



Sutter County Community Health Improvement Plan 2023 - 2028



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Community Health Improvement Process

The Community Health Improvement Plan (CHIP) is a long-term, systematic plan to address health issues identified in the Community Health Assessment (CHA).¹ The 2022 Sutter County CHA, the foundation for the CHIP, is available on the [Sutter County Public Health website](#).¹ The CHIP describes how the Sutter County community will work collectively to improve the health and well-being of Sutter County residents over the next three to five years. It is an essential plan used to set priorities, direct resources, and develop and implement projects, programs, and policies.

The CHIP focuses on the prevention of chronic and infectious diseases while also addressing upstream factors that influence or contribute to disease risk and health behaviors. For instance, the neighborhood we live in, access to housing, education, health care, healthy foods, etc. all have influences on our health. By focusing on these upstream factors, we can have a greater impact on the health outcomes individuals experience and provide all members of our community with the opportunity to be as healthy as possible.

Successfully addressing these upstream factors and achieving the goals of the CHIP requires robust community collaboration and collective efforts across all sectors of our community including health and human services, education, homeless service providers, and other community-based organizations. The CHIP is also dynamic because our community partners will continue to review our progress in implementing our action plans, assess how well we are doing, and revise the CHIP as needed to better meet our vision for a healthier Sutter County.

Implementing the CHIP in our community is a critical first step in paving the way towards building a healthier Sutter County. The power of this plan lies in utilizing our unique community strengths, building partnerships, and developing ownership of the health of our community to transform the health and well-being for all residents. Engaging in this process will further promote and strengthen the partnerships vital to creating and sustaining a healthier community.

Why CHIP?



Community Health Improvement Process

Community Health Improvement Framework

The Sutter County roadmap to a healthier community was the guiding framework for conducting the CHA and continued to serve as the framework for developing the CHIP. This comprised of utilizing a modified Mobilizing for Action Through Planning and Partnerships (MAPP) framework, a community-wide strategic planning tool and model made available through the National Association of County and City Health Officials (NACCHO).² MAPP helps communities use broad-based partnerships and community engagement to assess the state of the community, identify health issues that community members struggle with, and implement strategies to address issues unique to the community. Due to the cyclical nature of MAPP, significant portions of the Association for Community Health Improvement (ACHI) Community Health Assessment Toolkit, another evidence-based community-wide strategic planning framework, were combined with MAPP.³

The Sutter County CHIP was developed following the modified MAPP and ACHI model. After completion of the CHA, the CHIP process began by focusing on planning implementation strategies and developing an action plan to address each community health priority. Following this modified framework and utilizing evidence-based MAPP resources provided by NACCHO, the CHIP process prioritized engagement from internal and external stakeholders, aligning strategies and assets with these stakeholders to foster a collective and collaborative approach to community health improvement. This involved setting goals, objectives, strategies, and actions essential to develop an actionable and measurable plan for community health improvement.



Figure 1: MAPP Framework

Timeline: Moving from the CHA to the CHIP

2018-2019

Sutter County Public Health (SCPH) initiated the CHA process which included collecting community health data through national, state, and local databases. Data on how community members experience health in Sutter County were also collected through key informant interviews, focus groups, and the Community Health and Well-Being survey distributed throughout the community.

Summer 2019

SCPH conducted community forums in the two incorporated Sutter County cities of Yuba City and Live Oak where community stakeholders reviewed the preliminary CHA data and discussed the significant health issues identified. At the final stakeholder meeting, community partners and public health staff reviewed all identified health issues and participated in the following activity to determine the top three health priorities in Sutter County:

Community Health Improvement Process

Community Health Prioritization Activity:

Step 1

- Individual Stakeholders identified their top two priority issues

Step 2

- Individual stakeholders paired up. Each pair discussed and came to a consensus of two priority issues

Step 3

- Stakeholders were split into three separate table groups to collectively deliberate the top priority issues and come to a consensus of one single issue

Step 4

- Each table group shared their collective health priority which informed the selection following CHIP community health priorities:

Community Health Priorities



Addressing Homelessness



Building Resilient Communities



Reducing Sexually Transmitted Infections



Figure 2: Community Health Priority Activity

Community Health Improvement Process

January 2020

Incorporating the health priorities chosen by community stakeholders, the draft 2020 CHA was published on the SCPH website and distributed throughout the community. A CHA feedback survey was also distributed as a supplementary document to gain input from the community regarding the accessibility of the CHA and the selected health priorities. Community responses were provided via the CHA feedback survey from January to April 2020.

Spring 2020

Due to the COVID-19 pandemic, SCPH paused work on the 2020 CHA and shifted efforts to address critical community health needs.

Fall 2021

SCPH resumed CHA activities by updating the community health data included in the CHA, assessing the community feedback, and streamlining the report format and content. SCPH finalized the CHA in the Spring of 2022.

August 2022

After holding a study session with the Sutter County Board of Supervisors, the CHA was published in August 2022.

CHIP Planning and Methods

CHIP Kick – Off Meeting

To address the health priorities identified in the CHA, SCPH resumed the community health improvement process by inviting community partners and stakeholders to attend the CHIP Kick-Off meeting in November 2022. At this meeting, community stakeholders reviewed the findings from the 2022 CHA, the factors and community conditions that affect health, the community health priorities selected in 2019, and discussed the CHIP development process. During the presentation of the CHIP priorities, the meeting facilitator encouraged attendees to provide their input on the selected community health priorities. Community stakeholders in attendance agreed that addressing homelessness, building resilient communities, and reducing sexually transmitted infections are still top community health priorities in Sutter County.

At the close of the CHIP Kick-Off meeting, attendees had the opportunity to sign-up to participate in the three CHIP workgroups- one for each health priority. The CHIP Workgroups collectively developed CHIP Work Plans, including the overarching visions, objectives, strategies, and actions to address each of the three health priority areas.

Community Health Improvement Process

Workgroup Meetings

Three CHIP Workgroups convened monthly between January and March 2023. To increase engagement, the workgroup meetings were held remotely over the lunch hour, with Zoom Whiteboards utilized for visual brainstorming among partners and to foster collaboration. Before the workgroup meetings, SCPH staff provided workgroup members with national, state, and local strategies aimed at addressing each priority area to consider in the development of the CHIP work plans.

Workgroup Meetings January 2023

During the first round of workgroup meetings, attendees reviewed data from the 2022 Sutter County CHA and various national, state, and local strategies to address each priority. Attendees also participated in a Strengths, Weakness, Opportunities, and Threats (SWOT) analysis activity and were asked to consider what assets and resources exist in our community that can be used to improve the health outcomes in each of the priority areas. At this meeting, attendees were also tasked with developing the overarching vision statement for each priority area.

Building Resilient Communities:

Due to the broad scope and factors that contribute to community resilience, the CHIP building resilient communities workgroup decided to place their focus on the top three areas of community resilience most critical in Sutter County. After review of national community resiliency-building strategies from the National Preparedness and Response Science Board⁴ and Sutter County CHA data related to community resilience, the members of the workgroup voted to focus on the following areas:

- **Adverse Childhood Experiences (ACEs)**
- **Behavioral Health**
- **Nutrition and Food Access**

Workgroup Meetings February 2023

The second round of workgroup meetings for each priority area focused on developing Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) objectives (see Figure 3) to ensure we achieve the overarching visions for health. Workgroup members also discussed and developed the strategies and actions to achieve each objective.

CHIP WORKGROUP TERMINOLOGY

Overarching Vision Statement:

broad or general statement of desired change or end state

SMART Objectives: Statements describing the results to be achieved and how they will be achieved. Are **SMART:**

Specific: Who and what?

Measurable: By how much?

Achievable: How?

Relevant: Why?

Time-Bound: When?

