exclusively for programming at partner schools within the District. Available and grant-tracking systems will document participating schools, services, dates, and the students, educators, and families reached. PHCD-funded activities will be tracked and reported to the District to identify how their allocation of services could have the greatest impact. For example, one school may prioritize building educator capacity through professional development and coaching, while another may have a greater need for family engagement or direct, site-based implementation support.
10	Chinese Community Health Resource Center (CCHRC)	2026 Grant cycle: \$40,000 for Holistic Healthy Aging Initiative	Healthy Living across the Life Span Grants	\$ 70,000.00	\$ 70,000.00	Expand	Holistic Healthy Aging Initiative	In 2027, CCHRC proposes to expand and strengthen this established program by increasing its reach to more District seniors and/or senior communities, increasing opportunities for participation, and enhancing program components based on lessons learned during the first year. CCHRC will particularly strengthen interactive health education while continuing the physical and social activities that demonstrate strong resident engagement. The Holistic Healthy Aging Initiative provides accessible, engaging healthy-aging programs directly within senior residential communities. In 2026, CCHRC proposed expanding its successful residential wellness model to Peninsula seniors through three core areas: healthy eating and nutrition education, physical activity, and socialization, along with caregiver resources and community partnerships. With PHCD support, at the mid-year milestone, CCHRC implemented the program at three Peninsula senior living communities: Trousdale, Sunrise San Mateo, and Mills Estate Villa (MinisCore). In July 2026, CCHRC had completed four visits at each site, reaching 50 unique seniors and generating 158 resident engagements through physical activity, socialization, and health education activities. We served 50 unique residents and 158 duplicates of 230 services to residents, achieving 20% and 63% per cent of the proposal goals respectively. Participating residents completed a total of 385 of 540 planned minutes of physical activity, achieving 49% of the program goal. As well as completed a total of 385 of 540 planned minutes of social activity, achieving 71% of the program goal. We have all the residents and building staff's permission to use their photos for reporting purposes. Please see the Google link below for photos that we would like to share: https://drive.google.com/drive/folders/2YQD7BHq4u6Lmny5Fplc3uKH65 In-field observation notes as well as partner and resident testimonies are available upon request.	500	300	94010 94402	PHCD funding will support the expansion and enhancement of the Holistic Healthy Aging Initiative through: 1) Personal activity and staffing to coordinate and deliver expanded programming across participating senior communities. 2) Physical activity and wellness programming, building on activities successfully implemented in 2026 and adapting them for seniors with different mobility and ability levels. 3) Social program activities that encourage interaction, participation, and social connection among residents. 4) Health and lifestyle education, including nutrition, blood pressure, chronic disease prevention, and healthy aging. 5) Interactive educational approaches, including health BINGO games, quizzes, and other senior-friendly formats developed in response to resident feedback. 6) Program supplies and materials needed for physical, social, recreational, and health education activities. 7) Evaluation and outcome measurement, including attendance, resident engagement, surveys, and health/social outcome measures. 8) Travel and outreach required to deliver programming directly at participating Peninsula senior communities. 9) Partnership development to strengthen relationships with senior residential communities and other community providers and support future sustainability.	CCHRC will track both unduplicated District residents and repeat engagements to measure program reach and participation frequency. Site-specific records will capture individual demographic data, including physical activity, socialization, and health education, to evaluate program impact and respond to resident feedback.
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| | Organization Name | Award Prior Year | Primary Focus Area: *Priorities | Annual Funding Request | Total Program Budget (Simple) | Launch, Maintain, or Expand | Program Title | Program Summary

 | # People Served in Program | PHCD Requested to be Served w/ Funding | Zip Codes Served | How Will PHCD Program Funds be Used | How will you Track PHCD Funds are Serving District Residents |
| 1 | City of Milbrae | Previously City of Milbrae was a grantee for funding from PHCD for Recreation equipment within our new Recreation Center, and funding for a fitness court on Milbrae Ave. | Healthy Living across the Life Span Grants | \$ 135,000.00 | \$ 270,167.00 | Launch | Fitness Court with the National Fitness Campaign | The City of Milbrae is seeking Peninsula Health Care District (PHCD) support to install and activate a National Fitness Campaign Fitness Court at Monterey Street Linear Park. The project will create a free, publicly accessible outdoor fitness resource that expands opportunities for physical activity, preventive health, and healthy aging across the lifespan.

The Fitness Court will provide bodyweight exercise stations supporting strength, balance, mobility, and cardiovascular fitness at various ability levels. Unlike traditional gyms or recreation programs, it will require no membership, registration, or fees, reducing barriers to regular physical activity.

Monterey Street Linear Park is an ideal location because it is adjacent to an existing trail already used for walking and recreation. The Fitness Court will complement these activities by allowing residents to combine aerobic exercise with strength and functional fitness.

Program Activities:
Free daily access: Year-round use during regular park hours without fees or membership.
Walking and fitness integration: Residents can combine trail activity with strength, mobility, balance, and functional exercises.
Community programming: Introductory fitness activities and wellness events will help residents safely and confidently use the Court.
Healthy aging: Accessible opportunities for adults and older adults to maintain strength, mobility, balance, and functional fitness.
Preventive health education: Recreation outreach will promote regular movement and strength training as part of a healthy lifestyle.
Social connection: A shared fitness space will encourage residents to exercise together and participate in community activities.
The goal is to create a permanent community wellness resource, not simply rental equipment. By building on an existing recreational trail, the Fitness Court will make physical activity more accessible and easier to incorporate into daily life.

PHCD funding will expand equitable access to preventive health and physical activity through a high-quality, free public fitness amenity. The project directly supports PHCD's Healthy Aging Across the Lifespan – Physical Activity priority while promoting regular exercises, healthier lifestyles, and sustained community wellness.

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94036 | We are expanding the areas around the proposed fitness court site with landscaping and a pet run, however all the fund received from PHCD will go directly to the fitness court structure. The full estimated price of the fitness court with Shade structure is \$270,167. The additional landscaping and pet run are not included in that estimated price.

The software mentioned will also allow us to see which zipcodes patrons are coming from, ensuring that we can track when the grant is serving our district residents. | |
| 12 | Coastside Adult Day Health Center | received \$60,000 for 2026 for our aging in place program under funding across the lifespan. | Healthy Living across the Life Span Grants | \$ 70,000.00 | \$ 1,500,000.00 | Maintain | Aging in Place | Coastside Adult Day Health Center provides a four hour daytime healthcare program which supports seniors and adults with disabilities throughout all of San Mateo County. Throughout the program day, our services include nursing, physical, occupational and speech therapy, personal care, social services, activities, nutrition services and transportation. Overall, our goal is to prevent premature institutionalization and participants with aging in place in the communities they helped build. Our program provides comprehensive healthcare services in a social environment designed to help support the community's aging. Together, we provide a caregiver support group meant to provide care referrals, advice and emotional support to individuals currently caring for a loved one. These services are essential for the lives of seniors and adults with disabilities throughout all of San Mateo County.

