

**CSU FULLERTON CENTERS AND INSTITUTES
SELF-STUDY & PROGRAM REVIEW**

For



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Established
January 2016

Review Date
March 15, 2019

2. Center Mission and Goals

Mission

Together with community residents and other stakeholders, we aim to alleviate education and health disparities, revitalize neighborhoods, and reduce the cycle of poverty for low income

Goals

- Develop resident-based capacity to determine and implement positive change in their community;
- Empower families/individuals to be resilient and self-sufficient;
- Increase access for bilingual/bicultural healthcare, health promotion, and medical prevention services especially marginalized families/individuals;
- Work with stakeholders to improve coordination of healthcare and social services;
- Improve emotional/mental health and academic success for children of all ages; and
- Provide college student internships and practicum experiences to help increase bilingual and bicultural workforce development in healthcare and social service professionals.

The mission and goals of our Center is in alignment with and contributes to the success of both the University and College of Health and Human Development (HHD) mission and goals.

Specifically, the Center contributes to **Goal 1** of the University strategic plan by providing high-impact curricular and co-curricular experiences for students (especially Spanish-speaking, first-gen students) and by providing space in a culturally diverse environment within a low-income community for experiential learning. We also contribute to **Goal 4** by increasing philanthropic giving, contract revenue for the university, and enhancing external relationships with community stakeholders.

The Center also contributes to meeting the goals of the HHD. Specifically, the center addresses **Goal 1** by fostering interprofessional education and interdisciplinary collaboration and by providing an off-campus space within a low-income community for students (especially Spanish-speaking, first gen students) to engage in high-impact practices; **Goal 2** by engaging students and faculty in scholarly and creative activities to address education and health disparities; **Goal 3** by providing opportunities for students, staff, and faculty to strengthen cultural competence and by mentoring students and faculty; and **Goal 4** by engaging and working with multiple community and civic partnerships.

3. Major Activities (2016-2018)

A list of all the major Center activities are discussed in the attached Center Impact Report 2016-2018. The following provides a list of some major activities:

- Provided in-service training and supervision for CSUF students (554 students as of December 2018) for workforce development, especially with marginalized Latino communities.
- Provided meetings, forum and trainings to empower Latino residents (2,648 attended).
- Provided numerous health fairs, health screenings, and other services, programs, and activities (medical prevention, chronic disease management, parent empowerment, finance literacy, mental health and resiliency, physical activity, STEM, tutoring, arts, job readiness, case-management, enrollment in medical and social service programs) for over 2,500 low-income families (adults and children), especially Spanish-speaking families.

- Provided six master-level counseling internship placements and supervision; provided 14 master-level social work interns placement in six Title 1 elementary schools and our Center, including clinical supervision.
- Developed 75 community partnerships (e.g., agencies, businesses, schools, corporations) See Appendix A for a detailed list.

4. Organizational Structure and Governance

The Center Advisory Board is comprised of 15 community stakeholders (Appendix B). The board meets quarterly. Duties include: provide input and support the Center’s mission, values, and goals; actively support the residents’ advocacy efforts for improvements within their community; attend no less than two of the four Board Meetings/year (some meetings may be done through distance technology); chair and/or serve on a standing committee or special project; provide input on strategies to better serve the vulnerable community we serve; actively assist and attend our annual fundraising event; help secure in-kind service or material goods for the organization; make a personal contribution to the Center’s annual operating needs; help to secure new partners and donors; and assist with the development of Advisory Board Bylaws The number of Advisory Board members shall be no less than five (5) nor more than fifteen (15). The Advisory Board shall determine the exact number by a majority of the quorum present at the meeting at which such a vote is made.

5. Resources and Sustainability (Years: 2016-2018)

Most of the services and programs at the Center are provided by supervised CSUF students (as of Dec 2018, 554 completed internships/practicums at the Center). **Refer to Appendix C for detailed staff positions and budget details.** Operational costs for Center staff for Spring/Summer2016 (1/2 year) was \$30,557; academic year 2016-2017 (August-July) was \$126,128; academic year 2017-2018 was \$143,803; and academic year 2018-2019 is \$248,726. Other operational costs for the Center each year is an additional \$9,360. When the Center opened, the College of Health and Human Development (HHD) at CSUF was the major funder of Center operations. Over three years, the services and programs through the Center depends less on funds from HHD and more on external funds (grants and private donors). Between January 2016 – December 2018, a total of \$359,000 in grants and \$153,246 in cash donations were raised. As of December 10th, the Foundation account balance was \$55,872.

Center Grants

CSUF, BOLD Fellowship Sub-Contract	\$40,000 (2018)
Kaiser Permanente Foundation	\$40,000 (2017)
Kaiser Permanente Foundation	\$40,000 (2018)
St. Joseph Health Community Funds	\$25,000 (2018)
St. Joseph Hospital Foundation	\$50,000 (2017; 2018)
St. Jude Hospital: Foundation	\$154,000 (2016-2018)
State Farm	<u>\$10,000 (2017)</u>
	TOTAL: \$359,000

The College of Health and Human Development currently provides the Center Director (an emeriti faculty member) six units of assigned time each semester and six-units of assigned time for part-time assistants. The CSUF Office of Academic Affairs provides \$10,000/year for operational costs. All other costs for the Center are raised through grants and private donations. The approximate annual operational cost to sustain programs and services at the Center is **\$248,726**. Without a commitment of multi-year funding from CSUF, City of Fullerton, and external funding, the Center will not be able to ensure that short- and long-term operational services can be sustained much less meet the inevitable costs of inflation and grow to meet the needs of this vulnerable community.

An addition concern regarding Center sustainability is that the current director (a FERP faculty) will be leaving this position as of June 1, 2021. A sustainability planning subcommittee of the CAB has been formed and will meet in March 2019.

