

Organization	Focus Area	Program Description	Recommended Amount
Healthy Living Across the Life Span			
Boys & Girls Club of the Peninsula	Healthy Living Across the Life Span	<p>Boys & Girls Clubs of the Peninsula (BGCP) provides Youth Fitness and Wellness Programs for K–5 students at four Peninsula Health Care District schools—Fiesta Gardens, Lead, Sunnybrae, and San Mateo Park. Offered after school during the academic year and all day in summer, the programs ensure students receive at least 60 minutes of daily physical activity while learning fitness fundamentals, practicing sports such as basketball and soccer, and developing lifelong healthy habits. BGCP’s Barry Carr Sports League gives students a no-cost, structured space to apply their skills and build teamwork, leadership, and resilience, with all coaching, officiating, and equipment provided.</p> <p>Grounded in a whole-child approach, BGCP integrates academic support, fitness, nutrition, warm meals, and mental health programming. Social-emotional learning is woven into daily activities using curriculum developed by licensed therapists and tailored by age group. Free mental health services are available, and staff receive trauma-informed training focused on emotional regulation, relationship building, and creating safe environments..</p>	\$42,000
Burlingame Parks & Recreation	Healthy Living Across the Life Span	<p>“Let the Sunshine In” is a vibrant initiative that enriches the lives of seniors by connecting them with nature, culture, history, and one another. Every field trip or special event is crafted to inspire healthy living across the lifespan, encouraging physical activity, supporting mental health, and fostering meaningful social connections. From nature walks and gentle hikes to guided tours, wildlife excursions, and lively gatherings featuring food, entertainment, and camaraderie, the program ensures these experiences are accessible and affordable for all. Every activity helps seniors build healthier habits, stay engaged, and create lasting memories together</p>	\$40,000

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CALL Primrose	Healthy Living Across the Life Span	<p>CALL Primrose is a non-profit organization providing free, healthy groceries to low-income individuals and families in San Mateo County. In 2024, CALL directly supported approximately 75,000 individuals, distributing 110,000 grocery bags. Services are offered Monday through Friday on a drop-in basis, welcoming anyone in need. Through partnerships with Second Harvest of Silicon Valley, local grocery rescue programs, and regional wholesalers, CALL offers a wide variety of nutritious groceries tailored to benefit clients.</p> <p>The distribution model is client-choice based, empowering individuals to select items from a daily menu, including fresh fruits and vegetables, dairy, meat and vegan options, and pantry staples such as beans, rice, tuna, soup, and pasta. This approach not only promotes choice and dignity but also reduces waste by providing only items households will use. All materials are available in English and Spanish, and staff and volunteers are trained to use translation tools when needed.</p>	\$60,000
Chinese Community Health Resource Center	Healthy Living Across the Life Span	<p>The Chinese Community Health Resource Center (CCHRC) is a nonprofit dedicated to providing culturally and linguistically appropriate health education and information to the Chinese community. In 2024, CCHRC established the Residential Wellness and Resource Center to promote health, well-being, and quality of life for residents. The center offers bilingual (English and Chinese) clinical screenings, wellness services, and educational programs led by a multidisciplinary team of clinical and public health professionals.</p> <p>The Holistic Healthy Aging Initiative builds on CCHRC's prior work using a whole-person approach. Programs focus on healthy eating and nutrition through workshops on balanced diets, cooking, and managing chronic conditions; physical activity via monthly wellness classes such as chair yoga, indoor volleyball, and culturally relevant movement activities like Tai Chi; and social engagement through structured group workshops held every two weeks. CCHRC aims to strengthen seniors' physical, nutritional, emotional, and social health while creating scalable models for replication across the Peninsula Health Care District.</p>	\$40,000