 | 250 | 35 | 94030
94036 | PHCD funds will support a variety of program features for Coastside Adult Day Health Center to maintain and sustain the operations of the program. Specifically, funding benefits our nutrition program, our transportation program and our multidisciplinary staffing costs. Nutrition Services provide a hot lunch to each of our participants daily along with nutrition monitoring specifically from our registered dietitian and registered nurse. This includes monitoring weight, blood sugar levels and more while providing nutrition education, in particular when an individual has a medical need for nutrition support. Transportation is provided through our partnerships with MVI Transit, Senior Coastside and HealthShare of San Mateo to provide transportation services throughout San Mateo County. Funds will help maintain our current staffing ratios by contributing toward salaries and benefits for our multidisciplinary team, including social workers, therapists, the dietitian, and direct care staff. This is critical to ensure high-quality care and adequate capacity as our participant census grows. We currently have 21 district residents enrolled at our facility. We hope to continue to provide services for additional PHCD residents. | |
| 13 | Each Green Corner | Living Campus Program, 2025, \$55,000
Living Campus Program, 2026, \$60,000 | Mental & Behavioral Health Grants | \$ 65,000.00 | \$ 272,640.00 | Maintain | Living Campus | 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. Simultaneously, we educate our communities about nutrition and food security, environmental justice and sustainable agriculture through school-based curriculum; the creation of resources for the general public, and outreach events. Through our programs we are able to tailor our training and education to adults/seniors as well as to youth, while maintaining an intergenerational focus via volunteer opportunities for all ages across all programming. Since our launch in 2019, we have scaled to 19 active garden sites throughout San Mateo County 18 of which are at The One school-based curriculum; the creation of resources for the general public, and outreach events. Through our programs we are able to tailor our training and education to adults/seniors as well as to youth, while maintaining an intergenerational focus via volunteer opportunities for all ages across all programming. Since our launch in 2019, we have scaled to 19 active garden sites throughout San Mateo County 18 of which are at The One school-based curriculum; the creation of resources for the general public, and outreach events. 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	Organization Name	Award Prior Year	Primary Focus Area: *Priorities	Annual Funding Request	Total Program Budget (Simple)	Launch, Maintain, or Expand	Program Title	Program Summary	# People Served in Program	PHCD received via funding	Zin Codes - Others Served	How Will PHCD Program Funds Be Used	How will you Track PHCD Funds are Serving District Residents
1	Kara	Bereavement Support for the Community/2026, 30,000.00 Bereavement Support for the Community/2025, 30,000.00 Bereavement Support for the Community/2024, 25,000	Mental & Behavioral Health Grants	\$ 50,000.00	\$ 1,680,000.00	Maintain	Bereavement Support, Grief Education, and Crisis Response	As the Bay Area's only stand-alone grief focused agency, Kara provides bereavement support to children, adults, families, and organizations through integrated youth, adult, Spanish, community engagement, and therapy services. Peer support and crisis response are free, while therapy and grief education are offered on a sliding scale. Services are available in English and Spanish, in person and via telehealth. PHCD funding will expand access to grief support for District residents and organizations, directly addressing PHCD priorities including Pediatric Mental and Behavioral Health, Senior Mental Health, and reducing ACEs and toxic stress. Kara's all-ages approach ensures individuals and families receive appropriate support throughout the grieving process. Key Services: - Children: Age-specific peer groups for children and teens, concurrent caregiver support, family consultations, therapy, school-based grief groups, and Camp Kara, an annual weekend bereavement camp for ages 6-17. - Adults: Individual peer counseling, loss- and identity-specific support groups, drop-in groups, and specialized programming for young adults ages 18-35. - Therapy: Grief-focused clinical services for individuals experiencing complicated grief alongside depression, anxiety, PTSD, substance use, or other mental health concerns. - Community Crisis Response: Timely support for schools, businesses, and organizations following deaths or traumatic losses, available in English and Spanish. - Education & Outreach: Grief education for educators, healthcare providers, first responders, and other professionals, plus community workshops and remembrance events. - Support for Families: Culturally responsive bereavement support for adults 55+, including a Spanish-language peer group in East Palo Alto. Kara engages approximately 230 volunteers, more than half of whom are seniors, providing meaningful opportunities for connection, purpose, and service. Through accessible and culturally responsive services, Kara helps people navigate loss, reduce isolation, strengthen resilience, and move toward renewed hope and meaning.	650	200	94011 94030 94066 94401 94402 94403 94404 94457	The grant would be used to fund staffing and program costs associated with delivering our key programs and services detailed above in the program summary.	When potential clients call to request services, we document their city and zip code and record it in our client database, Outcome Tracker. We can then pull reports to demonstrate PHCD funds are serving District residents.
22	mBOLDen Change	No prior history.	Mental & Behavioral Health Grants	\$ 10,000.00	\$ 24,000.00	Launch	Care Access Fund/ Pediatric Therapy Access Pilot	mBOLDen Change's Care Access Fund provides financial assistance and system-navigation support for Medi-Cal enrolled families of children who cannot consistently access medically necessary pediatric speech, occupational, and developmental therapy because of provider shortages, coverage failures, or financial hardship. Our pilot relies on community-based delivery partners to conduct intake and casework, ensuring families' health information remains secure with the partners and treating providers. Core activities: - Intake and Screening: Verify District residency, Medi-Cal enrollment, and household income (aligned to the FPL); document the clinical recommendation, and identify the specific access barrier (i.e., Medi-Cal provider shortages, denial and authorization delays, coverage limits, or loss of Regional Center early intervention services at age 3, when eligibility narrows and therapy funding shifts to schools and insurance, etc.) - Benefits Navigation: File appeals, pursue stalled authorizations, locate participating providers, and support families through Medi-Cal renewal so coverage does not lapse mid-treatment. - Financial Assistance: Sliding-scale assistance paid directly to licensed providers, covering therapy sessions when the barrier is structural, such as Medi-Cal reimbursement (roughly \$30 per appointment) set too far below the actual cost of care for clinics to sustain Medi-Cal caseloads. Families reach the Fund through referrals from pediatric providers, school staff, and community organizations serving District residents. mBOLDen Change was founded in San Mateo County in 2006. While we serve families from across the Bay Area and beyond, our deepest and longest service history is with Peninsula families.	75	75	94010 94011 94030 94066 94401 94402 94403 94404 94497	PHCD grant funds will directly support our community-based partners' program staffing to deliver intake, income verification, benefits navigation, Medi-Cal renewal support, care coordination, and outcome tracking for every enrolled family. Concurrently, mBOLDen Change will fund the \$10,000 direct therapy financial aid pool. In the pilot year, we aim to provide 75 direct therapy sessions across two support tiers: sustained support (up to 32 sessions) for children with long-term structural barriers, and bridge support ("12 sessions) while an active appeal, participating provider, or IEP pathway is established. Financial aid is prioritized by income, with the deepest assistance reserved for families at 0-200% FPL.	Delivery partners verify District residency by home address and zip code at intake. Attendance logs, invoices, and casework records link PHCD-funded services and navigation hours to verified District children and report household served by ZIP code, sessions, navigation outcomes, and financial reconciliation, while protecting confidential medical and health information.
23	MELP/ AbreCloset	Free Durable Medical Equipment For All, 2025, \$50,000 Free Durable Medical Equipment For All, 2026, \$43,134	Mental & Behavioral Health Grants	\$ 49,660.00	\$ 175,475.00	Maintain	Free Durable Medical Equipment For All	MELP and AbreCloset are two programs within the nonprofit named MELP/AbreCloset. The MELP program (Medical Equipment Loan Program) handles personal mobility and safety equipment such as walkers, crutches, wheelchairs, commodes, shower chairs, etc., mostly for adults, as well as donated standard care items in original packaging such as incontinence supplies and first aid items. The AbreCloset program handles highly specialized equipment for children with moderate to 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. The most important activity for achieving the desired health outcome is the actual interaction with clients, where we provide them with the equipment or supplies they need. This happens every Saturday. But there are many supporting activities that must happen to allow the primary service to occur: 1. Our receiving team inspects donated equipment or DME being returned by clients who no longer need it. We clean each item and may do minor repairs as needed. Equipment is then tagged, photographed, and entered into our database. 2. 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. 3. The aforementioned primary activity happens each Saturday at both locations. Our volunteers distribute the warehouse medical equipment and personal care items to our clients free of charge. The volunteers provide the items requested by the clients and guide them through the process of filling out a form with their name and contact information. In this manner equipment is provided to both adults (MELP) and families of disabled children (AbreCloset). 4. 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. 5. We have a strong core team of volunteers that meets every Friday to assess and manage weekly performance, and a Board of Directors that meets quarterly and provides strategic guidance. 6. We train every new volunteer by providing a procedure manual, videos created by a local licensed Occupational Therapist on the characteristics and proper use of each type of DME, and an on-site walk through the facility to familiarize them with the process. 7. We are very intentional in attending outreach events that will make the public aware of our services, and will draw volunteers to join us to sustain the program.	4740	1340	94010 94030 94066 94401 94402 94403 94404	A \$49,660 grant from PHCD will cover 28.3% of our annual operating expenses of \$175,475. We specifically chose that number because our data indicates that in the past 12 months 28.3% of our client visits were by residents of the PHCD area (who incidentally received 30.8% of the items given to clients). Therefore the PHCD grant will directly serve only PHCD residents, while our other income sources will serve the remaining clients. The largest single component of our expense is rent and utilities for our two locations, totaling over \$10,000 per month (\$128,625 projected for 2026). Advertising and Marketing is budgeted at \$11,950 while Administration and miscellaneous other make up the balance of \$34,700.	Every item provided to clients is tracked in our inventory system, along with client addresses. We are able to summarize the number of PHCD residents served and show what percentage of our clients are in the PHCD.
24	Mental Health Services - YMCA, a branch of the YMCA of Greater San Francisco - Matt's notes: Peninsula residents separate from the greater San Francisco	Food Insecurity Funding, 11/2025, \$30,000	Safety Net Services - Healthy Aging	\$ 50,000.00	\$ 1,018,768.00	Expand	Safety Net Services at YMCA Community Resource Center	Funds from PHCD will be used to support our San Bruno clients at our food pantries, main location, and at our satellite site at Belle Aire Elementary School in San Bruno. Some funds may also help those clients who reside in the corner of South San Francisco that is part of PHCD's district. Last year, PHCD made their first grant to Mental Health Services' YMCA Community Resource Center. This Food Insecurity Funding supported increasing the capacity of our drop-in office food pantry, making it possible for us to offer more, better quality, culturally responsive food to those dropping into our site. Funding this year will allow us to expand these food pantry offerings at our main core agency location. It will also support case managers to assist San Bruno residents at our satellite site at Belle Aire Elementary in San Bruno and at our main location. Case management consists of assessments, financial and budgeting support, and unhoused support including access to emergency housing/shelter/clothing/hygiene. It also includes assistance in applying for utility and other assistance, and linkages and referrals to additional resources, including where and how to apply for Medi-Cal. Finally, funding will help in purchasing food and transportation passes to come closer to meeting client demand.	2500	2500	94066	The YMCA CRC tracks quantitative and qualitative client data through clarity and internal records, including households served, ZIP code, income, demographics, education, language, insurance, and benefits. Client surveys and feedback guide program improvements and resource allocation. ZIP-code specific outreach efforts help ensure services reach PHCD residents and address their needs.	The YMCA CRC tracks quantitative and qualitative client data through clarity and internal records, including households served, ZIP code, income, demographics, education, language, insurance, and benefits. Client surveys and feedback guide program improvements and resource allocation. ZIP-code specific outreach efforts help ensure services reach PHCD residents and address their needs.