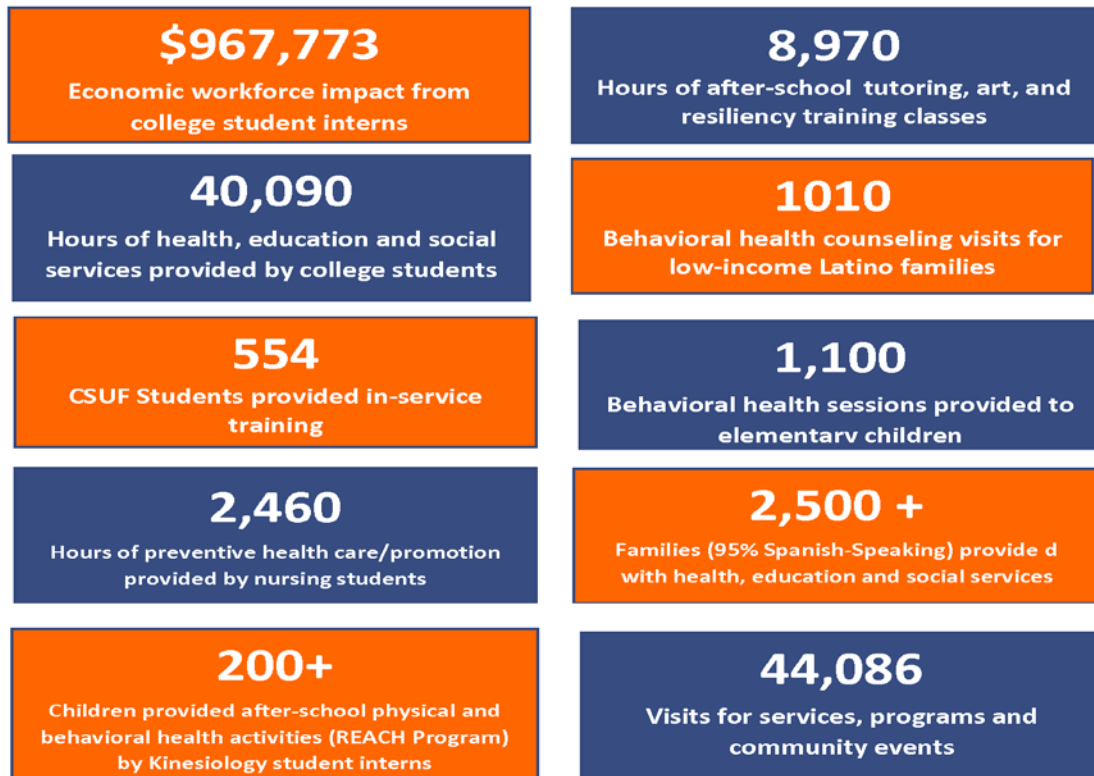
6. Highlights and Accomplishments (2016 – 2018)

Please refer to attached Impact Report for details

Together with community residents and other stakeholders, we aim to alleviate education and health disparities, revitalize neighborhoods, and reduce the cycle of poverty for low-income children and families.

3 YEAR IMPACT REPORT (2016 – 2018)

The data in this report demonstrates an impressive return on investment relative to activities helping to reduce health and education disparities in Fullerton and increase bilingual and bicultural workforce.



7. Planning and Strategic Outlook

The Center's Community Advisory Board (CAB) will meet during June 2019 to discuss results from the Center Sustainability Planning Committee. Based on input and feedback from the CAB, the Center Resident Leaders, and Center Staff, a comprehensive strategic plan will be developed for the next seven years.

Since the Center's mission, values, and goals have recently been updated, only activities associated with each goal will be determined based on funding amounts and sources. For example, some of the Center activities are based on whether grant proposals are funded.

APPENDIX A Center Community Partners Between 2016 – 2018

American Academy of Pediatrics	American Heart Association	Assistance League Of Fullerton	Be Aware Foundation
Boys Town	Boys and Girls Club of Garden Grove	CalOptima	Center for Healthy Living, Kaiser Permanente
Clinic in the Park	CF Dance Academy	Children Abuse Prevention Center	Children's Bureau of Orange County
Community Action Partnership of OC	CSUF, Center for Successful Aging	CSUF, Department of Art Education	CSUF Department of Communications
CSUF, Department of Counseling	CSUF, Department of Economics	CSUF, Department of Literacy and Reading	CSUF, Department of Kinesiology
CSUF, Department of Public Health	CSUF, Department of Social Work	CSUF, Hazel Miller Croy Reading Center	CSUF, School of Nursing
Cornerstone Family Wellness Center	Downing Prevention Foundation	Family Support Network	Families Together
Fullerton Collaborative	Fullerton Fire Department	Fullerton Public Library	Fullerton Police Department
Fullerton Parks and Recreation	Fullerton School District	Give for a Smile	Habitat for Humanity, Orange County
Healthy Communities, St. Jude Medical Center	Healthy Smiles for Kids of Orange County	Hope Builders	Jamboree Housing
Kaiser Permanente, Center for Healthy Living	Kaiser Permanente, Orange County	Latino Health Access, Santa Ana	Legal Aid Society of Orange County
Lions Club for Fullerton	Marshall B. Ketchum University	Medical Networks Devoted to Service (MiNDS)	Mexican Consulate, Santa Ana
Muckenthaler Cultural Center	National Association of Hispanic Nurses, Orange County	OC United	OCHCA: Tobacco Use Prevention Program
Orange County Health Care Agency	Orange County Social Services Agency	Pathways of Hope (Hub of Hope)	Paws for Healing
Public Health Foundation Enterprise	Safe Sleep	Second Harvest	Second Harvest Food Bank of Orange County
State Farm	St. Joseph Hospital of Orange	St Jude Neighborhood Health Center	St Jude Medical Center
Susan G. Komen for the Cure	The GLAM Agency	THINK Together	UCI, Gavin Eye Institute
UCI, School of Nursing	UCI, Pediatric Exercise and Genomics Research Center	Wilshire School of Continuing Education	Women, Infants, and Children (WIC)
Women's Transitional Living Center, Inc	YMCA, Orange County		

APPENDIX B. Community Advisory Board: CSUF Center for Healthy Neighborhoods

Name	Title/Org	Email
Phyllis Agran	Director, Clinic in the Park	pagran@clinicinthepark.org;
Norma Edith Aquilar	Consul of Mexico. In Community,	naguilar@sre.gob.mx;
	Educational and Cultural Programs	
	Mexican Consulate, Santa Ana	
Carime Calixto	President, Center Community	emirac17@gmail.com;
	Resident Leaders	
Lilia Espinoza	CSUF Faculty, Dept. Public Health	liespinoza@Fullerton.edu
Nishtha Mohendra	Director of Programs, Pathways of Hope	mailto:nmohendra@pohoc.org
Inez Gonzalez	Director, Latino Communications Institute	igonzaez@Fullerton.edu;
	CSUF College of Communications	
Margie Harrier	Chief Operating Officer, KPOC-Irvine	Margie.X.Harrier@kp.org;
	Medical Center and Anaheim Medical Center	
Lucia Maturino	Community Liaison Officer	lmaturino@fullertonpd.org;
	Fullerton Police Department	
Maria Matza	Faculty, School of Nursing	mmatza@fullerton.edu;
	VP, Nat. Association of Hispanic Nurses, OC	
Helene Morris	Fullerton School District	
	Director of Administrative Services	helene_morris@myfsd.org;
Yahira Ortiz	Community Relations Specialist	yahaira.ortiz@caloptima.org
	CalOptima	
Egleth Padilla	Center Community Liaison	egleth.padillanuncci@yahoo.com
Laurie Rodes	Dean, College of Health and Human Dev	lroades@Fullerton.edu;
	Cal State University, Fullerton	
Barry Ross	Vice President, Healthy Communities	Barry.Ross@stjoe.org;
	St. Jude Medical Center	
Benjamin Sanchez	Community Impact Manager	bsanchez@jamboreehousing.com;
	Jamboree Housing	
Laura Urrutia	Treasurer, Community Resident Leaders	