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<p>Coastside Adult Day Health Center</p>	<p>Healthy Living Across the Life Span</p>	<p>Coastside Adult Day Health Center provides a four-hour daytime healthcare program offering nursing, physical, occupational, and speech therapy; transportation; comprehensive activities; nutrition services; caregiver respite; and caregiver support groups. These integrated services support seniors and adults with disabilities across the county, and many participants and caregivers describe the Center as a lifeline. The agency strives to create a home-like environment, meeting participants' evolving healthcare needs while giving caregivers meaningful respite and connection.</p> <p>The Center's goal is to help individuals age in place, enabling them to remain in their homes and the communities they helped build. In addition to its core program, the Center offers a caregiver support group, a medical equipment loan project, and other services that extend its reach countywide and strengthen overall community well-being.</p>	<p>\$60,000</p>
<p>Each Green Corner</p>	<p>Healthy Living Across the Life Span</p>	<p>Each Green Corner (EGC) empowers communities across San Mateo County to build food sovereignty and climate resilience through sustainable urban agriculture. Support is provided to schools and community centers in establishing and maintaining food-producing gardens that grow culturally diverse fresh produce for donation to local nonprofits and communities in need.</p> <p>The Living Campus Program creates impact by educating students, volunteers, and community members about the connections between sustainable agriculture, environmental stewardship, public health, and food security through the Food Explorers curriculum; by growing and distributing fresh, diverse produce to address food insecurity and health inequities; and by transforming underused land into productive gardens and native plant spaces that strengthen local ecosystems and expand tree canopy coverage.</p>	<p>\$60,000</p>

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Foster City Village	Healthy Living Across the Life Span	<p>The Buddy Connection Program—originally launched as WE CARE—is now in its third year. The program was created after volunteers and board members observed high levels of isolation among members, particularly during and after the COVID-19 pandemic.</p> <p>The Buddy Connection pairs seniors who feel isolated with trained volunteers who offer companionship and regular engagement. Volunteers begin by visiting participants in their homes to help them feel comfortable with social interaction, then accompany them to local events, introduce them to other seniors, and support participation in activities that promote socialization, learning, and physical well-being.</p>	\$22,000
Jewish Family and Children's Services	Healthy Living Across the Life Span	<p>JFCS' Center for Dementia Care promotes healthy aging and quality of life for older adults living with dementia and their family caregivers through early detection, intervention, prevention, education, and connection. The goal is to enable older adults to continue living in their homes for as long as safely possible and to foster social and community connections.</p> <p>The Dementia Care team provides coordinated, compassionate support through experienced social workers, care managers, trained caregivers, and a neurologist. Personalized care plans are developed using biopsychosocial assessments of health, daily living abilities, risks, and dementia symptoms. Care managers help implement plans, adjust care as needs evolve, and connect clients to resources such as food delivery, friendly visitor programs, and fiduciary services. Family caregivers receive education, webinars, support groups, and guidance on advanced planning and self-care. Scholarships for in-home respite care allow caregivers to rest while professionals provide personal care, safety assistance, meal preparation, transportation, companionship, and light housekeeping.</p>	\$31,500

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Peninsula Family Service	Healthy Living Across the Life Span	<p>The Peer Counseling program at Peninsula Family Service (PFS) trains volunteer counselors to provide weekly one-on-one group support and companionship to diverse community members (aged 55+) to help manage the life changes and transitions of older adults, such as health concerns, mobility issues, caregiver needs, grief, and loneliness. Older adults are referred for being at risk for out of home placement, mental illness, depression, anxiety, severe isolation, or other issues to PFS by the County of San Mateo Behavioral Health and Recovery Services (BHRS), as well as by family, friends, self-referrals; hospital discharge planners; community and aging services; and home health agencies.</p>	\$70,000
Peninsula Volunteers	Healthy Living Across the Life Span	<p>PVI Meals on Wheels (MoW) serves as a vital lifeline for seniors and people with disabilities who are unable to shop or cook and who lack a reliable support system. Each client receives an initial comprehensive assessment, followed by regular reassessments to ensure their evolving needs are met. Nutritious meals are delivered directly to clients' homes, where trained staff and volunteers also perform wellness and safety checks.</p> <p>Clients further benefit from referrals to community services, health evaluations, and nutritional education that supports long-term wellbeing. Through this combination of meal delivery and wraparound care, MoW helps clients maintain stability, independence, and overall health.</p>	\$60,000