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	Organization Name	Award Prior Year	Primary Focus Area: *Priorities	Annual Funding Request	Total Program Budget (Simple)	Launch, Maintain, or Expand	Program Title	Program Summary	# People Served in Program	PHCD Residents to be Served w/ PHCD Funding	Zip Codes Served	How Will PHCD Program Funds be Used	How will you Track PHCD Funds are Serving District Residents
1	NAMI San Mateo County	NAMI SMC's Caregivers Across Generations: Mental Health Support for Older Adults and Families, FY2025-2026, \$25,000	Mental & Behavioral Health Grants	\$ 70,000.00	\$ 150,962.00	Expand	Advancing Mental Health Equity, Access, and Outcomes for PHCD Youth and Seniors	NAMI SMC proposes targeted mental health services for youth and seniors to increase mental health knowledge, reduce isolation and strengthen access to preventive support. Given rising mental health needs among San Mateo County youth, NAMI SMC will provide two evidence-based trainings to teachers and school staff in PHCD elementary and middle schools. Educators will integrate these curricula into classrooms to strengthen emotional wellbeing, resilience, and help-seeking skills. Me in Mind (MIM): A K-8 curriculum using age-appropriate activities to build emotional awareness, coping skills, empathy, and resilience. In pilot testing 68% of youth learned something new about their emotions and 90.5% said they would seek help during a difficult time. Mindful Moments: A 10-minute guided meditation program designed to help students and caregivers develop coping and breathing skills. In pilot testing, 100% of teachers were likely to recommend MARE, and 90% of youth showed increased mental health literacy six months later. For seniors, NAMI SMC will provide: MH 101: Mental health education, warning signs, and connections to local resources. Connections 55+: Peer-led support for older adults living with mental health conditions. Family-to-Family: A free, nine-week course for family members, offered in English and Spanish. Family Support Groups: Monthly peer-led groups for caregivers and family members, offered in English and Spanish. Together, these free services address mental health and access gaps among youth and seniors. Offered in multiple languages through virtual and in-person formats, NAMI SMC will strengthen knowledge, connection, resilience, and access to ongoing support.	910	516	94010 94011 94030 94036 94401 94402 94403 94404 94497	PHCD grant funds will support the personnel, operating, and administrative costs necessary to deliver youth and senior mental health education, outreach, and peer support services across the District. Personnel funds will support: - Chief Executive Officer: Provides organizational and programmatic oversight, supervises program staff, supports program planning and implementation, and ensures services are delivered effectively and in alignment with PHCD goals and requirements. - Education & Volunteer Director: Provides leadership and oversight for NAMI SMC's education and support programs, including program planning, implementation, volunteer engagement, and quality assurance. - Education & Staffing Coordinator: Coordinates and supports delivery of Family-to-Family, support groups, Mental Health Program ledgers, and other education programs, including scheduling, participant communication, facilitator coordination, and program logistics. - Youth Outreach Associate: Conducts outreach to elementary and middle schools throughout the District, builds relationships with school staff, and coordinates opportunities to provide Me in Mind and NAMI FLARE trainings and resources to educators and school personnel. - Peer Facilitators: Trained facilitators with lived experience who lead Connections 55+ support groups, creating a welcoming, peer-led environment where older adults can connect with others, reduce isolation, and receive mental health support. Operating funds will support outreach, marketing, educational materials, and other program supplies needed to promote program engagement. Grants will support the program's ongoing needs, including community partners, and ensure PHCD residents are aware of and can access available mental health resources and support. Lastly, a small portion of PHCD funding will support administrative costs necessary for successful program delivery, including financial management, reporting, technology, and other organizational infrastructure that enable NAMI SMC to effectively provide and track services for District residents.	NAMI SMC will track PHCD-funded services by school location, ZIP code, and number of participants served. For senior programs, it will record the number and ZIP codes of seniors served. Existing data systems will be applied to the project, while boating in-person programming within the PHCD service area will help ensure PHCD residents benefit from District direct benefit District residents.
26	One Life Counseling Center	One Life has been awarded with PHCD for 2025 through our Free/Low Fee Mental Health Program, our Counseling Program, our Music & Memory Program, our Provides and Serving Children Ages 0-12 with Mental Health Care and Supportive Services, our Free and Low Fee Attachment-Based and Child-Parent	Mental & Behavioral Health Grants	\$ 110,000.00	\$ 1,022,000.00	Expand	Free and Low-Fee Mental Health Counseling	One Life Counseling Center's Free and Low-Fee Mental Health Counseling program will use three strategies to improve the mental health of PHCD residents of all ages: (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 children, families, and individuals who are in mental health crises and cannot afford therapy. (3) Provide culturally and linguistically competent individual counseling services in-home to seniors who face barriers to care. (4) Connect clients to additional services to provide a continuum of care for basic needs. All 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 the inability to pay for services, inaccessible scheduling, transportation challenges, and/or language or cultural barriers. This program eliminates these barriers and ensures that clients are able to receive professional mental health counseling. The program subsidizes the costs of mental healthcare, allowing clients to pay what they can afford. Recently, One Life launched specialty outreach to ensure this program's accessibility to seniors and now offers this service population in-home counseling to ensure those who are place-bound can receive services. On average, each client served through the program receives 8-10 free or low-cost mental health therapy sessions. Clients with greater needs continue to be supported through the program. The program also provides support to the community through the Peer Counselor program, which helps them identify other needs, such as food insecurity, housing, transportation, or medical care. Seniors will have access to music group as well. Counseling is provided by One Life's diverse team of 180 mental health therapists. Our therapists live in the community, are bilingual and bicultural, and have similar life experiences as our clients. In total, they provide therapy in 9 different languages and over 10 mental health treatment modalities that address over 30 issue areas, including trauma, depression, anxiety, substance use disorder, domestic violence, and suicidal ideation. One Life is the only provider operating in the community that provides free and low-fee, high-quality, culturally and linguistically competent therapy to anyone in need within a week of them reaching out, with appointments offered on evenings and weekends as well as weekdays. One Life's Safety Net Program provides immediate, individualized support to low-income, immigrant, and food-insecure residents facing barriers to basic needs and healthcare. With changes in federal and state processes for maintaining and securing government benefits, we anticipate PHCD residents we serve will be vulnerable to losing this essential support due to increased barriers from requiring additional paperwork, documentation, and follow-up. One Life's established program will hire an additional Peer Counselor to work shoulder-to-shoulder with clients to overcome these challenges to receive the government assistance available and remain engaged with their providers and community supports. In full, this program supports PHCD residents through: - Food and basic needs distribution: Staff and volunteers collect, purchase, organize, package, and distribute food and essential supplies, including diapers, clothing, and shoes. Each Monday, approximately 150-200 households receive food and other necessities, with up to 38,000 pounds of food distributed monthly. The program also provides holiday meals to food-insecure families. - Benefits and healthcare navigation: The Peer Counselor works one-on-one with clients to assess their current benefits and healthcare coverage, assist with Medicaid enrollment and renewal, identify gaps in coverage, and help clients navigate changes to public benefits. Clients are connected to healthcare providers, medications, behavioral health services, and other health resources to prevent disruptions in care. - Resource coordination and referrals: The Peer Counselor connects clients with food assistance, housing support, transportation, clothing, healthcare, behavioral health, and other community resources based on their individual needs. Staff help clients overcome barriers such as limited income, language or system navigation challenges, and a lack of familiarity with available services. - Ongoing client support: One Life staff follow up with clients to help address emerging needs and ensure they successfully access referrals and essential resources. By combining immediate material assistance with individualized benefits and resource navigation, the program addresses the social and economic factors that directly affect clients' health, stability, and ability to access care.	350	350	94010 94011 94030 94036 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 youth, families, and individuals within the PHCD. In addition to serving at least 350 new, underserved PHCD residents with the requested grant support, the funds will also serve seniors. The seniors in our community face pre-existing health conditions, ongoing stressors, mobility barriers, and profound loneliness, yet many do not access services due to financial barriers. The program will provide in-home counseling services to intervene earlier, prevent crisis escalation, and strengthen family systems during critical life transitions.	We will demonstrate PHCD funds are serving the District's residents by capturing zip codes and demographic information at intake.