2016 - 2018

Center Impact Report



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EXECUTIVE SUMMARY

Prepared by C. Jessie Jones, PhD
Center Director

Our Mission

Together with community residents and other stakeholders, we aim to alleviate education and health disparities, revitalize neighborhoods, and reduce the cycle of poverty for low-income children and families.

Our Values: *The following nine core values are the guiding principles for all we do through our Center:*

- *All persons deserve equal economic, political and social rights and opportunities;*
- *Effective change in community's conditions can only happen when residents are empowered;*
- *Issues confronting communities can only be solved when residents are actively involved in making change;*
- *Residents must have the authority to define their own needs and community issues;*
- *Distressed communities have a right to the resources its residents can use to improve their conditions;*
- *Building resident capacities is central to improving community conditions;*
- *Building resident capacity must be based on each community's particular needs and resources;*
- *Our organizational work addresses structural difficulties that contribute to community distress (e.g. policy and structural changes); and*
- *We work to ensure sustainable changes in the community.*

INTRODUCTION

Who We Are and Why We Exist

The City of Fullerton at Richman Park (zip code 92832) had its only Family Resource Center lose funding from the County of Orange Social Services Agency during the summer of 2015 and had to close. *In an effort to fill a critical community need for family health and social services*, the City of Fullerton offered a rent free facility at Richman Park to California State University, Fullerton (CSUF) to develop the CSUF Center for Healthy Neighborhoods (Center).

The proposal by Dr. Jessie Jones, Interim Dean of the College of Health and Human Development to establish a CSUF Center for Healthy Neighborhoods was approved by the Council of Deans, the Provost of Academic Affairs and the President of the University during Spring 2015. CSUF and City of Fullerton signed a Memorandum of Understanding on October 2015 to use the facility at Richman Park for the CSUF Center for Healthy Neighborhoods. **The Center opened January 2, 2016.** The website for the Center is <http://healthyneighborhoods.fullerton.edu/>

The Center for Healthy Neighborhoods at Richman Park is located within a densely populated, multicultural, multigenerational, multilingual section of Fullerton (zip code 92832). The latest census tract data (Table 1) indicates alarming disparities in the City of Fullerton, with many residents in neighborhoods around the Center living in poverty compared with neighborhoods in north Fullerton. Unfortunately many of these residents are vulnerable to housing insecurities. The gap between wages and rent continues to increase. A family in Fullerton needs a combined annual income of \$62,000 a year to afford the typical one-bedroom rent.

Based on Center intake forms, outreach health assessments, and health fair data, the residents we serve are even a more vulnerable population than data indicates in the census tract (Table 1). Clients we serve have an average yearly family income less than \$24,600; 96% live in poverty; 55% of the adults do not have a high school diploma; 95% of clients speak Spanish at home; approximately 90% self-report being immigrants from South America (mostly Mexico). Although not asked, most families we serve disclosed that they are undocumented or part of mixed-status families.

Table 1. Census Tract Data in Fullerton Compared to Center Clients

Indicators	CT 111.02	CT 116.01	CT 17.06	CT 16.01	Center clients
Average Household Income	\$56,250	\$48,622	\$119,265	\$97,500	< \$24,600
% Population in Poverty	20.7%	27%	9.2%	6.7%	98%
% Families with husband and wife	54%	40%	57%	58%	
# People per square mile	11,525	17,278	2552	4275	
% adults without a high school diploma	29%	35%	5%	7%	55%
% who speak Spanish at home	66%	87%	5%	7%	95%

CT 111.02 Euclid to Brookhurst; Valencia to 91 Fwy

CT 116.01 Richman to Euclid; Valencia to 92 Freeway

17.06 & 16.01 Sunny Hills and Valley View neighborhoods in North Fullerton

Health Care Needs. Many adults living in zip code (92832) lack health insurance (18.7%) and dental insurance (34%). The greatest health concerns for residents living in neighborhoods around our Center (Zip code 92832) include: adults without health insurance, diabetes, heart disease and stroke, hepatitis, mental health, adolescent suicide, urinary tract infection, asthma, and substance abuse (St. Jude Medical Center Community Benefit Report; OC Healthier Together). In addition, these reports indicate that 28.7% of the adults have high blood pressure; 32.7% of adults have high cholesterol; 11% of adults have diabetes; and 60.9% of adults and 30% of children are overweight or obese.

Although St. Jude Neighborhood Health Center (which is adjacent to the Center for Healthy Neighborhoods) provides medical care and medical prevention services (including dental and mental health care) to uninsured/underinsured low income persons, unfortunately many undocumented or mixed documented families do not seek treatment because of fear of being deported. To help address healthcare needs in the community, the Center for Healthy Neighborhoods conducts health assessments, including identifying social determinants of health; provides health education/ promotion classes and chronic diseases management workshops; enroll residents in public benefit programs (e.g., medical/dental insurance, CalFresh, WIC); and provides families/ individuals with case-management and referrals to medical care and social services. In addition, Center staff collaborates with multiple non-profits to offer health fairs and developmental screenings for ages 0-5 years to increase access for bilingual/bicultural healthcare and medical prevention services, especially for low-income Spanish speaking individuals and families. For details about the programs and services, refer to Appendix A.

Education Needs. Based on the Early Development Index (EDI) measure of early child development and kindergarten school readiness in five developmental areas (physical health and wellbeing; social competence; emotional maturity; language and cognitive development; communication skills and general knowledge), there is much disparities based on where children live in Fullerton. The percent of children ready for kindergarten in Fullerton neighborhoods ranges between 24% - 80%. Unfortunately, only 36% of children living in the Richman and Woodcrest Neighborhoods (where is Center is located) are ready for kindergarten. Scores are the lowest in areas of language and cognitive development, social competence, and emotional maturity. In addition, Table 2 illustrates disparities in two schools in South and North Fullerton regarding percent of students in 3rd grade that do not met California Common Core Standards in English and Math. A major focus of programs and services at the Center for Healthy Neighborhoods is to provide a tutor/mentor program for children/youth (one-on-one), a Smart-Brain, Wise Heart Program (an emotional resiliency training for 6th-8th grade), and a variety of parent education classes/workshops to address this disparity.