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<p>San Mateo Police Activities League</p>	<p>Healthy Living Across the Life Span</p>	<p>San Mateo PAL's Promoting Healthy Futures program offers supervised recreational, social, and cultural activities for youth ages 5–20 in the PHCD area after school. All activities integrate education and hands on learning focused on physical fitness, social-emotional wellbeing, healthy lifestyles, self esteem, and positive peer and adult relationships.</p> <p>Programming includes seasonal recreation and enrichment clubs, outdoor adventures in local parks and beaches, leadership and volunteer opportunities for teens, diversion and prevention services for first time juvenile offenders, and career-readiness support for youth transitioning between school stages. PAL also operates a dedicated teen hangout space at the Dr. Martin Luther King, Jr. Recreation Center, provides back to school supplies, and offers family support, parenting education, mental health counseling, and culturally responsive care coordination in partnership with local organizations.</p>	<p>\$50,000</p>
<p>Second Harvest</p>	<p>Healthy Living Across the Life Span</p>	<p>Second Harvest of Silicon Valley will collaborate with 24 partner agencies in the PHCD service areas of San Mateo, Foster City, Millbrae, San Bruno, and Burlingame to distribute free nutritious food to an average of 21,000 clients each month in 2026 and 2027. Distributions offer a balanced selection of fresh produce, high-quality proteins and dairy, and healthy grains. Clients who visit weekly typically receive groceries valued at approximately \$200 per month, allowing them to redirect limited income toward essential expenses such as rent and medication.</p> <p>In addition to food distribution, Second Harvest will prescreen 2,000 households in San Mateo County for CalFresh eligibility and enroll 450 qualifying households in the program, expanding their ability to purchase nutritious food independently. The organization will also collaborate with 18 medical partners to screen patients for food insecurity and provide 500 referrals for those in need. Food Connection staff will follow up with each referred client to ensure access to nearby sources of free, healthy food.</p>	<p>\$70,000</p>

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<p>Villages of San Mateo County</p>	<p>Healthy Living Across the Life Span</p>	<p>Villages of San Mateo County addresses the urgent and growing needs of a rapidly aging population in a county where isolation and loneliness have been declared a public health crisis. Its volunteer-driven model strengthens social connection through cultural outings, regular social gatherings, educational events, wellness activities, and interest-based groups that help older adults build meaningful relationships and reduce isolation. Membership and volunteer engagement continue to grow steadily, reflecting strong community demand and program effectiveness.</p> <p>In addition to fostering connection, Villages volunteers provide essential practical support that enables older adults to age safely at home, including transportation, home safety improvements, maintenance assistance, technology help, and friendly visits. The organization is also expanding services to help members navigate age-related transitions by offering expert-led workshops, outreach from a dedicated care team with gerontological experience, and coordinated referrals to community resources, ensuring older adults receive comprehensive support during pivotal life changes.</p>	<p>\$35,000</p>

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Vista Center for the Blind	Healthy Living Across the Life Span	<p>Vista Center’s Vision Loss Rehabilitation Program supports clients of all ages through two integrated service areas: Independent Living Skills and Life Enrichment Services. Because vision loss affects individuals differently—whether from birth, progressive conditions such as macular degeneration or diabetic retinopathy, or sudden loss due to trauma or illness—each client receives a personalized service plan based on their goals and needs. Instructors work one-on-one with clients to rebuild daily living skills, from cooking and medication management to independent travel and technology use, restoring not only function but also confidence, autonomy, and long-term safety.</p> <p>Life Enrichment Services address the emotional impact of vision loss by helping clients regain joy, connection, and community. Through counseling and a range of inclusive activities such as music, fitness, and art classes, clients strengthen their mental well-being, reduce isolation, and rediscover purpose. Together, these services enable clients to live independently, pursue meaningful activities, and build a life they love.</p>	\$60,000

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AbilityPath	Healthy Living Across the Life Span	<p>AbilityPath's Pathways Program serves low-income adults ages 18 to 80+ with intellectual and developmental disabilities (I/DD), many with co-occurring conditions or mental health needs. The program operates weekdays at Bay Area sites, virtually, and in community settings. Its Health and Wellness curriculum addresses barriers to traditional programs by promoting healthy aging, chronic disease prevention, nutrition, fitness, mental health, and daily living skills. Certified Therapeutic Recreation Specialists lead evidence-based therapies and activities such as exercise, cooking classes, personal care training, and self-advocacy skill-building. Adults with I/DD are at heightened risk for obesity, diabetes, dementia, and early age-related decline, making tailored support essential. Pathways provides senior-specific programming for participants over 55, who currently make up 22% of those served. Offering more than 150 weekly classes and regular community-based outings, Pathways empowers adults with I/DD to adopt healthier habits, reduce preventable health risks, maintain independence, and improve their overall quality of life.</p>	\$95,000
AnewVista Community Services	Healthy Living Across the Life Span	<p>AnewVista primarily operates as a virtual learning center, offering classes, workshops, and support sessions online. This allows AnewVista to serve seniors across a wide geographic area, making programs available to anyone with an internet connection. In addition to online services, the program has established strong partnerships with local community hubs to provide in-person classes and hands-on support.</p> <p>By combining targeted online outreach with dedicated in-person locations, AnewVista ensures its services are both widely accessible and deeply integrated within the communities it serves.</p>	\$35,000
Mental & Behavioral Grants			