27	One Life Counseling Center	Psychiatry for Children 0-12 and their Families Since 2000.	Safety Net Services	\$ 35,000.00	\$ 65,000.00	Expand	Safety Net Program	Funds from PHCD will support the salary of an additional Peer Counselor to help clients maintain access to essential healthcare, enroll in Medi-Cal, and other safety net services. Additional resources: PHCD will provide individualized assistance to help clients navigate healthcare and other essential services. This role is particularly important as changes under H.R.1 create additional administrative requirements for Medicaid/Medi-Cal beneficiaries, increasing the risk of "coverage churn," when individuals remain eligible for coverage but lose benefits because they are unable to complete required verifications or respond to notices on time. The Peer Counselor will assist clients in navigating these changes, ensuring they remain enrolled in coverage and connected to essential services in maintaining or reinstating benefits. In addition, the Peer Counselor connects clients with safety-net services and community resources, including healthcare providers, medications, behavioral health services, food assistance, clothing, housing support, transportation, and other social services. By helping clients navigate complex systems and overcome barriers such as limited income, transportation challenges, and limited familiarity with available resources, the Peer Counselor promotes continuity of care and helps clients access the support they need to achieve greater stability and well-being. Together, these activities will strengthen our ability to provide coordinated support to PHCD residents. The funding will help ensure that clients not only have access to healthcare but also receive the practical assistance and connections to community resources needed to remain connected to care. These efforts will lead to changes in federal and state processes for maintaining and securing government benefits and its anticipated effect on low-income community residents.	750	750	94010 94011 94030 94036 94401 94402 94403 94404 94497	Funds from PHCD will support the salary of an additional Peer Counselor to help clients maintain access to essential healthcare, enroll in Medi-Cal, and other safety net services. Additional resources: PHCD will provide individualized assistance to help clients navigate healthcare and other essential services. This role is particularly important as changes under H.R.1 create additional administrative requirements for Medicaid/Medi-Cal beneficiaries, increasing the risk of "coverage churn," when individuals remain eligible for coverage but lose benefits because they are unable to complete required verifications or respond to notices on time. The Peer Counselor will assist clients in navigating these changes, ensuring they remain enrolled in coverage and connected to essential services in maintaining or reinstating benefits. In addition, the Peer Counselor connects clients with safety-net services and community resources, including healthcare providers, medications, behavioral health services, food assistance, clothing, housing support, transportation, and other social services. By helping clients navigate complex systems and overcome barriers such as limited income, transportation challenges, and limited familiarity with available resources, the Peer Counselor promotes continuity of care and helps clients access the support they need to achieve greater stability and well-being. Together, these activities will strengthen our ability to provide coordinated support to PHCD residents. The funding will help ensure that clients not only have access to healthcare but also receive the practical assistance and connections to community resources needed to remain connected to care. These efforts will lead to changes in federal and state processes for maintaining and securing government benefits and its anticipated effect on low-income community residents.	We will demonstrate PHCD funds are serving the District's residents by capturing zip codes and demographic information at intake.
28	Peninsula Bridge	Mental Health Wellness Program, 2019 \$58,000 Mental Health Wellness Program, 2023 \$25,000 Mental Health Wellness Program, 2024 \$60,000 \$143,000	Mental & Behavioral Health Grants	\$ 30,000.00	\$ 431,257.00	Expand	Mental Health Wellness Program	Peninsula Bridge is requesting \$30,000 to maintain and expand our Mental Health Wellness Program for 123 students ages 7-12 and their parents or caregivers who reside in the district. PHCD funding will directly support the cost of individual counseling sessions, parent education workshops, and the expanded student wellness workshops — the program's newest and most preventative component. We have expanded our program to address an increase in mental health challenges among our students, providing additional counseling hours and student and parent wellness workshops. Peninsula Bridge is requesting \$30,000 to maintain and expand our Mental Health Wellness Program for 123 students ages 7-12 and their parents or caregivers who reside in the district. PHCD funding will directly support the cost of individual counseling sessions, parent education workshops, and the expanded student wellness workshops — the program's newest and most preventative component. We have expanded our program to address an increase in mental health challenges among our students, providing additional counseling hours and student and parent wellness workshops.	123	123	94010 94401 94402 94403 94404	We're requesting \$20,000 in partial support toward SHERes' total program budget of \$98,920.99 for the 2027 grant period. Funds will cover: - Personnel (\$19,450): dedicated staff time from our Manager of Community Engagement (0.20 FTE) and Grants and Impact Specialist (0.36 FTE) to oversee program delivery and coordination - Participants (\$10,550): compensation for SHERes conducting outreach, workshops, and navigation support - Outreach materials (\$2,800): in-language educational materials, signage, and resources distributed at workshops and events - Travel reimbursement (\$2,800): meeting support (\$5,400): enabling SHERes to reach residents across PHCD-region census tracts, including food for required bi-monthly team meetings - Indirect costs (\$6,028.99): organizational overhead supporting program administration	Peninsula Bridge will track students by their home address zip codes.
29	Peninsula Conflict Resolution Center	PHCD 2018 \$75K PIVA 2019 \$50K PIHA 2020 \$50K Covid Relief Fund 2020 \$5K PIHA 2021 \$50K	Safety Net Services	\$ 70,000.00	\$ 99,921.00	Expand	SHERes for Change	We're asking PHCD to support SHERes' ongoing SHERes Navigation Services program connecting San Mateo County's most vulnerable residents to the benefits and care they're entitled to but don't know exists. As a VCJ, SHERes reduce countywide health inequities directly, and as federal changes to benefit rules ripple down into what counties must implement, this work has become critical, both to help residents access care before problems escalate and to help them navigate updates that can otherwise disrupt their food, housing, education, and health benefits. Our SHERes come from the neighborhoods they serve. That lived experience means they don't guess at what communities need; they hear it directly from their neighbors and tailor outreach accordingly. They're trained in depth on County benefits systems, then deliver that knowledge in language-shaped by what's actually relevant to people's daily lives. This work sits squarely within PHCD's Safety Net Services priority: community health worker-led outreach and care coordination, with a direct line to Medi-Cal enrollment, renewal, and benefits navigation. We work countywide, with a focus on underserved census tracts within the PHCD region. Three core activities: - Call health screenings, social services, and other programs to help residents access care. - Connect individuals to specific clinics and programs matched to their needs. - On-the-ground outreach, door-to-door when needed, tabling at health fairs, farmers markets, and school events, and partnering with school districts, law enforcement, and local businesses to reach people where they already gather. We reach nearly 1,000 individuals a year. Information without access isn't help. SHERes deliver both.	1750	650	94011 94066 94401 94402 94403 94404	We're requesting \$20,000 in partial support toward SHERes' total program budget of \$98,920.99 for the 2027 grant period. Funds will cover: - Personnel (\$19,450): dedicated staff time from our Manager of Community Engagement (0.20 FTE) and Grants and Impact Specialist (0.36 FTE) to oversee program delivery and coordination - Participants (\$10,550): compensation for SHERes conducting outreach, workshops, and navigation support - Outreach materials (\$2,800): in-language educational materials, signage, and resources distributed at workshops and events - Travel reimbursement (\$2,800): meeting support (\$5,400): enabling SHERes to reach residents across PHCD-region census tracts, including food for required bi-monthly team meetings - Indirect costs (\$6,028.99): organizational overhead supporting program administration	SHERes of Change tracks attendance, presentation evaluations by PHCD-region community, including San Mateo, San Bruno, Millbrae, Burlingame, and Hillsborough. Data is maintained in PHCD's Apriorit database and developed with the Learning and Evaluation Coordinator to ensure PHCD residents' needs are met and be accurately reported to PHCD.

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	Organization Name	Award Prior Year	Primary Focus Area: *Priorities	Annual Funding Request	Total Program Budget (Simple)	Launch, Maintain, or Expand	Program Title	Program Summary	# People Served in Program	PHCD Residuals to be Served w/ Funding	Zip Codes - Others Served	How Will PHCD Program Funds be Used	How will you Track PHCD Funds are Serving District Residents
1	Pink Ribbon Good	N/A	Healthy Living across the Life Span Grants	\$ 20,000.00	\$ 1,500,000.00	Maintain	Essential Nutrition and Concierge Transportation for PHCD Cancer Patients	Pink Ribbon Good (PHG) bridges the gap between cancer treatment and the practical challenges families face during a diagnosis. By addressing key financial determinants of health—particularly food and transportation insecurity—PHG helps patients focus on treatment and recovery while reducing financial stress and barriers to care. PHG provides three core services: Healthy Household Meals: Through a partnership with ModifyHealth, PHG delivers chef-prepared, nutrient-dense meals directly to clients' homes. During a four-week period, each household member receives three ready-to-heat meals per week at no cost. This support helps families manage the fatigue and side effects of treatment while reducing food insecurity and treatment-related malnutrition. Concierge Transportation: PHG funds and coordinates up to 10 round-trip Uber Health rides per client for cancer-related appointments, including chemotherapy, radiation, labs, and clinical trials. Program coordinators schedule and monitor each ride, removing financial and logistical barriers that could otherwise lead to missed care. Peer Support & Education: PHG provides virtual and in-person peer support through programs including Young Survivor Connection, Thrivers Wellness Club, and Linked by Hope for teens navigating a family cancer diagnosis. These programs reduce isolation and strengthen social connection during treatment. PHG integrates directly with local healthcare systems, receiving referrals from oncology navigators at Stanford Health Care, Sutter, Kaiser Permanente, and the University of California San Francisco Medical Center through a secure portal. A PHG coordinator then contacts each patient to assess needs and create a personalized support plan. By providing immediate, practical support at no cost, PHG helps local cancer patients maintain treatment, reduce financial and logistical burdens, and navigate cancer with greater stability, dignity, and connection.	70	70	94010 94011 94030 94066 94401 94402 94403 94404	PHCD grant funds will be restricted to direct client services for breast and gynecological cancer patients and their families living in PHCD zip codes. Rather than funding general administrative overhead, staff salaries, or marketing, this investment is devoted entirely to direct client care. Funding will purchase and deliver 1,500 medically balanced meals and coordinate approximately 90 round-trip rides to cancer appointments, ensuring no local resident is forced to choose between essential basic needs and surviving their cancer treatment.	Pink Ribbon Good will track PHCD-funded services through its secure, HIPAA-compliant database, verifying each client's primary residence and limiting PHCD funds to residents within eligible District ZIP codes. Services such as meals and transportation will be documented and tied to individual client records, separately. PHG will also monitor client outcomes and provide PHCD debilling residents served, ZIP codes, services provided, and aggregated outcomes.