Strategies: Provide a clear roadmap: smaller steps along the way to achieving an objective

Actions: Specific programmatic, policy, or other action that implements or operationalizes the strategy

Lead Organizations:

Organizations responsible for leading the strategies and actions defined in the CHIP

Anticipated Product or Result:

Describes the direct, tangible, and measurable result of the activity

Figure 3: CHIP Workgroup Terminology

Community Health Improvement Process

Workgroup Meeting March 2023

During the final workgroup meeting, workgroup members finalized the strategies and actions developed during the previous workgroup meeting. While much of the CHIP work plans were developed during the workgroup meetings, some activities were not finalized during the formal meetings due to meeting time constraints. At the conclusion of the last workgroup meetings, target dates and the organizations leading CHIP activities needed to be determined, a critical component of the CHIP. SCPH staff carefully reviewed workgroup discussion notes and drafted potential target dates and lead organizations for each activity. This information was provided to all workgroup members via email. After collecting workgroup member feedback over the course of two weeks, the health priority work plans were consolidated and finalized.

While much of the CHIP work plans were developed during the workgroup meetings, it is important to highlight that workgroup members not only provided their input to finalize the work plans, but also provided extensive input via email correspondence throughout the community health improvement process.

CHIP Closing Meeting

After completion of the CHIP Work Plans, SCPH reconvened community partners on June 6th, 2023, to review the work plans across each health priority area (Appendix B) and discussed the next steps of the community health improvement process. Although the work plans presented during this meeting will guide our initial community health improvement efforts, the CHIP is a dynamic process. This means that our CHIP efforts and work plans will be reviewed and revised annually to better respond to changes in community needs, resources, and success meeting CHIP objectives as necessary.

Implementing and Monitoring the CHIP:

A regular meeting schedule for workgroup members was developed to ensure that CHIP interventions are successfully implemented. **Workgroups will convene quarterly** where organizations leading strategies and activities defined in the CHIP will report on their progress. These meetings will also provide a place for workgroup members to discuss successes or barriers they may experience and collaborate with other community stakeholders to overcome any barriers.

Community stakeholders will convene annually to review progress implementing CHIP activities and reaching CHIP objectives across the three health priority workgroups. As the CHIP work plan is a living document, the annual meeting will provide the CHIP collaborative with the opportunity to revise the CHIP work plan to ensure that we are meeting objectives and improving health outcomes in our community. Prior to conducting the CHIP annual meeting, SCPH will develop a written annual report, update the CHIP Dashboard on the SCPH website, and provide these documents and information on how to access the CHIP dashboard to all community stakeholders.

CHIP Priorities

Health Priority 1: Addressing Homelessness

Overarching Vision: Ensure a safe place to live for everyone in our community



Health Priority 2: Building Resilient Communities

Adverse Childhood Experiences - Overarching Vision Statement: Reduce the impact of Adverse Childhood Experiences (ACEs) for Sutter County children and families

Behavioral Health - Overarching Vision Statement: Community members will view behavioral health conditions as equivalent to other medical conditions, thereby destigmatizing, educating, and increasing access to behavioral health services

Nutrition and Food Access - Overarching Vision Statement: Increase access to healthy foods regardless of location and socio-economic status



Health Priority 3: Reducing Sexually Transmitted Infections

Overarching Vision: Reduce the incidence and burden of STIs for Sutter County residents



ADDRESSING HOMELESSNESS





Addressing Homelessness

Overview:

Homelessness is defined as not having a regular nighttime residence; staying in a public or private place not meant for human habitation; or staying in a publicly-or-privately operated shelter.⁵ Homelessness affects both physical and mental health and makes accessing health care more difficult.⁵ As a result, people experiencing homelessness face significantly higher rates of poor health outcomes than those who are housed.⁶

Why This Is Important:

As of 2022, 30% of all people in the United States experiencing homelessness resided in California, including half of all unsheltered people (115,491 in California; 233,832 in the United States).⁷ Based on the 2021 Point In Time Count (PIT), a count of all unsheltered and sheltered people experiencing homelessness in Sutter County conducted yearly by the Sutter-Yuba Homeless Consortium, 371 people were experiencing homelessness in Sutter County. Additional information on the homelessness issues in Sutter County are below:

- Renters in Sutter County need to earn \$21.25 per hour - 1.4 times the state minimum wage - to afford the average monthly asking rent of \$1,105.⁸
- People experiencing homelessness are more likely to have substance use problems, mental and behavioral health conditions, physical disabilities, or chronic medical conditions and are more likely to be hospitalized and stay longer in the hospital.⁹

Workgroup Plan:

The overarching vision to address homelessness in Sutter County is to ensure a safe place to live for everyone in our community. The workgroups developed three objectives:

1. By January 30, 2027, reduce the number of unsheltered individuals by 20% from the 2023 Point-in-Time Unsheltered Count.
2. By January 30, 2027, decrease the number of people entering homelessness by 25% when compared to Sutter County's 2023 rate.
3. By December 31, 2028, increase the number and variety of affordable permanent housing options in Sutter County by at least 100 units.

The first objective will be addressed by increasing the homeless shelter bed capacity by 25% and increasing the utilization of existing shelter programs. The United States Interagency Council on Homelessness has asserted that low-barrier shelters are effective in linking individuals to housing.¹⁰ Homeless shelters in Sutter County follow a coordinated entry and assessment system, which links those experiencing homelessness to transitional or permanent housing. To increase the shelter bed capacity, new funding sources will need to be identified. This will allow the Regional Emergency Shelter Team (REST) to offer their services year-round.

Addressing Homelessness

The workgroup also discussed including sheltering services at the Hands of Hope day center by adding shelter beds. Currently, there are 3 homeless shelters in Sutter County (Better Way, Casa De Esperanza, and the seasonal Regional Emergency Shelter Team). To increase utilization, the Homeless Engagement and Resolution Team (HEaRT) will continue to reach out to and provide education on the current shelter services to those experiencing homelessness. In addition, workgroups discussed reinstating the Open Doors program in Sutter County. The Open Doors program has provided information and events to those who are experiencing homelessness or at risk of homelessness.

The second objective will be met by increasing prevention funding, to decrease the number of people entering homelessness. The work groups discussed expanding the use of the California Advancing and Innovating Medi-Cal (Cal-AIM) funding and seeking new funding sources to provide wrap-around services for those living in supportive housing. CalAIM is a commitment to have Medi-Cal provide equitable care to address physical, behavioral, developmental, dental, and long-term needs.¹⁰ Another strategy to prevent homelessness is to increase engagement of the prevention programs, including additional outreach about prevention services like the Sutter-Yuba Homeless Consortium Continuum of Care, housing vouchers, services provided through CalAIM and the California Rural Legal Assistance. Furthermore, developing a data collection system specific to prevention services within the Homeless Management Information System (HMIS), can further inform future prevention interventions. Finally, the workgroups discussed the importance of enhanced coordination between code enforcement and homeless service providers. This includes creating policies and procedures that encourage additional engagement between the two entities and provide coordinated code enforcement/homeless services before individuals become homeless.

The third objective is to increase the number and variety of affordable permanent housing options in Sutter County by at least 100 units. Data shows when affordable housing options are readily available, the likelihood of homelessness decreases.⁸ Affordable housing developers plan to construct 32 units in Live Oak, 217 units in Yuba City, and 20 senior units in Yuba City by 2025. To provide more affordable housing in the future, the working group will identify funding sources to develop more affordable housing units in Sutter County.

