



# Community Health Fund

*John Muir Health* Building Bridges to Better Health

## 2021 IMPACT UPDATE

### We Will Never Stop Learning

Over the past few years, the [Community Health Fund's](#) understanding of the root causes of health disparities and health inequities has deepened. We've come to believe that addressing those root causes—including economic stability, education, access to health care, the physical environment, and social and community influences—is the most effective way for us to have a lasting impact on community health.

Our learning continues. As the COVID-19 pandemic shines a harsh light on how systemic racism weaves through all of the root causes, we are working with the communities we serve to better understand how to more forcefully address this challenge.

Such conversations can be hard, but they have also given us reason to take pride in CHF-supported initiatives that already do inspiring work to address root causes.

The [Family Harvest Farm Initiative](#), highlighted in this year's *Impact Update*, is one such initiative. At the farm, foster youth who are moving into adulthood—and are at risk for poor health linked to root causes—work in a deeply supportive environment that is building these young people's resilience. Their testimonials give us hope that initiatives like this can spark a ripple effect that improves individual and population health for a generation and beyond.

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#### *Power of* **PARTNERSHIP**

It is the support of John Muir Health—\$1 million per year—that makes it possible for the CHF to carry out its mission.



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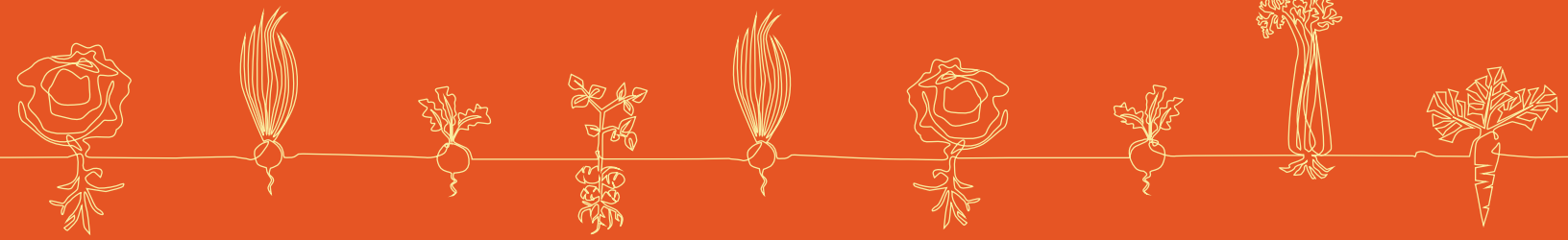
# Building Skills and Community Plants the Seeds for Good Health

Many foster youth lack a traditional support network, which can make it a challenge to attain basic job skills. The resulting emotional and economic instability help explain why foster youth transitioning into adulthood are more vulnerable to mental and physical health threats than their peers. That's why, with the [CHF's](#) ongoing support, the [John Muir Land Trust \(JMLT\)](#) and its partners have created the [Family Harvest Farm \(FHF\) Initiative](#).

The FHF is a 6-12 month paid apprenticeship program for emancipated foster youth to learn farming and gardening job skills. In the process, they build a supportive community that includes access to fresh food, guidance about continuing education and wraparound social services that partnering community-based organizations provide. To date, the program has employed nearly 20 young adult apprentices.

Staff and apprentices now incorporate the farm's organic produce into program meals, donate it to local kitchens, and make it available to the neighborhood at a farm stand. They have also begun selling produce at a discounted rate to Mt. Diablo Unified School District's Garden Education Program.

In 2021, the JMLT hired its first Apprentice Twos, second-year apprentices who move into positions of leadership.



**Program Manager Hannah Hodgson:**

*Last year we had a massive potluck for Thanksgiving where we all ate and cooked our own food. It was a wonderful day. It's one of the ways we try to maintain a connection to this community for people, after they leave the program.*



**Farm Manager Mary Cherry,  
a former foster youth:**

*I love what we're doing for people, but I don't want to lose sight of what we're doing on the farm. Regenerative agriculture is something different than most farmers do and as the farm manager, I've been able to see the soil come alive.*





*Apprentice Two is a special leadership role, part of our efforts to teach all of our apprentices how to use the skills they learn here to boost them into their next career or education experience.*

**—Hannah Hodgson  
PROGRAM MANAGER**





*I was going through a lot of mental health issues, and viewed this as an opportunity...to learn basic job skills. I've gotten that, but I've gotten much more.*

*I had an interest in the outdoors, but didn't really have a relationship with it until I came here. I look at things differently now. Things I've glazed over before, I now notice. Getting into soil, feeling it, reconstructing it...has helped me have a better appreciation for the earth and change a lot of habits I do at home. It makes me feel connected and I have a hard time connecting to anything.*

*I want to go back to school after this. I have an interest in creating.*

**—Shanel Kendall, Apprentice Two**



*I gained skills related to repairing soil, composting, making better decisions environmentally, eating healthier and connecting to our nearby communities.*

**—Apprentice**

*When I came here it felt like I finally found my community. I found my roots.*

**—Apprentice**



# 2021 Community Health Partners

## ACCESS TO CARE



VETERAN HEALTH NAVIGATION



CARE FOR UNINSURED ADULTS

## BEHAVIORAL HEALTH

LOVE NEVER FAILS



FAMILY JUSTICE CENTER  
SAFETY | HEALING | COMMUNITY

SURVIVORS OF HUMAN TRAFFICKING



SPANISH SPEAKING GRIEF SUPPORT



DIRECT SERVICE MINDFULNESS

## ECONOMIC SECURITY



HEALTHCARE CAREERS PATHWAY



EMANCIPATED FOSTER YOUTH

## SOCIAL SUPPORT



EAST CONTRA COSTA SENIOR OUTREACH



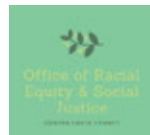
SENIORS & ADULTS WITH DISABILITIES NETWORK

## FOOD



HOT MEAL DELIVERY

## RACIAL EQUITY & SOCIAL JUSTICE



PLANNING SUPPORT



RACIAL EQUITY & INCLUSION ROADMAP

## COVID- 19 RESPONSE



DATA MANAGEMENT



GRAB AND GO PROGRAM



ESSENTIAL WORKER FUND