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Community Overcoming Relationship Abuse (CORA)	Mental & Behavioral Grants	CORA's Family-Centered Mental Health (FCMH) Program provides free, trauma-informed, evidence-based individual, family, and group counseling for domestic violence survivors and their children. The program's overall goal is to support clients in the process of learning how to cope with trauma and in securing safety for themselves and their children.	\$60,000
Age Up (Ombudsman)	Mental & Behavioral Health	<p>AgeUp.org is the new identity for Ombudsman Services of San Mateo County, reflecting an expanded mission to more comprehensively support older and disabled adults living in long-term care settings. While continuing to safeguard the rights of long-term care residents through its core Ombudsman program, AgeUp.org is broadening its services to better address the social, emotional, and quality-of-life needs of those within its mandate.</p> <p>In addition to regular resident visits, the expanded initiative enables the recruitment and coordination of volunteers who provide companionship, meaningful engagement, and emotional support. Through the Kindness Crew, volunteer-led activities are introduced into care facilities to enhance residents' psychosocial well-being and create moments of joy in environments that often lack stimulation and connection. The organization is also increasing its community education efforts by offering Continuing Education Units to facility staff and expanding class offerings in the upcoming fiscal year. Together, these efforts foster a more compassionate and connected community for individuals aging in long-term care.</p>	\$200,000

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<p>Mission Hospice</p>	<p>Mental & Behavioral Health</p>	<p>Mission House provides compassionate end-of-life care in a peaceful, homelike environment for patients who are unable or prefer not to die at home and need intensive, round-the-clock symptom management. The hospice house features six private rooms, each with its own entrance and garden access, where patients receive personalized care for an average of 20.6 days. Patients are cared for by experienced hospice nurses, home health aides, physicians, social workers, spiritual counselors, and trained volunteers who design personalized care plans. While Medicare and most private insurance cover medical aspects of hospice care, room and board expenses are privately paid and beyond reach for many families. Through community support, sliding scale options and charitable care are offered, ensuring all patients receive compassionate services regardless of financial circumstances. Mission House wraparound support includes spiritual care, psycho-social counseling, practical assistance, and bereavement services for patients and families during this crucial time.</p>	<p>\$170,000</p>

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<p>California Scottish Rite Foundation</p>	<p>Mental & Behavioral Health</p>	<p>The Burlingame RiteCare CLC provides essential speech, language, and occupational therapy services for children with profound communication disorders, learning disabilities, and motor skill delays. These challenges place children at higher risk for behavioral difficulties, low self-esteem, and poor academic performance. Through individualized therapy plans and comprehensive evaluations, the CLC aims to enhance children’s quality of life, support future success, and raise community awareness about the importance of early intervention.</p> <p>Parental involvement is central to the program, enabling parents to continue the learning process at home while feeling supported during a challenging time. Approximately 50% of the children served are 5 years old or younger, and half have been diagnosed with or are suspected of being on the autism spectrum. The CLC ensures that children in critical need receive these services without the burden of fees, providing access and support to all families who need it.</p>	<p>\$30,000</p>
<p>CASA of San Mateo County</p>	<p>Mental & Behavioral Health</p>	<p>According to the Department of Social Services, 60% of youth in the foster system face mental health challenges, compared to 20% of the general population. CASA will expand its “Beyond an Advocate” program, training volunteers to address youth mental health and wellness alongside their courtroom advocacy. Informed by research on adverse childhood experiences (ACEs), volunteers provide holistic support, mentorship, and access to resources, fostering strong relationships with CASA youth beyond the courtroom.</p> <p>As youth near their 21st birthday, they often lose state resources and struggle to achieve independence. This program will fill that gap by offering direct support, experiences, supplies, and community building opportunities for youth in foster</p>	<p>\$70,000</p>