31	Baywood Family Health Center (BPHC)	Renewed funding for the 2026 calendar year (1/1 - 12/31).	Preventive Health Grants	\$ 25,000.00	\$ 218,647.00	Maintain	RHNS's Health Education and Prevention Programs	We respectfully request PHCD's support for our Health Education and Prevention Programs, which include two core initiatives. The first is our Comprehensive Diabetes Management Program, through which Health Coaches, certified Medical Assistants who are bilingual in English/Spanish or English/Tongan, support patients with chronic conditions such as diabetes and hypertension. Health Coaches provide medication counseling, coordinate care, and ensure appropriate follow-up with external providers. They also monitor vital signs, perform glucose and foot exams, teach self-management practices, and conduct retinal screenings. The second is our Breast and Cervical Cancer Screening Program, through which Program Assistants provide intensive outreach, care coordination, and health education. They identify patients who are overdue for screenings or who have received abnormal screening results, maintain referral networks, and provide education on the importance of early detection. They also assist patients with applying for financial aid and connecting to support services, helping reduce the financial and practical burdens associated with a cancer diagnosis.	140	140	94010 94030 94401 94402 94403 94404	PHCD grant funds will support O.L.T.E (aggregates) of our Health Coaches and O.B.T.E of our Health Education and Prevention Program manager, including (range) benefits. These positions are essential to the operation of our Comprehensive Diabetes Management Program, our Breast and Cervical Cancer Screening Program, both key initiatives within our Health Education and Prevention Programs.	RHNS will track patient interactions, demographics, visits, referrals, and outcomes for PHCD residents through Epic. Its electronic health record system. Regular reports will document the number of District residents served, service utilization, and outcomes, supporting program monitoring and evaluation. RHNS will also use clinical data for ongoing quality improvement and benchmarking. If requested, PHCD will provide support for any necessary changes. She collaborates with data analyst and EHR specialists to transition manual tracking into automated systems within Epic, improving data accuracy and efficiency.
32	Samartian House	Samartian House Free Clinic of San Mateo	Safety Net Services	\$ 215,000.00	\$ 11,447,599.00	Expand	Samartian House Free Dental Clinic	Samartian House's Free Clinic of San Mateo is one of only two free clinics in San Mateo County, providing zero-fee primary, dental, vision, behavioral health, specialty, and preventive care to uninsured residents below 250% of the federal poverty level. Established in 1996, the Dental Program provided 971,680 to 1,252 patients in FY26 and offers comprehensive services including cleanings, fillings, crowns, extractions, root canals, periodontal care, and dentures. The clinic also trains local dental and dental hygiene students. Led by Dental Director Dr. Rob Rideau, DDS, the program is supported by 20 dental assistants and volunteers. Demand exceeds capacity. Funding will support an Associate Dental Director, expanding access for district patients, serving hundreds more annually, and strengthening clinical leadership and succession planning. Integrating dental and primary care helps prevent serious, costly complications by addressing oral health needs before they require emergency care, while improving overall health and quality of life. Food Services Program Samartian House operates 17 food programs serving food-insecure residents across San Mateo County. In FY26, the program provided 5.3 million meals—including 450,152 hot meals and 643,356 grocery bags—to 26,837 residents, generating an estimated \$26.08 million in community savings and helping 13,631 households redirect income toward housing, healthcare, transportation, and other essentials. Following the temporary federal halt in SNAP benefits in fall 2025, PHCD funded two temporary Food Services positions. Continued high demand and expanding food rescue efforts have made these positions essential, particularly as Samartian House increases recovery of prepared food from hotels, restaurants, caterers, and other Tier 2 generators. Funding will make these positions permanent, maintaining capacity for food rescue, inventory management, meal and grocery preparation, and distribution. Together, these efforts provide reliable access to nutritious food while strengthening the health and financial security of local families.	20300	13250	94010 94030 94401 94402 94403 94404 94497	Grant funds will be used to increase staffing across the Dental and Food Services programs.	All patients of the Free Clinic of San Mateo and clients served through our food services program are screened and deemed eligible for income criteria through our Samartian House Client Services Program. Tracked primarily by analyzing zip codes that fall within District boundaries and recorded in Clarify, eCW, and Salesforce databases.
33	San Bruno Park School District	Partnership with PHCD since 2016 for preventative health grants.	Safety Net Services/Private Health	\$ 300,000.00	\$ 350,000.00	Expand	Safety Net	San Bruno Park School District (SBPSD) seeks PHCD support through the 2027 Preventive Health and Safety Net Grant to expand school-based nursing, preventive health services, and care coordination for approximately 2,000 students across elementary, intermediate, preschool, and toddler programs. A registered nurse costs approximately \$150,000 annually, including salary and benefits. PHCD funding would strengthen SBPSD's capacity for early identification, prevention, intervention, and direct care, including Medi-Cal enrollment and renewal, benefits navigation, health screenings, immunizations, oral health services, referrals, and follow-up care. Integrating nursing services with the District's Community Schools infrastructure and community partnerships will reduce barriers to healthcare and improve equitable access for students and families. Statement of Need Students learn best when they are healthy, safe, and engaged. Chronic conditions, physical and mental health concerns, limited healthcare access, and other health-related barriers can affect attendance, engagement, academic achievement, and overall well-being. Because schools are often the first place emerging health concerns are identified, an on-site nurse can recognize issues early, connect families to appropriate care, and help prevent concerns from becoming more serious.	2000	2000	94066	Proposed School-Based Nursing and Preventive Health Access Initiative	Nursing staff will document all necessary data for PHCD residents.

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	Organization Name	Award Prior Year	Primary Focus Area: *Priorities	Annual Funding Request	Total Program Budget (Simple)	Launch, Maintain, or Expand	Program Title	Program Summary	# People Served in Program	PHCD Received from Other Fund Sources	ZIP Codes Served	How Will PHCD Program Funds be Used	How will you Track PHCD Funds are Serving District Residents
1.	San Mateo County Health Foundation	Caring Hands in Health - 2026 - \$500,000 Caring Hands in Health Supplemental - 2025 - \$100,000 Caring Hands in Health Initial - 2024 - \$100,000 Breast Health Initiative / Menomography Foundation - 2023 - \$20,000 Food Security - 2023 - \$20,000 Keller Center - 2021 - \$20,000	Safety Net Services	\$ 70,000.00	\$ 400,000.00	Expand	Caring Hands in Health	Caring Hands in Health is a rapid-response safety-net assistance program of the San Mateo County Health Foundation, operating in partnership with San Mateo Medical Center (SMMC) — the county's only public hospital. When a healthcare crisis creates a need that insurance, public benefits, or existing social services can't meet in time, Caring Hands provides flexible, short-term support: housing and decision prevention; temporary lodging following hospitalization or treatment; transportation to medical appointments, food and basic necessities, medications, medical equipment, and accessibility needs. For low-income, uninsured, underinsured, and otherwise financially vulnerable residents, these practical barriers can directly interfere with the ability to access care and recover safely. Caring Hands fills the gaps that coverage and existing services often can't reach — helping patients remain housed, attend appointments, maintain nutrition, and avoid preventable complications after treatment. Through referrals and coordination with SMHC, community partners, and community partners, patients are also connected to longer-term healthcare public benefits, and community resources whenever possible. Each year, Caring Hands provides direct assistance to approximately 800 patients and families throughout San Mateo County. Demand for this safety net is growing as changes to public benefits and healthcare programs create new coverage gaps for financially vulnerable residents. Caring Hands is designed to be the flexible, rapid-response resource that steps in when nothing else can — keeping patients stable and connected to care while longer-term solutions are identified.	1978	593	94010 94011 94030 94066 94401 94402 94403 94404 94497	PHCD's grant will fund direct, short-term assistance for financially vulnerable patients and families whose immediate health-related needs can't be met through insurance, public benefits, or existing community resources — specifically, transportation to medical appointments, medications, medical equipment and accessibility needs, food and essential basic necessities, temporary lodging following hospitalization or treatment, and limited housing stabilization assistance when a health crisis threatens a patient's ability to remain housed and recover safely. Assistance is assessed case by case, primarily through referrals from SMMC providers and social workers who identify a specific barrier to care or recovery. Existing healthcare, public-benefit, and community resources are checked first; Caring Hands funds are used only when those resources are unavailable, insufficient, or too slow to meet an immediate need — so PHCD investment fills real gaps rather than duplicating services that already exist. Funds will be directed specifically to patients and families who reside within the Peninsula Health Care District, regardless of insurance status or access to other safety-net resources. At the requested \$70,000 — roughly 17.5% of the program's \$400,000 total budget — PHCD's investment equates to approximately \$118 per District resident served this year, leveraging the remaining budget raised from other philanthropic and community sources.	SMCHD will track PHCD-funded assistance to District residents through Caring Hands requests, recording each recipient's ZIP code, type and amount of assistance, and number of individuals served. PHCD expenditures will be tracked separately and reconciled with assistance provided to District residents. PHCD will report on SMMC's percentage of District residents served; needs addressed, and PHCD funds used to reduce barriers to healthcare, recovery, and stability.