In addition to constructing housing units, the working group will advocate for alternative housing like mobile home parks and tiny homes during homeless planning meetings and with decision makers. The building of alternative housing, like tiny homes, has become a priority for the state of California.¹¹ In fact, 1 billion dollars of homeless funding will support California communities to mobilize tiny homes.¹¹ Another strategy to provide affordable housing options is to develop the Local Housing Trust Fund program (LHTF), which matches dollar for dollar to local housing trust funds dedicated to creating more affordable housing and homeless shelters.¹² Neighboring counties have used housing trust funds to facilitate affordable housing development; the work group will meet with Nevada County to identify best practices. These objectives aim to reduce unsheltered individuals in Sutter County.

Alignment with National and Statewide Priorities:

- **Healthy People 2030:**¹³
 - Create social, physical, and economic environments that promote attaining full potential for health and well-being for all.
 - Housing and Homelessness
 - Creating healthy communities- reducing poverty, reducing unemployment, increasing neighborhood safety

BUILDING RESILIENT COMMUNITIES

Building resilient communities is a complex issue with many contributing social, economic, and environmental factors. **By building community resilience, we add to the community's ability to "withstand, adapt to, and recover from adversity"**. Building resilient communities includes reducing **Adverse Childhood Experiences (ACEs)**, increasing education and destigmatizing of **behavioral health conditions**, and **increasing access to healthy foods**. It is important to note the implications of these risk factors on the health of Sutter County residents. The goal of addressing this priority is to develop measurable ways to improve health outcomes in our community.



Adverse Childhood Experiences (ACEs)



Behavioral Health



Nutrition and Food Access



Adverse Childhood Experiences

Why This Is Important:

Adverse Childhood Experiences (ACEs) are the exposure to potentially traumatic events during childhood.¹⁴ ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems.¹⁵ The toxic stress from ACEs can affect brain development, can alter children's hormonal and immune systems, and can lead to behavioral problems, learning difficulties, and physical health issues.¹⁶ Exposure to ACEs is also linked to mental health issues, substance use problems, and increased risk of developing 5 out of 10 leading causes of death in the U.S.¹⁷ **ACEs are preventable.**¹⁸ Creating and sustaining safe, stable, nurturing relationships and environments for all children helps to prevent ACE's and ensure children can reach their full health and life potential.¹⁸

Workgroup Plan:

The overarching vision is to reduce the impact of Adverse Childhood Experiences (ACEs) for Sutter County children and families.

To achieve this vision, CHIP workgroup members developed the following objectives:

1. By January 30, 2026, increase by 50% the home visiting program capacity from its 2022 baseline capacity.
2. By January 30, 2026, implement the Handle with Care program in two additional Sutter County schools.
3. By January 30, 2026, increase by 20% the resiliency-building resources pertaining to ACEs provided to parents/guardians from its 2023 baseline capacity.

The first objective focuses on increasing the capacity of home visiting programs. The California Department of Public Health (CDPH) defines home visiting programs as preventative interventions providing overburdened families who are at risk for ACEs with the tools and knowledge to independently raise their children and promote positive parenting and child development.¹⁹ Implementing home-visiting programs is a scientifically supported strategy to improve parenting, social-emotional skills, birth outcomes and reduce child maltreatment and other forms of ACEs.¹⁹ CHIP workgroup members identified home visiting programs as a vital resource in our community and determined that expanding the program to reach more community members at risk of ACEs as a key strategy to improve health outcomes.

Adverse Childhood Experiences

To increase home visiting program capacity, the CHIP workgroup aims to increase flexible funding and partnerships with Medi-Cal managed care plans. Strategies include conducting a field visit to Yolo County to learn the best practices they implemented to leverage these partnerships and expand their home visiting programs. Additionally, Sutter County Public Health will apply for the California Home Visiting Program (CHVP) five-year expansion funding to add additional staff to current home visiting programs. By expanding the reach of home visiting programs, more Sutter County residents will have access to resiliency-building resources and services pertaining to ACEs, thereby reducing their impact.

The second objective centers on the Handle with Care program, an evidence-based program targeting children exposed to trauma, crime, violence, or abuse.²⁰ Childhood exposure to violence or trauma, without the right supports, is associated with an increased risk of poor outcomes in emotional, behavioral, and physical health over the life span. The Handle with Care program addresses the impacts of trauma exposure by promoting safe and supportive homes, schools, and communities that protect children, and helping traumatized children heal and thrive by making sure that children who are exposed to trauma receive appropriate interventions.²⁰ While the Handle with Care program's implementation was already planned in two Sutter County pilot schools, the CHIP workgroup determined that supporting these efforts by expanding capacity and sustainable funding is key in mitigating the impact of ACEs. Furthermore, bringing additional partners and resources together through CHIP activities will further strengthen the implementation and expansion of the Handle with Care program.

The last strategy to reduce the impact of ACEs in Sutter County highlights the importance of increasing resiliency-building resources for parents and guardians throughout the community. This involves establishing a centralized digital resource hub to provide updated evidence-based resources targeted for families in Sutter County. Providing the community with these resources aims at preventing and reducing ACEs by promoting social norms that protect against violence and adversity and connecting families to intervention services that exist in the community. CHIP workgroup members also determined the need to identify funding opportunities and ensure the collaboration between community partners as additional strategies to support these efforts. This will be achieved by identifying funding opportunities as a standing agenda item at current community partner meetings (Family Intervention Team and Domestic Violence meetings). Additionally, workgroup members determined that applying for the Children Youth and Behavioral Health Initiative funding through the California Department of Health Care Services as a key strategy to support increasing resiliency building resources in Sutter County.²¹

Alignment with National and Statewide Priorities:

- **Healthy People 2030:**¹³
 - Promote healthy development, healthy behaviors, and well-being across the lifespan
- **Let's Get Healthy California: California State Health Improvement Plan:**²²
 - Healthy Beginnings- Reducing Adverse Childhood Experiences
 - Healthy Beginnings- Reducing Child Maltreatment



Behavioral Health

Why This Is Important:

Behavioral health encompasses our total social, emotional, and psychological well-being and is a critical part, along with physical health, in achieving and maintaining optimal wellness.²³ Persons living with behavioral health illness are at greater risk for substance use disorders, cardiovascular disease, and other chronic diseases.²³ By destigmatizing behavioral health issues, more individuals can access behavioral health resources without fear of judgment.²³

Achieving behavioral health equity requires that we work collaboratively to ensure that "every individual has the opportunity to be as healthy as possible."²⁴ Strategies include efforts to destigmatize behavioral health and provide opportunities to increase awareness of existing services and *how* to access those services.²⁴ This is important to address the needs of the community highlighted in the CHA regarding behavioral health services.

The CHA identified that in 2021, "Sutter County residents reported experiencing overall more poor mental health days in the past 30 days (4.9) compared to both California (3.7) and the U.S. (3.8)."²³ Poor mental health days is calculated by taking an average of mentally unhealthy days among residents in the past 30 days.²³ Figure 4 shows a summary of these findings from 2016 to 2021 comparing Sutter County and California.

The average number of **poor mental health days for adults in Sutter County** was **4.9 days out of 30 days**. This is **higher** than the **state average of 3.7 out of 30 days**.

Figure 4: Poor Mental Health Days for adults in Sutter County

Receiving services and treatment is an important component of recovery for those experiencing signs of mental illness; however, Sutter County was designated as a mental health professional shortage area.²³ This suggests a need to increase the access of services as well as improve the awareness of existing services for residents.

Workgroup Plan:

The overarching vision to address behavioral health issues is to destigmatize, educate, and increase access to behavioral health services, with community members viewing behavioral health illnesses as equivalent to other medical conditions.

The main objective for the Behavioral Health priority area is:

1. Increase adult and youth mental health and substance use awareness by 25% in 2027, compared to 2023.

Five strategies were discussed in the workgroups. The strategies focus on two core themes discussed by the behavioral health workgroup:

- The need for **collaboration** among partners to address behavioral health needs in Sutter County (e.g. to build a behavioral health collaborative).
- The need to **improve awareness** (via education and outreach) of behavioral health illnesses and how to receive treatment to reduce stigma and improve access to services.