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Edgewood	Mental & Behavioral Health	<p>The Edgewood Kinship Support Network (Kinship) supports families in which relatives—such as grandparents, aunts, uncles, or other extended family members—step in to care for children when biological parents cannot. Kinship offers resources, referrals, respite, parenting education, health-focused workshops, support groups, youth activities, school supplies, educational and vocational guidance for teens and young adults, and nursing case management for older caregivers and family members needing medical or mental-health support. Peer Partner Support Group Facilitators provide additional lived-experience guidance.</p> <p>Caregivers receive regular support groups in online, in-person, and bilingual formats; ongoing caregiver trainings tailored to participant interests; consistent individualized contact through telehealth and in-home consultations; and accessible respite care available throughout the week to help sustain caregiver well-being.</p>	\$35,000

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<p>Felton Institute</p>	<p>Mental & Behavioral Health</p>	<p>San Mateo Suicide Prevention Mental Health Prevention addresses rising suicide risk by offering workshops that strengthen social networks, encourage help-seeking behaviors, and build connections between peers and caring adults. The program supports individuals experiencing suicidal thoughts, self-destructive behaviors, or emotional pain by combining education, awareness, and accessible services. Many people hide suicidal feelings due to self-blame or fear, leading to untreated mental health issues that carry significant social and economic costs, including emergency department visits, family disruption, and school-wide trauma when youth are involved.</p> <p>SMSP's mission is to meet the growing suicide crisis with continuous, around-the-clock support. The program provides comprehensive mental health services for youth and adults and is expanding services to reach older adults in crisis. Grant funding will support educational presentations for schools, senior facilities, and community groups; crisis postvention services, including the 988 call and text lines; and virtual peer-support groups for individuals who have attempted suicide or survived suicide loss.</p>	<p>\$70,000</p>

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GiveThx	Mental & Behavioral Health	<p>GiveThx's Student Wellbeing program is a research-validated approach that integrates gratitude science into a curriculum grounded in the lived experiences of students. Educators in partner schools receive tailored training, develop their own shared practice lessons to foster mental health and belonging, and prepare to guide students in using the program.</p> <p>The program is designed for all students, ensuring each young person feels included and valued without needing to change any aspect of their identity. Its multi-year, student-centered curriculum strengthens belonging, improves mental health, and enhances peer relationships. The program's personal, student-to-student expressions of gratitude reduce isolation and stress while creating genuine moments of connection that build lasting wellbeing.</p>	\$50,000
Heart & Soul	Mental & Behavioral Health	<p>H.O.P.E. is the first peer program in San Mateo County to provide support during hospitalization and throughout post-hospitalization recovery for individuals experiencing mental health or substance use challenges. The program offers immediate wellness tools through alternative recovery approaches and evidence-based practices, including Intentional Peer Support, Motivational Interviewing, and Wellness Recovery Action Plan (WRAP) instruction. Services include peer mentoring, family support, self-care modeling, and access to community resources, all aimed at helping participants develop self-directed plans for ongoing recovery and wellness.</p> <p>The program also supports successful transitions from hospitalization to community reintegration and offers coordination for supportive employment, creating pathways to enter or return to paid work in integrated settings through transitional and supportive employment opportunities. Peer Mentors encourage participants to build community connections and strengthen relationships with family members and other supportive individuals.</p>	\$46,000

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Kara	Mental & Behavioral Health	<p>As the only 'stand-alone' grief focused agency in the Bay Area, Kara will offer an array of bereavement support services through our five integrated programs (Adult Services, Youth & Family Services, Spanish Services, Community Outreach Services, and Therapy Services), providing grieving youth, adults, families and organizations the healing space, connections, and tools they need to move along their unique journey of loss toward renewed hope and meaning. Peer-based support and crisis response services are offered at no cost to those served and are offered in English and Spanish, and in person or via telehealth, as needed.</p>	\$30,000
LifeMoves	Mental & Behavioral Health	<p>The Behavioral Moves program at First Step for Families provides trauma-informed, no-barrier behavioral health care to families experiencing homelessness in San Mateo County. The program screens all clients for behavioral health needs at entry, offers on-site support for trauma, stress, and other mental health concerns, and trains graduate-level psychology and social work students to understand the unique challenges associated with homelessness, particularly the impacts of trauma.</p> <p>With support from Peninsula Health Care District, Behavioral Moves operates directly at the First Step site, ensuring immediate access to care without insurance delays, transportation barriers, or out-of-pocket costs. Embedding behavioral health into the interim housing model helps families heal, strengthens their ability to secure and maintain permanent housing, and prepares emerging behavioral health professionals to serve this population with compassion and skill—creating lasting systems of care for the community..</p>	\$30,000