Table 2. Disparities in Two Schools in South and North Fullerton

Indicators	Richman	Laguna Road
English 3 rd Grade Standard Not Met	30.36%	3.23%
Math 3 rd Grade Standard Not Met	24.1%	2.15%

Center Priorities

The Center priorities are reflected in the mission, values, and following goals:

1. Develop resident-based capacity to determine and implement positive change in their community;
2. Empower families/individuals to be resilient and self-sufficient;
3. Increase access for bilingual/bicultural healthcare, health promotion, and medical prevention services especially marginalized families/individuals;
4. Work with stakeholders to improve coordination of healthcare and social services;
5. Improve emotional/mental health and academic success for children of all ages; and
6. Provide college student internships and practicum experiences to help increase bilingual and bicultural workforce development in healthcare and social service professionals.

Center Implementation Strategies and Outcomes/Impact

On the following pages, implementation strategies and outcomes/impact for the Center between January 2016 and December 2018 are discussed in detail under each Center goal. The data in this report demonstrate an impressive return on investment relative to helping reduce health and education disparities in Fullerton and increase bilingual and bicultural workforce development in healthcare and social service professionals.



Together with community residents and other stakeholders, we aim to alleviate education and health disparities, revitalize neighborhoods, and reduce the cycle of poverty for low-income children and families.

3 YEAR IMPACT REPORT (2016 – 2018)

The data in this report demonstrates an impressive return on investment relative to activities helping to reduce health and education disparities in Fullerton and increase bilingual and bicultural workforce.

\$967,773

Economic workforce impact from college student interns

8,970

Hours of after-school tutoring, art, and resiliency training classes

40,090

Hours of health, education and social services provided by college students

1010

Behavioral health counseling visits for low-income Latino families

554

CSUF Students provided in-service training

1,100

Behavioral health sessions provided to elementary children

2,460

Hours of preventive health care/promotion provided by nursing students

2,500 +

Families (95% Spanish-Speaking) provided with health, education and social services

200+

Children provided after-school physical and behavioral health activities (REACH Program) by Kinesiology student interns

44,086

Visits for services, programs and community events



GOAL 1. Develop resident-based capacity to determine and implement change in their community.



GOAL 1. Develop resident-based capacity to determine and implement positive change in their community

STRATEGIES	OUTCOME/IMPACT
Provide a safe environment to host weekly meetings to engage community residents in decision making and leadership.	Total attendance at meetings and/or trainings of 2,648 (Table 3). These meetings provided a forum to engage residents to determine and implement positive change in their community.
Identify and train resident leaders who have the capacity to assume leadership roles in neighborhoods and to represent their neighborhoods to external decision makers.	29 resident leaders trained (Table 4) to assume leadership roles to help determine and implement positive change in their community.
Host a variety of family events for community residents.	3,502 visits by individuals and families at community events (Table 5) helped to foster trust and a sense of community among residents (especially among low-income Spanish-speaking).
Host a “Resident Leadership Academy” (Sponsored by St. Joseph/St Jude Hospital).	16 adults completed the “Resident Leadership Academy” (Table 3) which empowered these residents with knowledge, tools, strategies and commitment to make positive changes at the neighborhood level.
Implement a “Community Building Initiative” project (Funded by St. Joseph Health Community Partnership).	135 Richman neighborhood residents (Table 3) identified community concerns. The top four concerns are: <i>Community Safety; Traffic Safety; Youth Programs, and Housing.</i>





GOAL 2. Empower families/individuals to be resilient and self-sufficient



GOAL 2. Empower families/individuals to be resilient and self-sufficient

STRATEGIES	OUTCOME/IMPACT
Provide individual case-management to assess needs and provide services and/or referrals to help an individual or family to be resilient and self-sufficient.	Provided 1,997 low-income individuals or families (95% Spanish-speaking; Table 6) with individual case management which fostered resilience and self-sufficiency.
Provide services to enroll people in MediCal; Dental Cal; CalFresh; Women, Infants and Children (WIC) Food and Nutrition Services.	Enrolled 807 families (Table 6) into various public benefit programs which fostered resilience and self-sufficiency.
Apply for grants to provide individual or family behavioral health counseling sessions at Center and/or La Amistad Clinic.	Grant funds provided 1,233 behavioral health counseling visits (Table 6) for low-income Latino families which fostered resilience and self-sufficiency.
Provide job readiness skills and placement for low-income Spanish-speaking adults.	Trained 113 and placed 24 in the caregiving industry (Table 7) which provided much needed jobs to foster social mobility.
Provide a training workshop series on “how to start your own business.”	Trained 20 low-income Spanish-speaking adults on how to start their own business, including mentorship (Table 7). This training provided an avenue to earn money, especially for undocumented women.
Work with Department of Economics to recruit students to provide financial literacy workshops	Two interns supervised by economic professor started providing finance literacy workshops in Fall 2018.
Provide a variety of health and education programs that fosters health and social mobility	Provided 27 different health and education programs for children and families that fostered resilience and social mobility (Refer to Table 7).





GOAL 3. Increase access for bilingual/bicultural healthcare, health promotion, and medical prevention services especially marginalized families/individuals



GOAL 3. Increase access for bilingual/bicultural healthcare, health promotion, and medical prevention services especially marginalized families/individuals

STRATEGIES	OUTCOME/IMPACT
Support practicum experiences for CSUF Clinical nursing students to increase access to health promotion and medical prevention services.	123 nursing students provided 2,460 hours of health promotion and medical prevention services and programs (Table 8) to numerous low-income Spanish-speaking individuals and families.
Partner with “Clinic in the Park” to increase access to health and medical services for low-income residents (especially families that lack insurance).	Partnership with “Clinic in the Park” provided 742 individuals (adults and children; Table 5) with a variety of health screenings (e.g., vision, glucose and cholesterol levels, blood pressure, dental, mammograms); dental cleaning; health education; sign-ups for insurance; legal resources; referrals.
Partner with CSUF Community Health Professors to have their students organize health fairs for community.	Five classes of HESC 400 students (n=219; Table 8) organized five community health fairs in which 733 individuals/families attended—helping to increase access to medical prevention services.
Partner with other non-profit organizations/agencies and CSUF departments to provide free health and medical prevention services/programs.	Partnered with 74 organizations/agencies (Table 9) to increase access to numerous health promotion and medical prevention services and programs for over 2,500 low-income residents (95% Spanish speaking; Tables 5, 6, 7). Individual and family attendance for programs and services = 35,087 visits.