The need for a behavioral health learning collaborative became apparent when assessing what resources, partners, and providers are needed to create successful forums discussed in the second strategy. The second strategy is "to hold two community forums annually regarding adult mental health, children/youth mental health, and substance use, to increase awareness about behavioral health disorders and how to receive treatments." A successful community forum requires collaborative planning and coordination from the Sutter Behavioral Health Learning Collaborative, which will have diverse representation from healthcare providers, Medi-Cal managed care plans, private insurance plans, county Behavioral Health, Education, Public Health, and other community partners.

The third strategy is to develop tools to measure the community-wide awareness of adult mental health, children/youth mental health, and substance use. Sutter County Public Health and Sutter-Yuba Behavioral Health will identify relevant measures as a result of the assessment and disseminate the measurement tool and outcomes to the community.

The fourth strategy is to create a platform that provides freely available contact information, mental health first-aid information, and other education content related to behavioral health to the public by publicly posting education materials, events, and information for providers on social media.

Finally, the fifth strategy will focus on educating school aged children and parents about behavioral health topics and resources available in the community. The educational material will be age and language-appropriate (English, Spanish, and Punjabi), and disseminated to families at the beginning of each school year.

Alignment with National and Statewide Priorities:

- **Healthy People 2030:**¹³
 - Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
- **Let's Get Healthy California: California State Health Improvement Plan:**²²
 - Reduce depression, substance use, and suicide.
- **California Health and Human Services Agency- Child and Youth Behavioral Health Initiative:**²⁵
 - **Goal 1:** To develop General Public Education and Change Campaign(s) that create awareness without stigma of mental, emotional, and behavioral health (MEB), including substance use disorders and wellness.
 - **Goal 2:** To partner with community-based organizations to develop and enhance culturally, linguistically, and age-appropriate campaigns aimed at reducing stigma and discrimination, and connect individuals, families, and caregivers to the appropriate resources they need around Mental, Emotional, and Behavioral (MEB) health promotion, prevention, treatment, maintenance, and wellness.
 - **Goal 3:** To partner with children, youth, caregivers, families, and communities to co-design, reflect, and share culturally, linguistically, and age-appropriate specific campaign(s).



Nutrition and Food Access

Why This is Important:

People with healthy nutrition and eating patterns live longer and are at a lower risk of developing serious health problems.²³ Healthy nutrition is not just an individual problem, it is largely influenced by structural factors like income, location, and lack of access to healthy food options.²⁶ Research has shown that communities with low access to healthy affordable foods and high concentrations of fast-food outlets and relatively high-priced convenience stores have higher rates of obesity, diabetes, and other health problems.²⁶

In 2019, 56.9% of Sutter County residents had low access to healthy foods.²³ **Residents living in low-income, rural, and minority communities are more likely to experience poor food access to healthy foods.**²³ In addition, in 2020, 13% of Sutter County residents experienced food insecurity, or the lack of access, at times, to enough food for an active and healthy life, compared to both California and the US (10.2%).²³

Workgroup Plan:

The overarching vision is to increase access to healthy foods regardless of location or socio-economic status in Sutter County. The workgroups developed three objectives to meet the vision:

1. By January 30, 2026, implement at least one additional program that delivers food to vulnerable priority populations experiencing food insecurity in Sutter County.
2. By May 2026, establish at least one additional farmers market.
3. By December 2025, establish and implement a "food as medicine" campaign and toolkit in collaboration with community stakeholders to increase the availability of healthy foods, strengthen knowledge of healthy foods, and to encourage healthy food choices.

The first objective is to implement at least one additional program that delivers food to vulnerable populations in Sutter County. Implementing food delivery programs would ensure equitable access to healthy and nutritious food for all Sutter County residents. These programs will target food insecure seniors and populations within our community who experience limited access to healthy foods due to socio-economic status and/or geographic location.

While many ideas for food delivery programs arose during workgroup discussions (mobile food pantry, Meals on Wheels program expansion, street outreach program, and a mobile farmers market), partners determined the need for an **advisory committee** to oversee researching the feasibility of each program and selecting at

Nutrition and Food Access

least one program to implement within our community. This committee will also continue to monitor progress, identify sustainable funding, and work to increase collaboration among partners to support these efforts.

Farmers markets are multiple vendor farm-to-consumer retail operations that typically sell fresh fruits and vegetables within a community.²⁷ Farmers markets can provide fresh produce and healthy food options to those who do not live close to grocery stores and have low access to nutritious foods. While farmers markets do exist in Sutter County, the second objective focuses on targeting areas with low access to healthy foods by implementing one additional farmers market in Sutter County. This will require collaborative efforts and attention to:

- Conduct outreach to farmers and local vendors to secure a variety of local produce, food, and craft vendors who will actively participate in the market.
- Expand the marketing of current and future farmers markets to increase knowledge and engagement from the community.
- Pilot alternative payment options including EBT and vouchers for completing the “food as medicine” curriculum (see objective 3) at existing and future farmers markets in Sutter County to ensure equitable access to nutritious foods by making it affordable.

The final objective to address nutrition and food access focuses on establishing and implementing a “food as medicine” campaign and toolkit in collaboration with community stakeholders to increase the availability of healthy foods, strengthen knowledge of healthy foods, and to encourage healthy food choices.²⁸ To implement a “food as medicine” campaign, the workgroup developed two strategies. The first strategy is to incorporate the new “food as medicine” toolkit into the existing CalFresh curriculum. The second strategy is to collaborate with Sutter County schools to implement this toolkit, provide education on nutrition, and to screen for food insecurity among the students. Establishing the “food as medicine” campaign and toolkit in Sutter County promotes early intervention for addressing food insecurity and provides the community with education and opportunities for healthy eating.

Alignment with National and Statewide Priorities:

- **Healthy People 2030:**¹³
 - Attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death.
 - Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.
 - Engage leadership, key constituents, and the public across multiple sectors to take action and design policies that improve the health and well-being of all.
- **Let’s Get Healthy California: California State Health Improvement Plan:**²²
 - Creating Healthy Communities- increasing access to healthy foods.
 - Healthy Beginnings- Increasing adolescent fruit and vegetable consumption.
 - Living Well- Increasing adult fruit and vegetable consumption.



**REDUCING
SEXUALLY
TRANSMITTED
INFECTIONS**



Reducing Sexually Transmitted Infections (STIs)

Overview:

A note about the use of STI instead of Sexually Transmitted Diseases (STD) from the STI National Strategic Plan: 2021-2025:²⁹

*"The term sexually transmitted infection (STI) refers to a virus, bacteria, fungus, or parasite that has infected a person's body via sexual contact, whereas the term sexually transmitted disease (STD) refers to a recognizable disease state that has developed from an STI. Some stakeholders commonly use the term STI, and some commonly use the term STD. This STI Plan generally uses the term STI because the goal is to prevent and treat infections before they develop into a disease state. However, the term STD is used when referring to data or information from sources that use the term STD."*²⁹

This plan seeks to reduce the incidence of STIs by focusing on the social determinants of health that are risk factors of STIs. This includes access to appropriate preventive care (partner services and treatment linkages), health education (youth, adults, and providers), and community partnerships to increase engagement and awareness. Hence, the overarching vision for this health priority is "reduce the incidence and burden of STIs for Sutter County residents."