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MELP/Able Closet	Mental & Behavioral Health	<p>The MELP (Medical Equipment Loan Program) and AbleCloset programs provide free durable medical equipment to community members in need. MELP focuses on standard mobility and safety items for adults, while AbleCloset specializes in highly adaptive equipment for children with moderate to severe disabilities. Both programs receive donated equipment, clean and repair items as needed, and loan them out at no cost. Donations are inspected weekly at warehouse sites in San Carlos and South San Francisco, with usable items added to inventory and unusable or surplus equipment redirected to nonprofit partners for repair, recycling, or international donation to prevent landfill waste.</p>	\$43,154
One Life Counseling Center	Mental & Behavioral Health	<p>One Life's Free and Low-Fee Child-Parent Psychotherapy program supports children ages 0–12 and their families by tailoring services to each client's cultural and linguistic background, schedule, income level, and mental health needs. Families are matched with an appropriate therapist and a low-fee payment plan, and receive culturally responsive, linguistically accessible counseling during moments of acute mental health crisis. All participating families are economically disadvantaged and face barriers such as cost, scheduling challenges, and language or cultural obstacles that would otherwise prevent them from accessing professional therapy.</p> <p>In addition to providing therapy sessions to families, the program connects clients to a continuum of community resources, including food pantries, financial assistance, English classes, medical and legal services, and housing support. Clients may also participate in group counseling and receive guidance from Peer Counselors, who help families navigate systems and identify supportive community partners and services.</p>	\$70,000

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<p>Peninsula YMCA</p>	<p>Mental & Behavioral Health</p>	<p>Community as Medicine (CAM), launched in 2016 in partnership with Open-Source Wellness, transforms the familiar guidance to “eat better, exercise more, reduce stress” into practical, socially supported habits that people can sustain. The program creates community-driven environments where healthy behaviors become enjoyable, accessible, and part of daily life.</p> <p>CAM consistently delivers strong outcomes, including significant reductions in blood pressure, depression, and anxiety, along with substantial increases in physical activity. Since its inception, the program has been successfully implemented across YMCAs, Alameda County Recipe for Health, Bay Area Community Health, and Kaiser Permanente, demonstrating its adaptability and effectiveness across diverse settings.</p>	<p>\$65,000</p>
		<p>Preventive Health</p>	

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<p>Samaritan House</p>	<p>Preventive Health</p>	<p>Licensed by the State of California Department of Public Health, Samaritan House's Free Clinic of San Mateo is a zero-fee, well-integrated "medical home", promoting health equity, while reducing health disparities, by increasing access to a continuum of high quality, linguistically competent and culturally sensitive health care for the County's medically underserved, uninsured residents who suffer chronic health issues such as diabetes, hypertension, obesity and heart disease. Supervised by a team of highly trained medical providers, dentists and behavioral health specialists, and supplemented with volunteer medical providers, the clinic provides primary care medical, dental services and mental health care, including specialty services. Patients receive free primary medical services, including most prescription medications, laboratory testing, and diagnostic cardiology and radiology services. Patients requiring specialty care beyond the clinic scope are referred to community health providers who see patients pro bono.</p>	<p>\$450,000</p>