GOAL 4: Work with stakeholders to improve coordination of healthcare and social services



GOAL 4. Work with stakeholders to improve coordination of healthcare and social services

STRATEGIES	OUTCOME/IMPACT
Work closer with non-profits serving Richman neighborhood (Boys and Girls Club for Fullerton; CareerWise; Fullerton Police Department; Jamboree Housing; Pathways of Hope; Parks and Rec of Fullerton; St Jude Neighborhood Health Clinic; YMCA).	Formed the Richman Community Connect with the following mission: “Collaborating with community members we are committed to alleviating education and health disparities, enhancing economic stability, providing safe, caring, and healthy environments, and empowering all people to have a voice”.
Develop a Center Community Advisory Board (CAB) of stakeholders.	Developed a 15-member Center CAB (Table 10) as of August 2018—which included representatives from Cal-Optima, St. Jude Hospital, Kaiser-Permanente.
Work with St. Jude Neighborhood Health Clinic, Jamboree Housing, and Pathways of Hope on a common intake form related to “social determinants of health”.	We are in the early stages of communication. Using a common assessment tool and database of client information would improve coordination regarding case management and follow-up.
Director of Center to request to serve on the CalOptima Community Advisory Board, and have staff attend workshops by the Community Alliances—CalOptima’s Partnership for Health to learn how to better serve low-income individuals and families.	As a member of the Community Advisory Board at CalOptima, the Center Director has met with members of several non-profits serving the healthcare and social service needs of low-income residents to learn strategies on how to better serve the clients at the Center. In addition, Center staff have attended several workshops sponsored by CalOptima to learn strategies to improve coordination of healthcare and social services for our clients.
Have Center staff attend CalOptima’s “Cafecito” meetings which has as its purpose to address healthcare and social services among low-income Spanish-speaking clients.	Center staff are better informed about the challenges and barriers associated with healthcare and social services among low-income Spanish-speaking clients. In addition, Center staff have partnered with several nonprofits to provide services at our Center and health fair events (Refer to Table 9 for a list of partners).
Become an active member of the Fullerton Collaborative.	Center staff are active members of the Fullerton Collaborative (along with Center staff). We are in a position to better understand issues within the community and help how to address improve identified issues (e.g., at-risk youth; homelessness; education; health and fitness).



**GOAL 5: Improve emotional/mental health and
and academic success for children of all ages**



5. Improve emotional/mental health and academic success for children of all ages

STRATEGIES	OUTCOME/IMPACT
Provide a FREE stress management/emotional resiliency program for 5 th -8 th grade children.	Provided 264 one-on-one sessions (one hour) of a “Smart-Brain, Wise-Heart” emotional resiliency program (Table 7) by a certified bilingual (Spanish-English) trainer to approximately 24 children. Richman Elementary and Nicolas Jr High plans to refer high-risk children to this program starting Fall 2019.
Apply for a grant from St. Jude Hospital to place social work interns into Title I Fullerton elementary schools to address emotional/mental health issues of children.	With funding from St. Jude Hospital, 14 MSW interns provided 1100 behavioral health sessions in a total of eight Fullerton School District Title 1 elementary schools.
Work with Department of Kinesiology to help facilitate a behavioral health through sport program (REACH) at both Richman and Woodcrest Elementary Schools.	The REACH program is being taught as an after school at both Richman and Woodcrest Elementary Schools to improve the physical and emotional health, and academic success of children. About 200 children have participated in the program (Table 7).
Provide a FREE after-school Art for Kids Program, along with special events.	Provided 2,632 sessions (two-hour) of art classes for children (Table 7) and several special art events.
Provide a FREE after-school tutor/mentor (one-on-one) program for kindergarten through high school utilizing student interns from CSUF.	Tutors provided 6,074 one-on-one tutor sessions (one-hour) for approximately 125 different children (Table 7). In addition, children had tours to CSUF and Fullerton Library. Richman Elementary and Nicolas Jr High plans to refer high need children to this program starting Fall 2019.
Work with the CSUF Hazel Miller Croy Reading Center to provide scholarships for children with serious reading deficiencies to be assessed and attend their reading intervention program at CSUF; hire a bilingual literacy specialist for our Center.	Three children from the Center received scholarships to the CSUF Reading Center. No results provided at the time. During Fall 2018, hired a part-time (10 hrs/week) bilingual literacy specialist who has improved the reading ability of most children in the tutor program.
Work with staff from the Reading Center to provide a summer literacy camp.	Provided two, one-day camps to 35 elementary children during the summer. Discussions are underway to secure funding to provide a two, one-week camps of elementary children.
Provide a variety of special fun events for children and families.	Provided 13 fun events (e.g. art and physical activities, field trips, hiking, movies; Tables 5 & 7).





GOAL 6: Provide college student internships and practicum experiences to help increase bilingual and bicultural workforce development in healthcare and social service professionals.



GOAL 6. Provide college student internships and practicum experiences to help increase bilingual and bicultural workforce development in healthcare and social service professionals

STRATEGIES	OUTCOME/IMPACT
Work with the Center for Internship and Community Engagement to set-up student internship postings for the Center.	A total of 212 student interns (91% bilingual in Spanish) from various academic units at CSUF were trained at the Center to provide a variety of health, education and social services for low-income children and families (94% Spanish-speaking adults). Student interns provided 25,440 hours of service to the community (Table 8).
Work with the School of Nursing faculty to set-up the Center to be a site for clinical rotations for nursing students.	A total of 123 nursing students were trained to provide preventive health care/health promotion services to low-income Spanish-speaking clients. The nursing students provided 2,460 hours of service to the community (Table 8).
Work with Social Work Department to apply for funding from St. Jude Hospital to provide supervised training of bilingual (Spanish-speaking) master-level social work (MSW) student interns at the Center and at Title 1 elementary schools in Fullerton.	Received 3-year funding from St. Jude Hospital. A total of 14 bilingual (Spanish-speaking) MSW student interns were provided one-year of clinical supervised training to deliver behavioral health services (12 interns at Title 1 schools and two interns at the Center; Table 8).
Work with Department of Counseling to apply for funding from St. Joseph Hospital to provide supervised training of bilingual (Spanish-speaking) master-level counseling student interns at St. Jude Neighborhood Health Clinic or La Amistad Family Health Center in Orange	Received 3-year funding from St. Joseph Hospital. A total of six bilingual (Spanish-speaking) counseling student interns were provided one-year of clinical supervised training to provide behavioral health services to low-income families (two St. Jude Neighborhood Health Clinic and four at La Amistad Family Health Center in Orange).
Work with faculty from departments of Public Health and Kinesiology to provide practicum experiences at the Center.	A total of 219 students from departments of Public Health and Kinesiology have provided various health assessments and education services to the low-income community members under supervision of faculty and/or staff (Table 8).