Why This Is Important:

The incidence of STIs is on the rise at an alarming rate. In the CHA, chlamydia, syphilis, and gonorrhea were identified as the three most commonly reported sexually transmitted infections.³⁰ Infection with chlamydia, syphilis, and gonorrhea can lead to serious health issues, including damage to the reproductive system, difficulty conceiving (chlamydia), impacts on the heart, brain, and other organs (syphilis), and serious impacts on an unborn child.³⁰ From 2016 to 2020, Sutter County has seen a twelve-fold increase in the rates of syphilis.³⁰

Reducing Sexually Transmitted Infections

Workgroup Plan:

To reduce STIs, two objectives arose from our workgroup meetings:

1. By January 30, 2026, all local outpatient providers will implement STI partner services and linkages to care at all clinical sites.
2. By 2026, implement an age based STI education curriculum targeted to at least 50% Sutter County high schools and institutions of higher learning such as Yuba College.

Reducing STIs involves a concerted effort to prevent the transmission of STIs (such as syphilis, chlamydia, and gonorrhea) and to ensure equitable access to high-quality STI care and treatment. By creating streamlined systems across healthcare providers and focusing on the improvement of current STI education curriculum, we can improve current systems to better serve our population's needs. By doing so, we can reduce the incidence of STIs and prevent negative health outcomes resulting from untreated STIs.

Additionally, the workgroup expressed the need for increased collaboration between the various healthcare entities in Sutter County. This led to the creation of a strategy to “build a learning and implementation collaborative between local outpatient providers and Sutter County Public Health.” This collaborative will focus on creating a standardize approach, across all the local outpatient providers, for routine STI testing, preventative services, treatment, and partner treatment services.” The vision for this collaborative is to create a space where Sutter County providers can share, learn, and discuss current guidance and strategies for addressing STIs in the community.

Increasing access to care by reducing barriers and expanding telehealth policies and transportation services was another key prevention strategy developed by workgroup members. An increase in provider education and awareness on providing holistic health care around sexual health can also promote other prevention strategies such as immunizations and counseling on risk-minimizing behaviors. This can address the social determinants of health that influence the health of an individual and our community, including reducing stigma, discrimination, and medical mistrust, and increasing access to care and education.²⁹

The second objective highlights the need to review and consider updates to the current age based STI education curriculum for students in Sutter County high schools and institutions of higher learning (such as Yuba College). According to the Centers for Disease Control and Prevention (CDC), a quality sexual health education curriculum is one that includes “medically accurate, developmentally appropriate, and culturally relevant content and skills that target key behavioral outcomes and promote healthy sexual development.”³¹ Such a curriculum should also be highly engaging and relevant for all students, regardless of gender identity or sexual orientation, should connect students with local health resources, and foster positive relationships between youth and adults.³¹

In Sutter County, strategies align with these qualities and place an emphasis on developing a curriculum that engages community leaders, allows youth to be involved in the development of the curriculum, and promotes continuous STI prevention education via social media and other means of communication. This will allow a curriculum to be developed that is diverse, engaging, and relevant for students.

Reducing Sexually Transmitted Infections

Alignment National and Statewide Priorities:

- **CDPH - Ending Epidemics Strategic Plan:**³²
 - Focus on collaboration with community-based organizations, health care providers, and other key stakeholders to reduce the burden of STIs.
- **Sexually Transmitted Infections National Strategic Plan for the United States, 2021-2025:**²⁹
 - Engagement and focus on social determinants of health and equity.
 - Alignment with the need to educate healthcare providers to foster the provider-patient relationship and trust.
- **Recommendations by United States Preventative Services Taskforce (USPSTF):**^{33,34}
 - Screening and behavioral health counseling for sexually active children and for adults at increased risk for STIs to reduce and prevent STIs.

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Appendix B: CHIP Work Plans

Addressing Homelessness



PRIORITY AREA: ADDRESSING HOMELESSNESS

STAKEHOLDERS:

Ampla Health, Bridges to Housing, Casa De Esperanza, Salvation Army, Sutter County Public Health, Sutter County Superintendent of Schools, Regional Housing Authority of Sutter, Yuba, Nevada and Colusa Counties Sutter-Yuba Behavioral Health, Sutter-Yuba Homeless Consortium, Yuba-Sutter Habitat for Humanity,

OVERARCHING VISION:

Ensure a safe place to live for everyone in our community

OBJECTIVE 1: By January 30, 2027, reduce the number of unsheltered individuals by 20% from the 2023 Point-in-Time Unsheltered Count

Strategies	Actions	Lead Organization	Target Date	Anticipated Product or Result
Increase shelter bed capacity by at least 25%	Identify funding opportunities for additional shelter beds	Sutter-Yuba Homeless Consortium	June 30, 2024	Funding to implement additional shelter beds identified
	Coordinate with Project Hope* to implement sheltering services in Sutter County	Sutter-Yuba Homeless Consortium, Adventist Health and Rideout	January 30, 2025	Number of shelter beds at Project Hope designated for Sutter County residents experiencing homelessness
	Develop sheltering services at Hands of Hope Day Center in Yuba City	Hands of Hope	January 30, 2026	Hands of Hope capacity is expanded to include shelter beds
	Expand the REST (Regional Emergency Shelter Team) program to offer year-round sheltering services and shelter beds	Regional Emergency Shelter Team (REST)	January 30, 2026	REST provides year-round shelter beds

Increase the utilization of existing shelter programs	Conduct outreach through the Homeless Engagement and Resolution (HEaRT) Team to increase the amount of engagement opportunities	Sutter-Yuba Behavioral Health Homeless Engagement and Resolution Team (HEaRT)	January 30, 2024	Increase in the number of engagement opportunities to those experiencing homelessness
	Reinstate Open Doors, or similar program, in Sutter County to provide services, resources, and additional engagement opportunities to increase utilization of shelter services	Sutter County Public Health	June 30, 2025	Open Doors, or similar program, re-established to increase the number of events held for people experiencing homelessness

OBJECTIVE 2: By January 30, 2027, decrease the number of people entering homelessness by 25% when compared to Sutter County's 2023 rate

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Increase prevention funding	Expand use of CalAIM funding to provide wrap-around services for those who are living in supportive housing to promote housing sustainability	Habitat for Humanity Yuba/Sutter	January 30, 2024	Increase in number of clients receiving CalAIM wrap around services
	Develop data collection system within Homeless Management Information System (HMIS) prevention program to collect prevention data that will inform future funding efforts and decision-making	Sutter-Yuba Homeless Consortium	January 30, 2024	HMIS program will collect data related to homelessness prevention including prevention need and utilization

	Seek and identify innovative funding for prevention services	Sutter-Yuba Homeless Consortium	June 30, 2025	Funding for prevention services identified
Advocate for housing vouchers available for prevention	Advocate to Housing and Urban Development (HUD) at the federal level to implement housing stability vouchers in Sutter County	Regional Housing Authority of Sutter, Yuba, Nevada, and Colusa Counties	December 30, 2023	Voucher advocacy is included as legislative priority
Enhance coordination between code enforcement and homeless services providers	Establish policy and process for engagement between homeless services providers and code enforcement	Creating Safe and Informed Communities Committee	June 30, 2024	Engagement process to increase coordination between code enforcement and homeless services providers is established
	Increase timely coordination between code enforcement and homeless service providers before individuals become homeless	Creating Safe and Informed Communities Committee	January 30, 2025	Reduced timeline between initial contact by code enforcement and contact to homeless services providers
Promote resources to prevent homelessness	Provide outreach to the community regarding Sutter County homeless services programs	Sutter-Yuba Behavioral Health, Creating Safe and Informed Communities Committee	September 30, 2023	Number of outreach activities conducted throughout the community
	Coordinate with California Rural Legal Assistance (CRLA) to develop resources and advocacy for tenant rights and homelessness prevention	Sutter-Yuba Homeless Consortium	January 30, 2025	Strategy to promote resources to tenants' rights and legal resources is established