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<p>Stanford Teen Van</p>	<p>Preventive Health</p>	<p>Adolescents and young adults are among the most medically underserved populations in the Bay Area, and the Teen Van plays a critical role in addressing this gap. Since 1996, the program has served more than 7,000 patients across over 20,000 visits, often functioning as their sole source of healthcare. With a return visit rate of approximately 75 percent, the Teen Van provides consistent, accessible care in the PHCD area for youth with complex and often multiple health needs. Its prevention-focused model is highly cost-effective, with each dollar invested estimated to save ten in avoided emergency and long-term medical costs.</p> <p>The Teen Van builds trust with this typically hesitant population by maintaining a reliable presence, offering free services, and spending meaningful time with each patient. New patients receive a comprehensive physical exam, mental health assessment, consultation with a clinical social worker, and, when feasible, a nutritional evaluation. Most patients require ongoing care for both physical and mental health concerns, and the Teen Van’s integrated, youth-centered approach ensures they receive continuous and compassionate support.</p>	<p>\$185,000</p>
<p>Bay Area Community Health Advisory Council (BACHAC)</p>	<p>Preventive Health</p>	<p>The Community Mammogram Program is BACHAC’s longest-running health outreach effort. For 27 years, it has provided education and free mammograms to San Mateo County residents who lack insurance or face barriers to regular screenings, including individuals who are homeless, low-income, or unfamiliar with how to access care. The program conducts outreach through four Community Health Village pop-up clinics led by trusted community partners; offers bilingual, culturally relevant education and navigation support through Community Health Outreach Professionals (CHOPs); provides instruction on self-exams, breast health, and early symptom recognition; partners with a healthcare provider for mammograms and medical follow-up; and delivers Medi-Cal education and re-enrollment assistance.</p>	<p>\$40,000</p>

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Breathe California	Preventive Health	<p>Seniors Breathe Easy provides comprehensive health and wellness services to older adults in the PHCD region, with a focus on those facing health inequities and environmental threats such as extreme heat, wildfires, poor air quality, RSV, COVID, and chronic lung conditions. The program offers health education, screenings, smoking cessation support, breathing exercises, home visits, and respiratory therapy equipment, addressing lung health, environmental risks, and fall prevention.</p> <p>Services are delivered by health educators, supervised interns, and volunteer professionals, including physicians. Programming takes place in senior centers, homes, and other convenient community locations using culturally and linguistically appropriate materials. Seniors Breathe Easy aims to raise awareness of conditions like COPD, TB, and COVID, improve access to preventive care, and enhance home safety through evidence-based tools such as the Stanford Falls Prevention Inventory, EPA environmental assessments, and behavior-change models like the Prochaska-DiClemente Stages of Change, all grounded in CDC best practices.</p>	\$60,000
Caminar	Preventive Health	<p>Caminar's Medication Assistance Program (MAP) is designed to meet clients where they are, providing in-home and remote medication guidance to those living with mild to moderate mental illness and co-occurring physical conditions. A licensed vocational nurse travels to clients' homes to review and implement medication programs, decoding the confusing process of creating and keeping a medication schedule with factors such as morning and evening medications, medications required to be taken with food, and so on. This support can make the difference between independent living and a more supervised and expensive living situation. MAP supports whole-person care, mental health, physical health, and healthy aging, and keeps individuals in their homes with the dignity of independent living.</p>	\$60,000

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First 5 San Mateo County	Preventive Health	<p>Help Me Grow (HMG) is a national model that helps communities coordinate existing resources to support healthy child development, connect families to services, identify vulnerable children, and empower caregivers. The model operates through four integrated components: outreach to pediatric providers to strengthen developmental screening and early detection; community engagement to promote the system and support families; a centralized access point that serves as a hub for information, support, and referrals; and data collection and analysis to drive continuous improvement.</p>	\$60,000
Fresh Approach	Preventive Health	<p>Fresh Approach will deliver 12-week VeggieRx nutrition and cooking workshops for eight participant cohorts in both English and Spanish. These evidence-based classes teach the foundations of a nourishing diet, basic cooking skills, and strategies for managing limited food resources, using curricula aligned with trauma-informed practices and adaptable to diverse ages and cultures. Participants receive weekly produce prescription vouchers redeemable at local farmers' markets, improving access to healthy foods while supporting the regional farming economy.</p> <p>To complement the workshops, Fresh Approach will host in-person food and nutrition demonstrations at farmers' markets, food pantries, senior centers, libraries, and other community hubs throughout the District. These demonstrations highlight culturally relevant, seasonal recipes and practical cooking skills, reinforcing the healing role of food. Outreach efforts—carried out in collaboration with senior centers, clinics, libraries, and other partners—will broaden awareness of Food as Medicine and VeggieRx, reduce language and cultural barriers, and build community familiarity with the benefits of consuming fresh, locally grown produce.</p>	\$50,000