Center External Funds

The complete break-down of external funds raised each fiscal year (July-June) is outlined in Table 11. A total of \$359,000 was raised in grants and \$153,246 was raised in cash donations. As of December 10th, the Foundation account balance was \$55,872.

Center Grants

CSUF, BOLD Fellowship Sub-Contract	\$40,000 (2018)
Kaiser Permanente Foundation	\$40,000 (2017)
Kaiser Permanente Foundation	\$40,000 (2018)
St. Joseph Health Community Partnership Funds	\$25,000 (2018)
St. Joseph Hospital Foundation	\$50,000 (\$25,000 for 2017; 2018)
St. Jude Hospital: Foundation	\$154,000 (\$50,000 for 2016; \$52,000 for 2017 & 2018)
State Farm	<u>\$10,000</u> (2017)
TOTAL:	\$359,000

Impact of Grants

- Salary for a Center Assistant Manager. Funded by a CSUF, BOLD Fellowship, 2018.
- A total of 804 low-income resident families/individuals (92% Spanish-speaking) had their health and social service needs and interests assessed, and they learned how to access various public benefit programs, medical/dental insurance, and healthcare and preventive health/social services. In addition, two-hundred and thirteen (213) Spanish-speaking residents were approved for public benefit programs (i.e., MediCal, Medicaid, CalWORKS, CalFresh, WIC). Funded by Kaiser Permanente Foundation Grant, 2017.
- Funds for a Center operations manager and development of a comprehensive sustainability plan for the Center. Funded by Kaiser Permanente Foundation, 2018.
- Engaged over 135 Richman neighborhood residents to identify issues/problems within their neighborhood they would like to have improved. Funded by St. Joseph Health Community Partnership Funds, 2018.
- Provided 1,010 behavioral health counseling visits for low-income Latino families by supervised master-level counseling students. Funded by St. Joseph Hospital Grants 2017; 2018. Funding approved for 2019.
- Provided approximately 1,100 behavioral health visits with children from eight Title I elementary schools by supervised master-level social workers. Funded by St. Jude Hospital Grants 2016; 2017; 2018.
- Provided 20 Spanish-speaking residents several workshops on how to start their own small business. Funded by State Farm and California Small Business Development Center.

Center Operational Costs

Operational costs for Center staff for Spring/Summer2016 (1/2 year) was \$30,557; academic year 2016-2017 (August-July) was \$126,128; academic year 2017-2018 was \$143,803; and academic year 2018-2019 is \$248,726. Other operational costs for the Center each year is an additional \$9,360. Figures 1-4 below illustrate the source of Center funds, including the amount and percent. When the Center opened, the College of Health and Human Development (HHD) at CSUF was the major funder of Center operations. Over three years, the services and programs through the Center depends less on funds from HHD and more on external funds (grants and private donors).

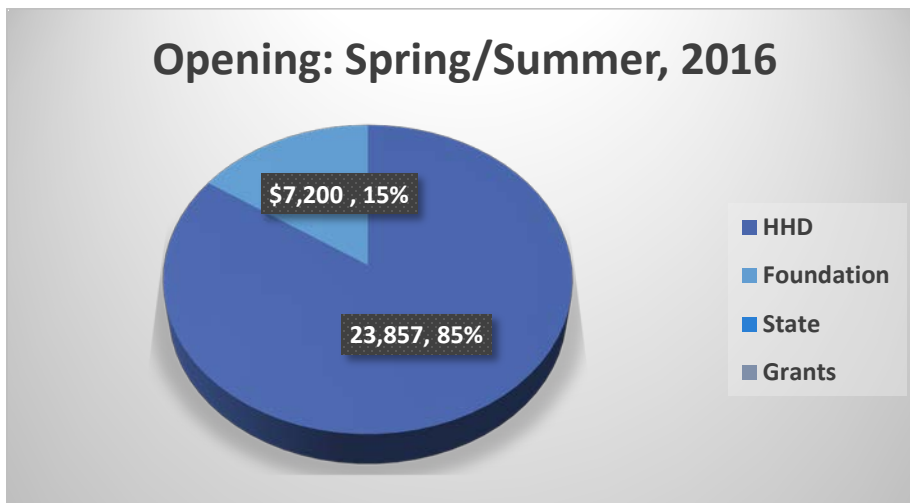


Figure 1. Center opening semester budget.