OBJECTIVE 3: By December 31, 2028, increase the number and variety of affordable permanent housing options in Sutter County by at least 100 units

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Ensure development of affordable housing units in Sutter County	Construct 32 affordable housing units in Live Oak	Regional Housing Authority of Sutter, Yuba, Nevada, and Colusa Counties	December 1, 2023	32 affordable housing units are established
	Construct 217 unit affordable housing project “Merriment Village” on Walton in Yuba City	Habitat for Humanity Yuba/Sutter	Phase I: 79 Units December 13, 2024 Phase II: 138 Units December 12, 2025	217 units of Multi-Family Low Income Housing
	Construct 20 unit Senior Center “Tranquil Harbor Estates” in Yuba City on Walton	Habitat for Humanity Yuba/Sutter	June 30, 2025	20 unit Senior Center
	Identify funding to develop planned affordable housing units in Yuba City	Regional Housing Authority of Sutter, Yuba, Nevada, and Colusa Counties	January 30, 2025	Funds are secured to develop planned affordable housing units
Advocate for development of alternative affordable housing types	Advocate for developing alternative housing types (mobile home parks, tiny houses, etc.) during county-wide homeless planning meetings	Sutter-Yuba Homeless Consortium, Regional-Housing Authority, Yuba-Sutter Habitat for Humanity	September 30, 2023	Identify alternative affordable housing types is established as standing agenda item during county-wide homeless planning meetings

Implement housing trust and matching funds program	Identify mechanism for development fees to be allocated into a trust for developing affordable housing	Regional Housing Authority of Sutter, Yuba, Nevada, and Colusa Counties	December 1, 2024	Mechanism for establishing housing trust program is identified to increase funding for affordable housing
	Identify matching funds for housing trust funds in Sutter County through the development of Sutter Point	Regional Housing Authority of Sutter, Yuba, Nevada, and Colusa Counties	December 1, 2025	Matching fund program is identified and implemented to increase funding for affordable housing
	Meet with Nevada County for best practices in identifying housing trust funds and matching programs	Regional Housing Authority of Sutter, Yuba, Nevada, and Colusa Counties	January 30, 2024	Hold meeting with Nevada County and identify their process for implementing housing trust funds and matching program

***Project Hope:** Project Hope, led by Adventist Health and Rideout, sets out to serve the most vulnerable populations in our community with solutions that are calibrated to address an individual's specific needs providing healthcare related services that address the social determinants of health and adds services that will support the health and well-being of those we serve while complimenting and supporting our acute care hospital. Project Hope will repurpose the Fremont Rideout Hospital campus as the location for services.

Building Resilient Communities-Adverse Childhood Experiences (ACEs)



PRIORITY AREA: BUILDING RESILIENT COMMUNITIES - ADVERSE CHILDHOOD EXPERIENCES (ACEs)

STAKEHOLDERS:

Sutter County Children and Families Commission, Sutter County Public Health, Sutter County Superintendent of Schools, Sutter-Yuba Behavioral Health

OVERARCHING VISION:

Reduce the impact of Adverse Childhood Experiences (ACEs) for Sutter County children and families

OBJECTIVE 1: By January 30, 2026, increase by 50% the home visiting program capacity from its 2022 baseline capacity

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Increase flexible funding and partnerships with Medi-Cal managed care plans to increase the capacity and reach of home-visiting programs	Conduct field visits with Yolo County to learn best practices which have expanded their capacity and funding for their home visiting programs	Sutter County Children and Families Commission	September 30, 2023	Increased funding to expand home visiting capacity to all Medi-Cal beneficiaries in Sutter County
Increase by 1 full-time equivalent (FTE) the number of home visiting staff at Sutter County Public Health	Apply for California Home Visiting Program (CHVP)* five-year cycle expansion funds to add additional home visiting program staff	Sutter County Public Health	September 30, 2023	Increase in number of staff in home visiting program

OBJECTIVE 2: By January 30, 2026, implement the Handle with Care** program in two additional Sutter County schools

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Implement the Handle with Care program in the two Sutter County pilot schools	Establish communications system for school staff and first responders	Sutter County Superintendent of Schools	August 30, 2023	Implementation of communications system
	Train school staff and first responders on the use of the communication system	Sutter County Superintendent of Schools	December 30, 2023	School staff and first responders attend designated trainings
Identify sustainable funding for the Handle with Care program	Conduct outreach to community partners and community-based organizations to seek and obtain funding and share of cost to continue to implementation of the program	Sutter County Superintendent of Schools	June 30, 2024	Sufficient funding to sustain program
Following the pilot program, implement the Handle with Care program in two additional Sutter County schools	Identify the two schools where the program will be implemented and train school staff at these locations on the program and communication system	Sutter County Superintendent of Schools	January 30, 2026	The Handle with Care program is implemented at two Sutter County schools

OBJECTIVE 3: By January 30, 2026, increase by 20% the resiliency-building resources pertaining to ACEs provided to parents/guardians from its 2023 baseline capacity

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Establish a centralized digital resource hub for parents and guardians to access resiliency building resources	Review and determine resilience-building resources most applicable to the Sutter County community	Sutter County Children and Families Commission	September 30, 2023	Addition of resiliency resources onto Commission’s website
	Distribute resiliency building resources to partner agencies, community-based organizations, and faith-based organizations	Sutter County Children and Families Commission	June 30, 2024	Increased resiliency-building resources distributed throughout the community
Identify funding opportunities and ensure collaboration between partners to support resiliency building related efforts	Establish “identifying grant funding opportunities” as a standing agenda item at the Family Intervention Team (FIT) monthly meetings	Sutter-Yuba Behavioral Health - Children Services Branch	September 30, 2023	Grant funding as standing topic on Family Intervention Team Agenda
	Establish “identifying grant funding opportunities” as a standing agenda item at Domestic Violence workgroup	Sutter County Children and Families Commission	September 30, 2023	Grant funding as standing topic on Domestic Violence Workgroup Agenda

	Apply for Children Youth Behavioral Health Initiative (CYBHI)*** funding rounds 1 and 2	Sutter County Superintendent of Schools	June 30, 2024	Completed CYBHI applications to increased funding for resources
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***California Home Visiting Program:** Preventive intervention focused on promoting positive parenting and child development for overburdened families who are at risk for ACEs, including child maltreatment, domestic violence, substance use disorder and mental health related issues. For more information please visit the [California Department of Public Health California Home Visiting Program](#).

****Handle with Care Program:** Promotes safe and supportive homes, schools, and communities that protect children, and help traumatized children heal and thrive by ensuring that children who are exposed to trauma receive appropriate interventions. For more information, please visit the [Administration for Children and Families](#).