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<p>Peninsula Jewish Community Center</p>	<p>Preventive Health</p>	<p>Pink Power at the PJCC is an evidence-based exercise program designed to support post-operative breast cancer survivors through individualized training that enhances recovery, strength, and overall well-being. Developed at the PJCC in Foster City, the program helps participants improve mobility, reduce fatigue, manage stress, and experience gains in confidence, energy, sleep quality, and weight control. Many also see improvements in quality of life across physical, emotional, social, and functional domains, along with reductions in body fat, lymphedema, and limitations in shoulder and scapular movement.</p> <p>Services include comprehensive fitness assessments before and after the program, a series of private training sessions tailored to each participant's needs, and optional nutritional guidance to further support long-term health and recovery.</p>	<p>\$15,000</p>
<p>Ravenswood Family Health Center</p>	<p>Preventive Health</p>	<p>The Health Education and Prevention Programs include two core initiatives, beginning with the Comprehensive Diabetes Management Program. This program provides culturally and linguistically responsive support to patients managing chronic conditions such as diabetes and hypertension. Health Coaches—certified medical assistants fluent in English and Spanish or English and Tongan—offer medication counseling, coordinate care, address care gaps, and facilitate follow-up with external providers.</p> <p>They also monitor vital signs, conduct glucose and foot exams, provide self-care education, and perform retinal screenings. Through this integrated approach, the program helps patients manage their conditions more effectively, improve health outcomes, and reduce long-term complications.</p>	<p>\$20,000</p>

Organization	Focus Area	Program Description	Recommended Amount
<p>San Mateo County Health Foundation</p>	<p>Preventive Health</p>	<p>Caring Hands in Health is the San Mateo County Health Foundation’s essential support program for vulnerable patients and families, providing immediate stabilization during medical crises and promoting long-term wellness through preventive assistance. Working closely with hospital staff and social workers, the program identifies individuals at risk of financial hardship due to uncovered medical costs or unmet basic needs, offering targeted support such as prescription coverage, housing assistance, nutritious food, medical supplies, and transportation to essential appointments. This rapid intervention prevents short-term health issues from escalating into prolonged financial and emotional instability.</p> <p>By addressing both medical needs and the social determinants that influence health, Caring Hands supports true healing for low-income and marginalized communities that make up much of San Mateo County Health’s patient population. The program helps families focus on recovery rather than survival, turning medical emergencies from overwhelming crises into manageable challenges and strengthening overall community health and resilience.</p>	<p>\$60,000</p>

Organization	Focus Area	Program Description	Recommended Amount
<p>The HEAL Project</p>	<p>Preventive Health</p>	<p>The HEAL Project’s Farm Field Trip Program serves more than 3,500 elementary school students across San Mateo County each year, with nearly half coming from schools within the PHCD service area. Most participants are in grades K–5, and more than 40 percent attend disadvantaged schools that receive free or significantly subsidized field trips. During their visit to the San Mateo County School Farm, students take part in hands-on lessons centered on Health, Environmental, and Agricultural Literacy.</p> <p>The program offers a distinctive approach to nutrition education by allowing students to harvest fresh produce, taste new foods, and experience the work involved in growing healthy ingredients. Each child plants a seed, harvests produce, and prepares a nutritious snack, building confidence and practical understanding of healthy eating. Teachers and parents consistently report that students are more open to trying fruits and vegetables after engaging directly with them on the farm.</p>	<p>\$60,346</p>
<p>Healthier Kids Foundation</p>	<p>Preventive Health</p>	<p>The Healthier Kids Foundation’s HearingFirst program is dedicated to screening more than 1,000 children from preschool through 8th grade in the San Bruno Park School District during the 2025–2026 school year. Aligned with the Preventive Health priority funding area, the program emphasizes early detection and preventive care for hearing concerns. Using OAE (Otoacoustic Emissions) screening devices and audiometers, HearingFirst assesses children from 6 months to 18 years old, with a typical follow-up need of approximately 4–6 percent.</p> <p>Following an initial referral, the program conducts a repeat screening after four to six weeks to determine whether hearing concerns related to flu or other temporary conditions have resolved. Families are supported through connections to pediatricians and audiologists when additional evaluation is needed, and Care Navigators assist parents in navigating insurance and securing timely care for their children.</p>	<p>\$40,000</p>