35	San Mateo County Health Foundation	The San Mateo County Pride Center has not yet applied for PHCD funding in the past due to its prior fiscal sponsor, StarVista, applying for PHCD grants on behalf of other StarVista programs. The San Mateo County Pride Center separated from StarVista with no disclosed information.	Healthy Living across the Life Span Grants	\$ 69,424.00	\$ 69,424.00	Launch	Building Belonging: Reaching Out to LGBTQ+ Community Members Advancing Social Connection, and Increasing Wellbeing for PHCD's Older LGBTQ+ Adults	Caring Hands in Health is a rapid-response safety-net assistance program of the San Mateo County Health Foundation, operating in partnership with San Mateo Medical Center (SMMC) — the county's only public hospital. When a healthcare crisis creates a need that insurance, public benefits, or existing social services can't meet in time, Caring Hands provides flexible, short-term support: housing and decision prevention; temporary lodging following hospitalization or treatment; transportation to medical appointments, food and basic necessities, medications, medical equipment, and accessibility needs. For low-income, uninsured, underinsured, and otherwise financially vulnerable residents, these practical barriers can directly interfere with the ability to access care and recover safely. Caring Hands fills the gaps that coverage and existing services often can't reach — helping patients remain housed, attend appointments, maintain nutrition, and avoid preventable complications after treatment. Through referrals and coordination with SMMC providers and community partners, patients are also connected to longer-term healthcare, public benefits, and community resources whenever possible. Each year, Caring Hands provides direct assistance to approximately 800 patients and families throughout San Mateo County. Demand for this safety net is growing as changes to public benefits and healthcare programs create new coverage gaps for financially vulnerable residents. Caring Hands is designed to be the flexible, rapid-response resource that steps in when nothing else can — keeping patients stable and connected to care while longer-term solutions are identified.	250	250	94010 94011 94030 94401 94402 94403 94404 94497	PHCD funding will enable the San Mateo County Pride Center to re-establish its Older Adult Programming and foster healthy affirming connections for older adults across the District. Grant funds will be used to: - Hire a part-time Older Adults Coordinator as an independent contractor to plan, coordinate, promote, and lead connection-building activities for older adults. - Cover operating costs essential to providing meaningful, effective Older Adult Programming (e.g., printed resources, food, gender-affirming supplies, client support) - Support a small portion (12%) of administrative costs to ensure smooth, efficient Older Adult Programming on the back end 94403 94404 94497	To ensure PHCD funds serve District residents, the Pride Center will track participant ZIP codes through required intake forms and provide services at accessible locations within the District, including community sites and virtually. ZIP code data will be securely stored and reviewed regularly to confirm funds are reaching participants and to identify areas of greatest need.
36	San Mateo County Health Foundation	The San Mateo County Pride Center has not yet applied for PHCD funding in the past due to its prior fiscal sponsor, StarVista, applying for PHCD grants on behalf of other StarVista programs. The San Mateo County Pride Center separated from StarVista with no disclosed information.	Safety Net Services	\$ 70,000.00	\$ 165,929.00	Maintain	Pathways to Stability: Providing LGBTQ+ PHCD Residents with Connections to Resources and Support	The San Mateo County Pride Center provides accessible, culturally responsive case management services to support individuals of all ages across San Mateo County to access the vital services they need. The goal of this program is to enhance participants' abilities to resolve issues, overcome obstacles, and lead fulfilling, productive lives. The Pride Center's in-house case manager works closely with case management program participants to create a customized service plan that considers each person's unique strengths, needs, and circumstances. Functioning as a liaison, mediator, and advocate for participants' health and wellbeing, our case manager oversees their care and connects them to the appropriate resources and service providers whenever necessary. Case management services can include (but is not limited to) the following areas: - Navigating Healthcare - Housing/Shelter - Financial Assistance - Transportation - Employment/Job Search - Legal Name / Gender Change Assistance and Other Legal Aid - Social and Peer Support Through providing consistent support and connections to vital resources and care, our case management services work to address urgent and longstanding needs specific to the LGBTQ+ community members we serve. All services to be provided will be strength-based, evidence-based, trauma-informed, client-centered, and utilize a harm reduction approach. The case management staff delivering services have many years of experience providing effective case management services to San Mateo County's LGBTQ+ communities, are reflective of the diverse communities we serve, and deeply knowledgeable about local needs, challenges and resources.	70	70	94010 94030 94066 94401 94402 94403 94404 94497	PHCD grant funds will primarily be utilized to maintain our full extent of case management capacity, ensuring District residents can continue to access the support and resources they need through increasingly challenging times. Funding will also support operational costs essential to providing case management, including printed materials to increase visibility of services and gender affirming supplies for case management clients in need. Lastly, a minute portion of costs will be allocated to administrative costs needed to efficiently and effectively provide case management services to community members across the District.	To ensure PHCD funds serve District residents, the Pride Center will track participant ZIP codes through required intake forms and provide services at accessible locations within the District, including community sites and virtually. ZIP code data will be securely stored and reviewed regularly to confirm funds are reaching participants and to identify areas of greatest need.
37	San Mateo Highlands Recreation District	None	Healthy Living across the Life Span Grants	\$ 15,000.00	\$ 15,000.00	Expand	San Mateo Highlands Recreation District - Senior Activities	Proposed Program With grant support, HRD proposes to expand its weekly enrichment, fitness, and social activities for older adults. Programming will offer a range of activities appropriate to different interests, abilities, and stages of healthy aging. Proposed activities include: - Mahjong classes to encourage learning, social interaction, and cognitive engagement. - Cycling and Tai Chi to promote fitness, flexibility, balance, and fall prevention. - Group dance to provide enjoyable physical activity and social engagement. - Cultural exploration to celebrate diversity and foster regular social interaction. - Creative writing workshops to stimulate creativity, learning, and group participation. - Pickleball to provide adaptable recreational exercise and opportunities for social connection. - Monthly potluck lunches to strengthen community relationships and provide opportunities to share information about medical equipment loan programs, transportation resources, health and wellness programs, and other services available to older adults. Together, these programs are intended to address several important components of healthy aging: physical activity, balance and mobility, cognitive stimulation, social connection, lifelong learning, and access to community resources. Addressing Accessibility and Social Isolation A particular priority of this initiative is reaching seniors who may have difficulty participating in traditional recreational programs because of disability or lack of transportation. By offering virtual options and home visits, HRD aims to ensure that all eligible seniors have access to these enriching, accessible activities offered within their own community can provide more than recreation. They can create regular opportunities to develop friendships, maintain independence, establish healthy routines, and remain connected to neighbors and community resources. Expanding HRD's programming will also help reduce the risk of social isolation among older adults and their caregivers who may otherwise have limited opportunities for regular community engagement.	100	60	94010 94401 94402 94403	HRD is requesting \$15,000 to support the expansion of these programs. Grant funds would primarily be used for: - Instructor and facilitator costs; - Program and instructional materials; - Tables, chairs, and other equipment needed to support accessible group activities; - Recreational and fitness equipment such as exercise bands, paddles, etc.; - Supplies for enrichment and social programs; and - Outreach efforts are designed to increase participation among older adults, including those who may face barriers to accessing community resources. HRD will make every effort to offer a broader and more consistent schedule of activities while keeping programs affordable and accessible to older residents.	We will track attendance and maintain participant logs throughout the grant period. At registration, we will collect basic information such as address and age in order to assess the geographic reach and population served. Attendance data will help measure participation, retention, and satisfaction levels while determining barriers to attendance when appropriate. This information will help us identify participation trends and evaluate the program's ability to reach and retain participants.