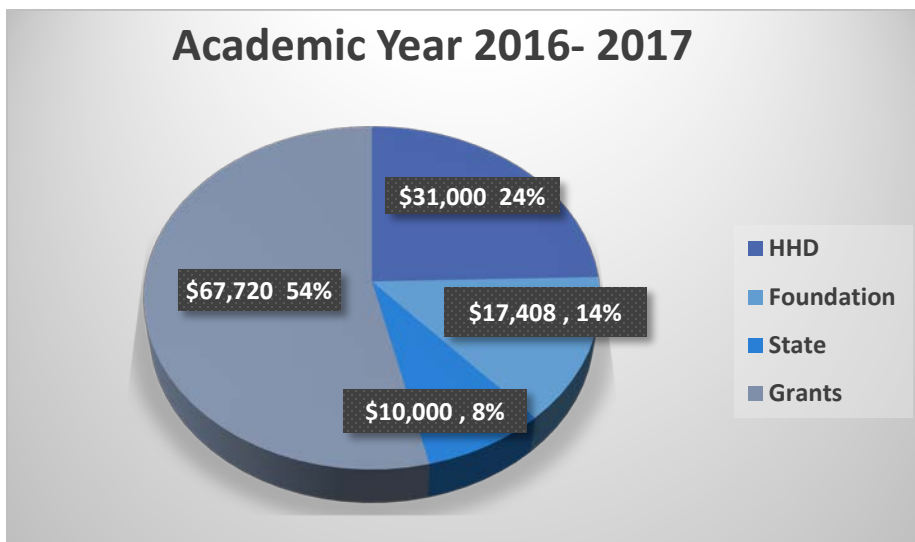


Figure 2. Center budget academic year 2016-2017

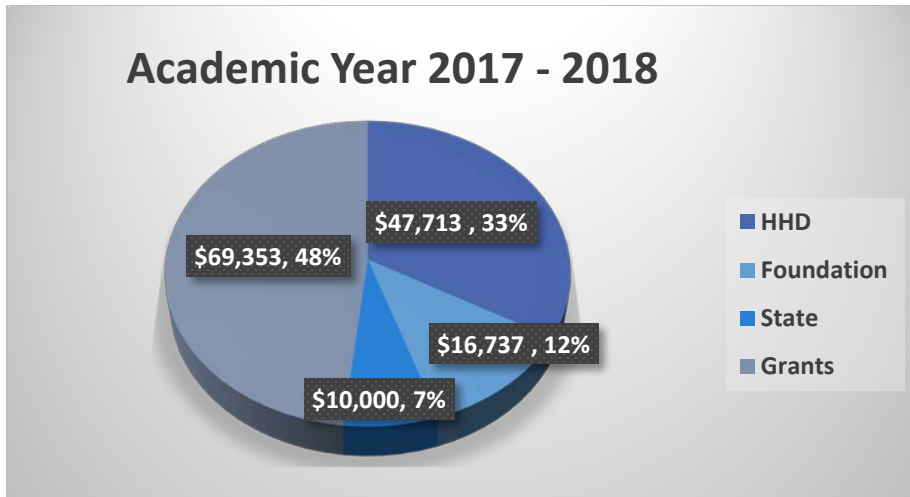


Figure 3. Center budget academic year 2017-2018

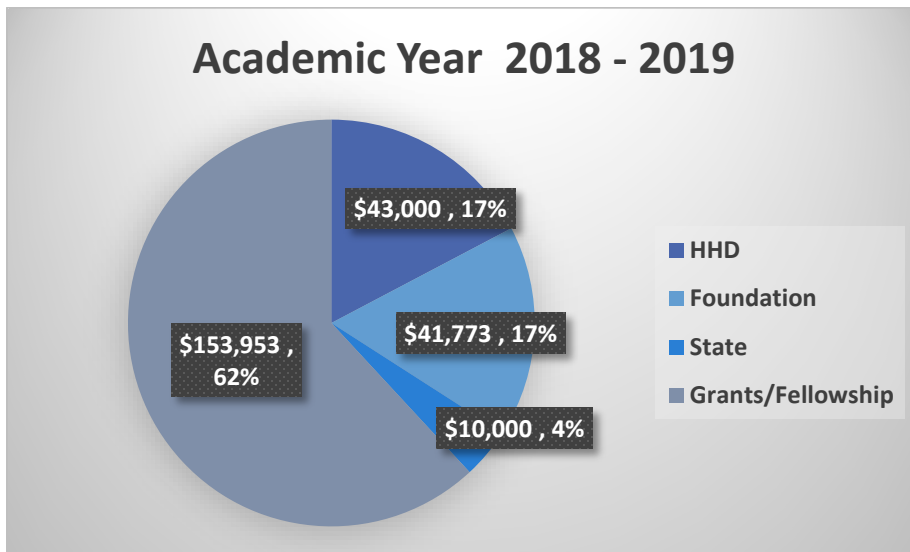




Figure 4. Center budget academic year 2018-2019

TABLES

Table 3. Resident Meetings and Leadership Trainings 2016 -2018

Resident Meeting/Trainings	Affiliates	Summary of attendance each semester					
		F 18	S/S 18	F 17	S/S17	F 16	S/S16
Center Weekly Resident Meetings	Staff and guests	396	419	367	255	168	142
Community Building Initiative Meetings	Staff	135					
Resident Leadership Academy	St. Joesph/St. Jude		107				
Resident Executive Leaders Meetings	Staff	36					
Resident Leaders Brunches/Lunches	Staff	139	129	126	87	78	64
		706	655	493	342	246	206
Total attendance at meetings/trainings = 2,648							

Table 4. Center Resident Leaders

Officers	Members
Carime Calixto - President	Martha Alencastro
Patricia Torres - Vice President	Rosy Arellano
Acela Olvera -Secretary	Dora Avila
Maria Isabel Flores- Vice Secretary	Natividad Avila
Humbertha Morales -Treasurer	Tanya Esquivel
Laura Urrutia Vice Treasurer	Leticia Flores
Martha Padilla- Public Relations	Blanca Hernandez
	Nancy Jimenez
	Pilar Maldonado
	Socorro Mendoza
	Dallany Muratalla
	Sonia Noveron
	Egleth Nuncci
	Rosalia Ortiz
	Noemi Perez
	Paula Robles
	Edith Romero
	Maria Luisa Sandoval
	Veronica Segura
	Lorena Valdez
	Lidia Villanueva

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Table 5. Community Events		Affiliates	Summary of clients served each semester					
			F 18	S/S 18	F 17	S/S 17	F 16	S/S 16
BBQ for Community Residents	Staff and Interns		56					
Beach Party for Community Residents	Staff and Interns				52			
Center's Opening Event	Staff Several partners						178	
Center 1st Year Anniversay Ap 11, 2017	Staff & Several partners				353			
Center's 1st Annual Fundraiser	Several partners		201					
Center Community Open House	Resident Leaders & Several partners	173						
Children "Color/Run"	Art Education Faculty/Students		325					
Children Health Fair	Tutor Program Staff				38			
Children's Art Activities	Art Education Faculty/Students		64					
Christmas/Holiday Party for Kids	Staff and Interns	96		68		124		
CSUF Tour for Academic Success	Staff and Interns		51		34		16	
Community Survey	Staff/Jamboree				64		27	
Day of the Kid Celebration	Several partners	72	165		64	68		
FACES of Fullerton	Fullerton Collaborative		142		82		38	
Fullerton Public Library Tutor Trip	Fullerton Library	35						
Family Movie Nights (Oct.Nov 2017)	Resident Leaders			142				
Lights on Afterschool Event	Staff, YMCA, Parks & Rec	127						
Neighborhood Appreciation Dinner	MiNDS				158		149	
Outdoor Adventure Club (8-15 yr olds)	Knes faculty, Alain Bourgault		142					
Pizza with Fire Chief/Police Department	Fullerton Firestation/Police	28		32				
Zumbaton (exercise to music)	Resident Leaders	102		92				
Total = 3502 encounters at community events		633	1090	334	845	192	408	
Community Health Fairs		Affiliates	Summary of clients served each semester					
			F 18	S/S 18	F 17	S/S 17	F 16	S/S 16
Health education/screenings/services/referral	Multiple organizations		125		175	120	165	178
Health education/screenings/services/referral	Clinic in the Park & other org.		203	539				
Dev. Screenings (ages 0-5)	Family Support Network			75		78		
Mammogram Screening	Susan G. Komen						16	
Community Food Distributions			Summary of clients served each semester					
Mobile Food Pantry	Second Harvest/Resident Leaders		203	286	125	393		178
5 events = distributed 14,000 lbs of produce			531	900	300	591	181	356
Total = 2,849 visitors at health fairs								