*****Children and Youth Behavioral Health Initiative:** Aims to reimagine mental health and emotional well-being for ALL children, youth, and families in California by delivering equitable, appropriate, timely and accessible behavioral health services. For more information please visit [Children and Youth Behavioral Health Initiative - California Health and Human Services](#)

Building Resilient Communities- Behavioral Health



PRIORITY AREA: BUILDING RESILIENT COMMUNITIES- BEHAVIORAL HEALTH

STAKEHOLDERS:

Peach Tree Health, Sutter County Public Health, Sutter County Superintendent of Schools, and Sutter-Yuba Behavioral Health

OVERARCHING VISION:

Community members will view behavioral health conditions as being equivalent to other medical conditions, thereby destigmatizing, educating, and increasing access to behavioral health services

Objective: By January 2027, increase adult and youth mental health and substance use awareness by 25% compared to 2024 baseline

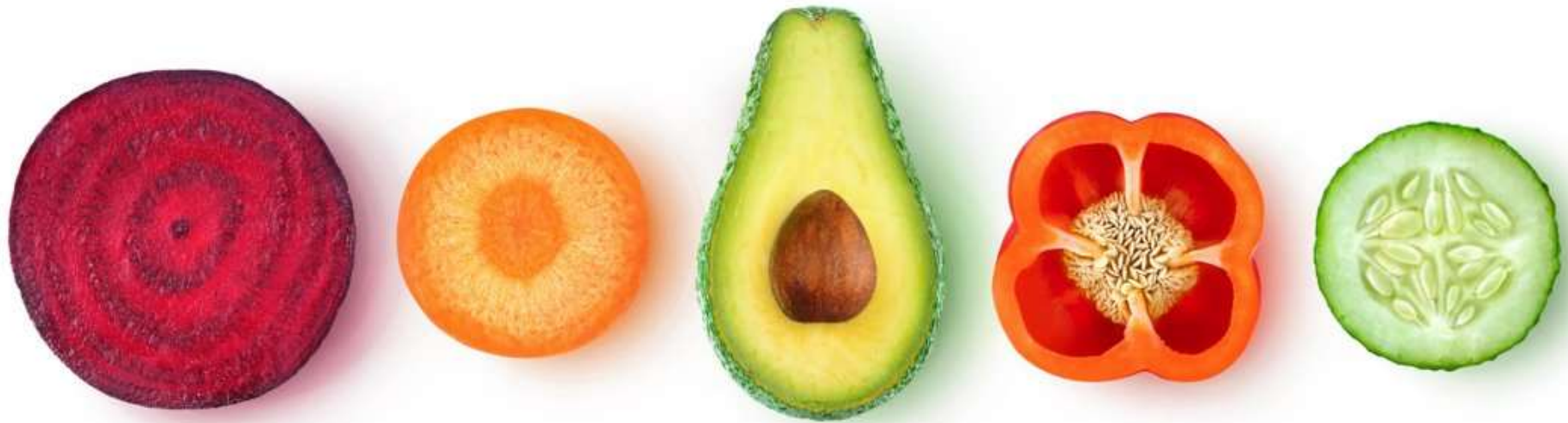
Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
<p>Establish a Sutter Behavioral Health Learning Collaborative to increase overall wellness through awareness of how to access, build, and better utilize the available resources of Medi-Cal Managed Care, School Based Behavioral Health Services, Sutter Yuba Behavioral Health, and commercial insurance providers</p>	<p>Convene healthcare providers, Medi-Cal managed care plans, private insurance plans, County Behavioral Health, Education, Public Health, and other community partners to discuss the formation of a Sutter County Behavioral Health Learning Collaborative</p>	<p>Sutter County Health and Human Services Director</p>	<p>January 1, 2024</p>	<p>Sutter County Behavioral Health Learning Collaborative is formed and meeting cadence established</p>

<p>Hold two community forums annually regarding adult mental health, children/youth mental health, and substance use, to increase awareness about behavioral health disorders and how to receive treatments to reduce stigma and improve services to access</p>	<p>Secure a location in Sutter County capable of allowing a large community forum with breakout sessions (e.g., Yuba-Sutter Fairgrounds, Yuba Community College Sutter Campus, Veterans' Hall)</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Secure a location that allows breakout session</p>
	<p>Rotate the location of the forums and include community-based organizations (CBOs) and faith-based organizations (FBOs) to target specific communities and geographical areas within Sutter County</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>January 1, 2025</p>	<p>Rotating locations will build partnerships with various CBOs and FBOs</p>
	<p>Create an advertisement plan to raise awareness of community forums</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Create an organized outreach campaign to increase awareness of the community forums</p>
	<p>Utilize the Sutter County website, social media, and the radio as platforms for advertisements</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Increased awareness of community forums</p>
	<p>Leverage partnerships with community-based organizations (CBOs) and FBOs to further advertise community forums</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Increased number of CBOs and FBOs advertising the community forums</p>

	Identify and involve community partners including but not limited to hospitals, Federally Qualified Health Centers (FQHCs), Medi-Cal managed care plans, private practice and commercial insurance providers, substance use disorder (SUDs) treatment providers, and school districts	Sutter Behavioral Health Learning Collaborative	June 1, 2024	Diverse representation from various organizations at the community forum
	Identify and provide a remote option to increase accessibility	Sutter Behavioral Health Learning Collaborative	June 1, 2024	Remote option made available for attendees
Develop measurement tools to assess community-wide awareness of adult mental health, children/youth mental health, and substance use	Identify relevant measures and develop an assessment tool for analyzing County-wide mental health and substance use awareness	Sutter Behavioral Health Learning Collaborative in consultation with Sutter County Public Health	June 1, 2024	Measurement tool is developed to assess awareness of adult and youth mental health and substance use awareness County-wide
	Disseminate measurement and evaluation tool throughout the community	Sutter Behavioral Health Learning Collaborative in consultation with Sutter County Public Health	June 30, 2024	Establish baseline for behavioral health awareness

<p>Create a platform that will be updated regularly with relevant information such as contacts, mental health first-aid information, and other educational content related to Behavioral Health</p>	<p>Identify platforms (website, social media, etc.) to use for educational materials, events, and information for providers</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>January 1, 2025</p>	<p>Platform for communication is created or an existing platform is updated more regularly</p>
<p>Educate parents and children on behavioral health topics and resources available in the community in partnership with schools</p>	<p>Create and provide age-appropriate resources in English, Spanish, and Punjabi (packets, social media, peer-to-peer education, etc.) for students of all grade-levels and their families at the beginning of each school year</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>January 1, 2025</p>	<p>Resources developed and distributed to community and made available on a publicly available platform</p>

Building Resilient Communities- Nutrition and Food Access



PRIORITY AREA: BUILDING RESILIENT COMMUNITIES - NUTRITION AND FOOD ACCESS

STAKEHOLDERS:

Blue Zones Project Yuba-Sutter, Sutter County Public Health, Yuba Community College, Yuba-Sutter Salvation Army

OVERARCHING VISION:

Increase access to healthy foods regardless of location or socio-economic status

Objective 1: By January 30, 2026, implement at least one additional program that delivers food to vulnerable priority populations experiencing food insecurity in Sutter County

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Form advisory committee to investigate and implement new equitable food delivery programs.	Work with other agencies to identify food deserts and quantify need	Blue Zones Project, Salvation Army, Sutter County Public Health, Yuba College	First meeting by September 15, 2023	Committee will identify food desert areas to direct currently available food programs toward locations in accordance to need
	Investigate funding and other logistics for new food delivery program such as mobile food pantry*, meals on wheels expansion**, street outreach program, and mobile farmers market***	Blue Zones Project, Salvation Army, Sutter County Public Health, Yuba College	December 15, 2023; ongoing quarterly cadence	Committee will identify which food delivery programs are feasible in Sutter County
	Evaluate options for an additional new food program and agree upon at least one new model to implement for Sutter County	Blue Zones Project, Salvation Army, Sutter County Public Health, Yuba College	January 30, 2026	Sutter County will have at least one new program that delivers food to vulnerable populations
Utilize the aforementioned committee to monitor progress, identify funding, and increase partner collaboration for food delivery programs	Identify funding sources and additional collaborators	Blue Zones Project, Salvation Army, Sutter County Public Health, Yuba College	December 15, 2023; ongoing quarterly cadence	Advocate for consistent funding for the identified food delivery programs