38	Self-Help for the Elderly	COVID Relief Grant 2020 Amount: \$10,000	Mental & Behavioral Health Grants	\$ 65,000.00	\$ 102,600.00	Launch	Circle Together	Circle Together is an inclusive program designed for hard-to-reach, isolated, and vulnerable seniors. The project is an informal, safe and welcoming space for older adults to engage in socialization, peer support, education, cultural sharing, and community outings. For seniors who feel unwell, lonely, or disconnected from their community, Circle Together provides a supportive environment where they can connect with others and participate in a low-barrier-to-entry, with comfortable conversation, familiar snacks and music, and building up to collaborative group activities and outings. Frequency & Activities: - Daily: Online Class Scheduler reminders, Bay Area news updates, and safety/wellness checks - Weekly: Health Education Class (Zoom), Group Discussion Class (Zoom), Digital Q&A (In-person), and English Class (In-person). - Bi-weekly (Every other week): Stress Relief Class (Zoom) and Field Trips (Twice a month). - Monthly: Health Talk (Zoom) - Quarterly: Asian American Medical Group Health Education Workshop (In-person), Field Trip (Museum, botanical garden, library, speakers on nutrition, financial exams, and others).	50	50	94010 94011 94030 94066 94401 94402 94403 94404 94495	The requested funds will be used for personnel expenses for a Program Coordinator to support outreach, scheduling, and logistics.	To track and demonstrate that PHCD funds are directly benefiting District residents, Self-Help for the Elderly will track attendance through low-barrier ZIP code checks. The intake form will collect data during program enrollment with proof of residency and ensure an unduplicated resident count. Self-Help for the Elderly department will create a dedicated cost center accounting set up to track all direct costs. Program staff keep track of participants through session attendance sign-in logs, and funds spent on activities.

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40	Somatekscorby, Inc	N/A	Healthy Living across the Life Span Grants	\$ 17,250.00	\$ 172,500.00	Launch	Nature as Preventive Health: Supporting Healthy Aging & Connection	Nature for Healthy Aging: Connection, Resilience & Wellbeing is a community-based preventive health initiative designed to make evidence-informed Forest Therapy and nature-based wellbeing more accessible to seniors, family caregivers, and communities with limited access to restorative nature experiences. With PHCD support, Somatic Ecotherapy will partner with senior-serving, caregiver, healthcare, and community organizations to offer 12 monthly, three-hour guided Forest Therapy experiences in accessible natural settings, such as local parks. Each experience will combine sensory nature connection, gentle movement, somatic practices, social connection, and practical tools participants can use independently. Each monthly program will include: Partner coordination and participant preparation A welcome letter explaining what to expect and how to prepare A three-hour guided Forest Therapy experience Simple self-guided nature practices and accessible resources Post-program follow-up encouraging continued Forest Bathing Participant feedback and outcome measurement The goal is not simply a one-time restorative experience, but to help participants develop Forest Bathing as an ongoing, accessible preventive health practice. With guidance from PHCD and a community advisor, we will identify and certify an accessible Forest Therapy site, potentially located between a healthcare center and senior housing, offering both guided and self-guided experiences. Working with Colorado State University, we will evaluate outcomes including perceived stress, loneliness/social connection, and nature connection. Paid community advisors will help identify participation barriers, shape programming around local needs, and select an accessible natural space near where people live, gather, or receive healthcare. Community members will also have opportunities to shadow programs and develop skills as future Community Wellbeing Ambassadors, supporting a model that becomes increasingly community-informed, community-led, and sustainable. Our approach is simple: Experience → Listen → Measure → Co-Design → Create a Place → Sustain. Ultimately, the program will demonstrate how nearby nature can support preventive health, healthy aging, caregiver wellbeing, stress reduction, and meaningful social connection. Square Peg provides an adaptive horsemanship program specifically tailored for children and young adults with ASD, their families and individuals with intellectual disabilities. The program is designed to provide a safe, structured, and supportive environment for emotional regulation, self-esteem, and social-emotional skill building for children who may not respond as well to conventional clinical settings.	500	500	94010 94030 94066 94401 94402 94403 94404 94457	PHCD funds will be used to launch a community-based nature and preventive health pilot serving seniors, family caregivers, and other residents who may have fewer opportunities to access restorative nature experiences. Funding will support 12 monthly three-hour guided Forest Therapy experiences delivered in partnership with senior-serving, caregiver, healthcare, and community organizations; facilitator and program-development costs; participant outreach and accessibility supports; and stipends for local community advisors who will help us understand barriers, identify community priorities, and shape the program around the people it is intended to serve. Funds will also support evaluation in collaboration with Colorado State University, including measurement of perceived stress, loneliness/social connection, and nature connection. Based on what we learn from participants and community advisors, funding will support assessment and early development of an accessible Forest Therapy site, including site planning, self-guided educational materials and invitations, and certification-related costs. The goal is to create a resource that remains available to residents beyond scheduled guided program. A portion of funding will also support opportunities for interested community advisor to shadow programming and begin developing skills as future Community Wellbeing Ambassadors, helping lay the foundation for a sustainable, increasing community-led model. I have bluetooth equipment and can guide up to 40 participants at a time. Our approach: Experience → Listen → Measure → Co-Design → Create a Place → Sustain. 12 monthly 3-hour guided Forest Therapy experiences @ \$1,200 each = \$14,400 Participant materials & accessibility: \$61,000 Direct program costs: \$815,400 Administrative/indirect costs: ~12% = \$81,848 Total program budget: \$1,728	We will track PHCD funds through participant enrollment and scholarship records, including home ZIP code to verify residency within the Peninsula Health Care District service area. We will also document scholarship amounts, participation dates, session attendance, and tuition fees. The program will demonstrate that PHCD funds are reducing financial barriers for eligible District residents participating in Square Peg's Adaptive Horsemanship program. We will collect only necessary information related to participation, and grant use, and will not collect unnecessary demographic data such as race or gender.
41	Square Peg Foundation	We have the PHCD Program for a few times over the years. In 2017, we were invited to apply after submitting our LOI but unfortunately, we were not selected.	Mental & Behavioral Health Grants	\$ 30,000.00	\$ 350,000.00	Expand	Adaptive Horsemanship Sessions	The HEAL Project's Farm Field Trip Program has served San Mateo County schools for 17 years, welcoming more than 4,000 students annually. Curtis Chan, Deputy Health Officer, SMC, recently called The HEAL Project "the most impactful place to connect children with growing food and healthy eating in San Mateo County." Students engage in hands-on lessons focused on health, environmental, and agricultural literacy by planting seeds, growing plants, and harvesting fresh produce. Teachers and parents consistently report that students are more willing to try new fruits and vegetables when they harvest them themselves. Over the past three years of partnering with PHCD, more than 3,500 students from the PHCD service area have participated. In the two most recent program years, 42% and 40% of students served were from PHCD. Last year, 71% of participating classes came from schools with a UPC above 25% and attended for free or at a reduced rate. Grant-Supported Improvements Streamlined teacher registration Grade-specific field trip options Increased program capacity Developed with a local indigenous group Enhanced social-emotional learning and mental wellness activities Field Trip Activities Taste Tour: Students harvest and taste fresh produce while learning about healthy eating and whole foods. (30-45 minutes) Plant Part Tacos/Farm on a Cracker: Students prepare a seasonal, healthy snack using freshly harvested produce. (30-45 minutes; 2nd grade+) Give Back to the Farm: Students plant, weed, sift compost, or spread wood chips while learning about food systems and environmental health. (~30 minutes) Compost and Soil Health: Students explore decomposition, composting, and healthy soil practices. (~30 minutes) Nature Hike and Mindfulness: Students explore local ecology while practicing mindfulness and aerobic activity. (~30 minutes)	30	1400	94006 94401 94402	PHCD grant funds will be used to support the cost of delivering the Farm Field Trip Program to PHCD residents. Costs associated with this program include salary and associated costs for our program manager, program director, and educator team, supplies and equipment for educational activities and the farm, utilities for our farm program site, and a small portion of salaries for our grant manager and executive director for program related administration and support. There are additional costs associated with this program, including the personnel costs of our farm staff. However, at this time, these staff member's salaries are supported by other grants.	
42	The HEAL Project	Farm Field Trip Program for PHCD Residents 2024, \$25,000 Farm Field Trip Program for PHCD Residents, 2025, \$40,893 Farm Field Trip Program for PHCD Residents, 2026, \$60,346	Preventive Health Grants	\$ 68,964.00	\$ 209,000.00	Expand	Farm Field Trip Program for PHCD Residents	Upward Scholars reduces toxic stress and adverse conditions for low-income immigrant adults and their families by addressing interconnected barriers such as financial insecurity, isolation, limited belonging, and unstable employment. Our integrated model builds stability, confidence, relationships, and agency while creating pathways to education and economic mobility. We provide four complementary areas of support: Financial Support: Textbooks, laptops, transportation, groceries, and emergency assistance for expenses such as rent, utilities, and medical costs. Helping families manage financial shocks that contribute to chronic stress. Academic Support: Peer tutoring, mentoring, and English Conversation Club build confidence, connection, and a sense of belonging. Career Development: Education and career pathways help participants secure higher-wage, more stable employment and reduce long-term financial stress. Holistic Support: Our bilingual, bicultural Pálicas program provides 1:1 and small-group counseling, appointment accompaniment, and referrals to behavioral health and community resources. Because services extend to spouses, children, and extended family, the benefits reach beyond individual participants. Reducing parental stress, strengthening household stability, and increasing economic security can reduce children's exposure to adverse and toxic conditions. Our approach centers on understanding participants' experiences, building protective factors such as relationships, belonging, stability, and skills, strengthening agency, and creating pathways to greater opportunity. Together, these supports help immigrant families build resilience, stability, and long-term well-being.	250	40	94010 94030 94066 94401 94402 94403 94404	PHCD funds will support the direct costs of Upward Scholars' whole-student support model, including: financial assistance (textbooks, transportation, emergency funds, grocery assistance) that relieves acute sources of household stress; academic and career programming (tutoring, mentoring, career and certification support) that builds confidence and durable pathways to economic stability; holistic behavioral health support, including Pálicas counseling, that addresses emotional and social determinants of health; and program evaluation, that tracks program impact and informs program improvements. PHCD funds also increase the likelihood that students will complete their educational path, leading to economic mobility, more positive social determinants of health, and fewer negative social determinants of health.	