Objective 2: By May 2026, establish at least one additional farmers market				
Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Identify funding and partners for new farmers market	Identify host for new farmers market	Blue Zone Project, Sutter County Public Health	September 1, 2024	Identify organization that will be able to host a regular farmers market
	Connect with current farmers market manager, local farmers and merchants who will sell at the farmers market	Blue Zone Project, Sutter County Public Health	March 1, 2025	Secure a variety of local produce, food, and craft vendors who will attend the farmers market
	Secure time and location that maximizes farmers market attendance	Blue Zone Project, Sutter County Public Health	September 1, 2025	Secure for the farmers market a consistent venue that is well known, well trafficked, visible, and inviting
	Expand advertising for existing and future farmers markets	Blue Zone Project, Sutter County Public Health	July 1, 2023 for existing farmers market	Utilize a variety of media and materials to promote awareness for farmers markets. Increase attendance at existing farmers markets
Implement alternative payment methods at all Sutter County Farmers Markets	Distribute vouchers for completing “food as medicine”**** curriculum that can be used at farmers markets	Sutter County Public Health	May 1, 2024	Vouchers are distributed as incentives for completing the “food as medicine” curriculum to increase equity and accessibility of the farmers market
	Pilot program of EBT at existing farmers markets with the goal of expanding to future programs	Blue Zone Project, Sutter County Public Health	May 1, 2024 for existing farmers markets	EBT pilot program is implemented at existing farmers markets to improve accessibility and utilization of farmers markets for CalFresh recipients

Objective 3: By December 2025, establish and implement a "food as medicine" campaign and toolkit in collaboration with community stakeholders to increase the availability of healthy foods, strengthen knowledge of healthy foods, and to encourage healthy food choices

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Identify new "food as medicine" toolkit examples to supplement existing CalFresh classes	Encourage healthy and locally grown options	Blue Zone Project, Sutter County Public Health	January 1, 2024	Food as medicine toolkit is developed, encouraging locally grown food options.
	Review and expand upon existing nutritional health education trainings	Sutter County Public Health	June 1, 2024	Nutritional health education trainings are reviewed, and additional trainings are implemented throughout the community
	Provide vouchers or other incentives for completing nutrition education curricula	Sutter County Public Health	January 1, 2024	Vouchers are provided to participants upon completion of nutrition education curricula
Implement "food as medicine" toolkit at various distribution checkpoints	Incorporate new "food as medicine" toolkit into existing CalFresh curriculum	Sutter County Public Health	June 1, 2024	Offer new informational materials and classes to the community
	Collaborate with Sutter County schools to implement this toolkit, educate on nutrition, and screen for food insecurity	Sutter County Public Health, Yuba College	August 1, 2025	Early intervention for food insecurity and provide children/families with education and opportunities for healthy eating

***Mobile Food Pantry:** Unlike traditional food pantries, mobile pantries bring free food and groceries to residents at targeted locations throughout the community. For more information, visit [Feeding America](#).

****Meals on Wheels:** Meal delivery program available to seniors' age of 60 and older that are homebound due to illness, recovery, disability, or other causes that prevent them from leaving their home. Home-delivered meals are free for eligible seniors. For more information visit [Yuba Sutter Meals on Wheels](#).

*****Mobile Farmers Market:** Farmers market on wheels that travels to sites throughout Sutter County to bring fresh fruits and vegetables to targeted areas in our community with low access to healthy foods.

******Food as medicine:** Food and nutrition aids individuals through interventions that support health and wellness. Focus areas include improving health outcomes through identifying patients who might be experiencing food insecurity at primary care visits, providing education, transportation, clinical support to access food pantries, and standing up food pantries in locations with higher prevalence of food insecurity. For more information visit the [National Academy of Science, Engineering, and Medicine: Interventions Addressing Food Insecurity](#).

Reducing Sexually Transmitted Infections (STIs)



PRIORITY AREA: REDUCING SEXUALLY TRANSMITTED INFECTIONS (STIs)

STAKEHOLDERS:

Ampla Health, E Center Head Start, Harmony Health, Peach Tree Health, Sutter County Public Health, Sutter County Superintendent of Schools, Sutter Medical Foundation

OVERARCHING VISION: Reduce the incidence and burden of STIs for Sutter County residents

OBJECTIVE 1: By January 30, 2026, all local outpatient providers will implement STI partner services and linkages to care at all clinical sites

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Implement streamlined partner services at initial contact with patient and provide services and/or counseling and no-cost partner treatment to reduce barriers to accessing STIs care	Expand availability of condoms and point-of-care STI tests	Ampla Health, Harmony Health, Sutter Medical Foundation, Peach Tree Health	January 1, 2026	Increased number of point-of-care test kits and condoms available at all clinical sites
	Implement telehealth policy and transportation services for patients to reduce barriers in access to care			Telehealth and transportation services available at all provider sites
	Implement STI testing as a part of routine preventative services consistent with the Centers for Disease Control and Prevention (CDC) and United States Preventive Services Taskforce (USPSTF) guidelines			STI screening testing implemented within the clinical workflow consistent with CDC and USPSTF guidelines
	Identify, at the time of patient contact, sexual contacts of patients to provide timely assessment of partner(s) and appropriate linkages for testing and treatment			Clear procedures and protocols for partner linkages to care for outpatient providers

Build learning & implementation collaborative between local outpatient providers & Sutter County Public Health	Form the STI Learning Collaborative	Sutter County Public Health	August 30, 2023	Establish collaborative charter and hold regular monthly meetings
	Discuss and come to consensus on concise STI management guidelines to share with all local healthcare providers	STI Learning Collaborative	January 1, 2024	A set of agreed upon national and state guidelines to share consistently to local healthcare providers
	Create a standardized approach, across all local outpatient providers, for routine STI testing, preventative services, treatment, and partner treatment services	Ampla Health, Harmony Health, Peach Tree Health, Sutter County Public Health, and Sutter Medical Foundation	January 1, 2026	Increased STI routine testing and partner linkages to care compared to 2023 baseline rates
Expand training for healthcare providers and other outpatient staff	Create a timeline for provider post-education training topics	STI Learning Collaborative	September 1, 2023	Documented timeline of provider post-education topics
	Improve and extend case managers training to all staff and encourage annual training	Ampla Health, Harmony Health, Peach Tree Health, and Sutter Medical Foundation	TBD (established by collaborative)	Increase in number of staff with case management training and knowledge compared to baseline

OBJECTIVE 2: By 2026, implement an age based STI education curriculum targeted to at least 50% Sutter County High Schools and institutions of higher learning such as Yuba College

Strategies	Actions	Lead Organization(s)	Target Date	Anticipated Product or Result
Update the age based STI education curriculum	Involve students in curriculum building to ensure an engaging and age-based curriculum is created	Sutter County Superintendents of Schools, Local Outpatient Providers, Sutter County Public Health	January 1, 2024	Age-based STI education curriculum that incorporates local youth’s perspectives and inputs
	Consolidate resources at the local level that are created by all healthcare systems in the area	Sutter County Public Health and Local Outpatient Providers	January 1, 2025	A consolidated list of resources to be distributed with the implementation of the new curriculum
Develop a collaborative sub-workgroup to standardize curriculum, compile and provide relevant local data, and to build a communication strategy	Engage school leaders, staff, and students to showcase the need for updated STI learning curriculum by outlining requirements from the state and local statistics	Sutter County Superintendents of Schools, Local Outpatient Providers, Sutter County Public Health	January 1, 2025	Increased awareness and need for an updated STI learning curriculum
	Establish a timeline of when to provide the curriculum to students and how it will fit into existing curricula for other subjects	Sutter County Superintendents of Schools	January 1, 2026	Documented timeline of curriculum implementation by age groups and time of year

	Build and maintain a platform for communication with youth and other members of the community	Sutter County Superintendents of Schools, Local Outpatient Providers, Sutter County Public Health	June 1, 2025	Platform to provide STIs related educational information that is age-appropriate
	Develop a social media strategy to provide evidence-based STI prevention education and to re-introduce topics discussed in the curriculum	Sutter County Superintendents of Schools, Local Outpatient Providers, Sutter County Public Health	June 1, 2025	Ensure that intentional and timely messaging is distributed to community members