43	Upward Scholars	None	Mental & Behavioral Health Grants	\$ 70,000.00	\$ 1,673,369.00	Maintain	Whole-Student Support: Reducing Toxic Stress and Building Resilience for Adult Immigrant Learners and Their Families					We track participation data across all program components (financial assistance, academic and career support, and counseling) tied to individual participants and are maintained in our database. We administer a participant survey (Likert-scale, multiple-choice, and open-ended) alongside qualitative 1:1 and small-group interviews, and we can report zip-code-level service numbers to PHCD at the interval required.	

	A	B	C	D	E	F	G	H	I	J	K	L	M
	Organization Name	Award Prior Year	Primary Focus Area: *Priorities across the Life Span Grants	Annual Funding Request	Total Program Budget (Simple)	Launch, Maintain, or Expand	Program Title	Program Summary	# People Served in Program	PHCD Requested to be Served w/ funding	Zin Codes - Others Served	How Will PHCD Program Funds be Used	How will you Track PHCD Residents Serving District Residents
43	Vista Center for the Blind and Visually Impaired	Vista Center has received the following grants from PHCD: COVID Relief Grant, granted 2020, \$17,000 Vision Loss Rehabilitation Program, 1/1/22-12/31/22, \$30,000 Vision Loss Rehabilitation Program, 1/23/23-12/31/23, \$30,000 Vision Loss	Healthy/Living across the Life Span Grants	\$ 70,000.00	\$ 2,246,611.00	Maintain	Vision Loss Rehabilitation: Restoring Independence through Living Skills and Life Enrichment Services	Vista Center for the Blind and Visually Impaired requests \$20,000 to provide Vision Loss Rehabilitation (VLR) services to 37 low-income PHCD residents, most of whom are seniors. Vista Center is the only regional provider of comprehensive VLR services and the only remaining Low Vision Clinic in Santa Clara County since Kaiser San Jose closed its program in 2025. As the District's senior population grows, so does the need for vision loss services. Vision impairment increases risks of falls, medication errors, isolation, caregiver strain, and depression. Vista's services directly support PHCD priorities including caregiver support, health education, healthy aging, senior socialization, and senior mental health, helping residents remain safe, independent, and connected. Vista's Vision Loss Rehabilitation Program uses a whole-person approach tailored to each client's needs and includes two core areas: Independent Living Skills: One-on-one instruction in cooking, medication management, home safety, technology, and independent travel. These practical skills restore confidence, autonomy, and the ability to age safely in place. Life Enrichment Services: Counseling, fitness, music, pottery, and other activities that help clients cope with vision loss, reduce isolation, maintain social connections, and support emotional well-being. Vista's Low Vision Clinic also works alongside clients' primary care providers to screen for progressive conditions such as diabetic retinopathy. Together, these services help people with vision loss maintain independence, safety, connection, and quality of life, ensuring that vision loss does not prevent them from living full and meaningful lives.	37	37	94011 94030 94066 94401 94402 94403 94404 94497	PHCD grant funds will support the physical and mental health needs of 37 blind and visually impaired District residents, covering the full average per-client cost of \$1,871 for 15–25 hours of individualized services. Vista Center will provide: Assessment & Low Vision Care: Individualized evaluations, rehabilitation plans, adaptive tools, and ongoing low-vision assessments. Independent Living Skills: Training in safe cooking, medication management, hygiene, finances, fall prevention, and other daily activities. Orientation & Mobility: Instruction in cane use, street crossing, public transportation, and safe community navigation. Assistive Technology & Braille: Training in screen readers, smartphones, computers, voice assistants, and Braille to support independent living. Counseling & Support: Individual counseling, support groups, and adjustment services addressing the emotional impact of vision loss. Social & Recreational Activities: Fitness, creative workshops, gardening, music, and social activities that reduce isolation and promote well-being. Family Support: Peer connections, recreational outings, and workshops that help families and caregivers better understand and support visual impairment. Together, these services help clients adapt to changing vision, maintain independence and safety, reduce isolation, and lead healthy, connected, and meaningful lives.	Client demographics (including city, gender, age, language, ethnicity, income level, vision acuity, rehabilitation needs and service plan specific information) are collected during each client's initial Assessment. The collected data is entered into a dedicated, HIPAA-protected client database. Our reports track client outcomes, generate reports by client location, income levels, race, ethnicity, diagnosis, referring provider, and program impact. We use our database to ensure that PHCD funding only covers costs to serving clients within the District and can generate detailed reports to show exactly what services were covered by each grant.
44	We Make it Matter	Received \$50,000 seed grant in 2026	Healthy/Living across the Life Span Grants	\$ 35,000.00	\$ 35,000.00	Expand	CAREGIVER WELLNESS CIRCLES	Caregiver Wellness Circles: Monthly facilitated peer gatherings for family caregivers and community members carrying sustained caregiving strain, help socialize and offer support for the district and the broader Greater San Jose area. Groups are approximately 25 participants – small enough that people speak honestly. Sessions are non-clinical and confidential, structured around shared experience, practical coping, and reconnection with the basics of personal wellbeing: rest, movement, nutrition, and social contact. Peer Companions: Trained volunteers providing sustained one-to-one check-ins between gatherings, addressing the isolation that makes caregiving strain compound. WMIM currently has 5–6 active volunteers and will use grant funds to formalize recruitment, training, and supervision. Training covers active listening, boundaries, and recognizing when to refer someone to clinical or county services. The WMIM App: A free wellness companion for iOS and Android offering mood tracking, encrypted private journaling, and daily reflection prompts. Journaling is encrypted and never leaves the user's control. For a caregiver whose only undramed moment is late at night, it is often the only support that fits the shape of their day. Free permanently – no cost, no insurance, no barrier. Referral pathway: WMIM is explicitly non-clinical. Facilitators and volunteers are trained to recognize when someone needs clinical support and to refer them to district-funded providers and county services. WMIM functions as an on-ramp to the care system, not a substitute for it.	400	400	Use Item 94010 Amount Note 94011 Programme facilitation (12 gatherings) \$14,000 Facilitator time 94030 Volunteer recruitment, training, supervision 94066 Builds volunteers into ~15 peer companions 94401 Venue, materials, participant costs 94402 \$5,000 for accessible venues, refreshments, printed materials App accessibility and maintenance \$4,000 Sustaining free access; translation and accessibility 94403 Evaluation 94404 \$2,250 94497 Measurement instruments, data collection, reporting Administrative (5%) \$1,750 Deliberately modest TOTAL \$35,000	The programme addresses healthy ageing across the lifespan directly through its two named priorities: caregiver support and socialization. Supporting family caregivers sustains the informal care system that allows older district residents to remain in their homes; the caregivers' wellbeing is a determinant of the care recipient's outcome. The programme advances health equity by removing the three barriers that keep caregivers unsupported: cost, scheduling, and the belief that their own needs come last. It is preventive by design: caregiver support and socialization reduce the utilization and premature placement of health services, and WMIM leverages volunteer capacity, free and low-cost community venues, and earned revenue from workplace wellbeing programmes to extend the reach of every grant dollar.	
45	Youth Leadership Institute	N/A	Preventive Health Grants	\$ 15,000.00	\$ 165,547.00	Expand	Youth-led Substance Use Prevention & Health Education	Youth Leadership Institute (YLI) is seeking support from Peninsula Health Care District (PHCD) to expand its youth-led alcohol and other drug (AOD) prevention and health education programming for young people in Mid-San Mateo County. The program will provide culturally responsive, youth-centered health education focused on alcohol, cannabis, tobacco/vaping, addiction, protective factors, and help-seeking behaviors, while developing young people's leadership skills and ability to promote healthier choices among their peers. Programming will combine interactive health education presentations, peer-to-peer prevention activities, youth leadership development, and youth-led outreach and messaging. Presentations use evidence-based prevention strategies and experiential activities such as games, hands-on exercises, impairment simulations, and youth-designed calls to action. Youth participants will also help identify emerging health concerns in their schools and communities and develop prevention activities such as presentations, social media content, public service announcements (PSAs), and other educational materials. PHCD funding will allow YLI to expand this established model within District communities, with particular attention to young people who experience barriers to accessing traditional prevention and health education resources.	150	100	94010 94030 94401 94402 94403 94404	PHCD grant funds will support the expansion of youth-centered AOD prevention and health education within Mid-San Mateo County communities. Funds will primarily support program staff time for outreach, curriculum preparation, facilitation of health education presentations and youth leadership activities, youth participation incentives (i.e. food and monetary gifts), educational materials and supplies, transportation, and evaluation. Funding will also help YLI strengthen partnerships with schools and community-based organizations serving PHCD residents and bring unique prevention education directly into settings where young people already gather (i.e. schools and CBO settings).	
46													
47													
48			Total:	\$ 2,580,288.00									