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Table 6. Center General Services	Affiliates	Summary of client served each semester					
		F 18	S/S 18	F 17	S/S 17	F 16	S/S 16
Case Management/Referrals	Staff	159	769*	340*	325	265	139
Counseling (Indiv and Family) at Center	Master Counseling Interns					121	102
Counseling at La Amistad Clinic	Master Counseling Interns		560**		450**		
Food and Nutrition Services	WIC	24			16		
Job Readiness & Placement	MiNDS					68	45
MediCal/Dental Cal Enrollment	Give for a Smile	56	103	54	47	43	34
CalFresh Enrollment	Second Harvest	86	88	65	102	48	41
Health Assessments	Nursing Interns		721	148	52	64	45
After-school meals for tutor children	Second Harvest		1242	1186	842		
		885	2154	1903	1384	609	406

*Received Kaiser Grant to conduct health assessments and referrals

**Received St. Joseph Hospital grant to provide counseling sessions

A total of visits for services = 7,341

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Table 7. Center Programs	Affiliates	Summary of attendance each semester					
		F 18	S/S18	F 17	S/S 17	F 16	S/S 16
Alcoholics (Friends & Family Support)	AL-ANON				15		
After School Art for Kids	Art Education Interns	613	624	610	540	245	
After Schools Tutoring/Mentoring (1 to 1 ratio)	Interns (various majors)	1428	1348	841	930	782	745
Beauty and Self-Esteem	Beauty Glam Academy			88	82		
Chronic Disease Management	Nursing Students/Kaiser Perman.			93	94	87	82
Common Sense Parenting	Boys Town California						90
Computer Basics	Human Service Interns				98		
Dance Exercise	Community Resident Leader	1645	2513	1707	2298	1687	2278
Domestic Violence Education/Support	Social Work Interns						14
ESL	Fullerton Continuing Ed			65	345	362	394
Finance Literacy Workshops	MiNDS	38			43		
Home Safety & Preparing for Emergencies	Nursing Clinicals					48	
Move More/Eat Healthy	St. Joseph Health/St. Jude	104	105			75	67
Nutrition for Healthy Living	Health Science Intern		37				
Muevete: Nutrition & Exercise for Family	Hispanic Nurses Association		20				132
Parent Empowerment	Boys & girl Club, Garden Grove	205					
Personal Lifestyle Coaching	Kinesiology Interns			68	62		
Pre-school Activities	Staff & Interns			93	89	124	84
REACH: Behavioral Health Through Sport	Kinesiology Faculty & Interns	636	648	642	385	366	
Resilient Families (ages 3-5 yrs)	CAS Faculty and Interns						72
Self-Care Workshop	Master Counseling Students		28				
Self Defense for Women	Kinesiology Faculty		22				
Smart Brain/Wise Heart	Staff	86	82	96			
Small Business Focus Workshops (4)	CA SBDC Network			81			
Stress Management/support groups	Health Science Interns					127	82
Talk with a nurse	Nursing Clinical Students	36	38	32	26	22	16
Women's Reproductive Health	Nursing Clinical Students					86	
		4791	5465	4416	5007	4011	4056

Total visitors at programs = 27,746

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Table 8. Service-Learning Students	Summary of Students						Total #	Total hrs
	F 18	S/S 18	F 17	S/S 17	F 16	S/S 16		
General student Interns (120 hrs each)	38	50	42	35	22	25	212	25,440
Social Work Student Interns (MSW)	5		4		5		14	7,000
Counseling Student Interns	2		2		2		6	3,000
Nursing Clinical Students (20 hrs each)	24	25	24	28	11	11	123	2,460
Practicum Students (10 hrs each)	36	36	38	39	32	38	219	2,190
							554	40,090
Economic workforce impact from college students: \$967,773*								
*Estimated National Value for each Volunteer Hour is \$24.14								

Table 9. Center Community Partners Between 2016 – 2018

American Academy of Pediatrics	American Heart Association	Be Aware Foundation	Boys Town
Boys and Girls Club of Garden Grove	CalOptima	Center for Healthy Living, Kaiser Permanente	Clinic in the Park
CF Dance Academy	Children Abuse Prevention Center	Children’s Bureau of Orange County	Community Action Partnership of OC
CSUF, Center for Successful Aging	CSUF, Department of Art Education	CSUF Department of Communications	CSUF, Department of Counseling
CSUF, Department of Economics	CSUF, Department of Literacy and Reading	CSUF, Department of Kinesiology	CSUF, Department of Public Health
CSUF, Department of Social Work	CSUF, Hazel Miller Croy Reading Center	CSUF, School of Nursing	Cornerstone Family Wellness Center
Downing Prevention Foundation	Family Support Network	Families Together	Fullerton Assistance League
Fullerton Collaborative	Fullerton Fire Department	Fullerton Public Library	Fullerton Police Department
Fullerton Parks and Recreation	Fullerton School District	Give for a Smile	Habitat for Humanity, Orange County
Healthy Communities, St. Jude Medical Center	Healthy Smiles for Kids of Orange County	Hope Builders	Jamboree Housing
Kaiser Permanente, Center for Healthy Living	Kaiser Permanente, Orange County	Latino Health Access, Santa Ana	Legal Aid Society of Orange County
Lions Club for Fullerton	Marshall B. Ketchum University	Medical Networks Devoted to Service	Mexican Consulate, Santa Ana
Muckenthaler Cultural Center	National Association of Hispanic Nurses, Orange County	OC United	OCHCA: Tobacco Use Prevention Program
Orange County Health Care Agency	Orange County Social Services Agency	Pathways of Hope (Hub of Hope)	Paws for Healing
Public Health Foundation Enterprise	Safe Sleep	Second Harvest	Second Harvest Food Bank of Orange County
State Farm	St. Joseph Hospital of Orange	St Jude Neighborhood Health Center	St Jude Medical Center
Susan G. Komen for the Cure	The GLAM Agency	THINK Together	UCI, Gavin Eye Institute
UCI, School of Nursing	UCI, Pediatric Exercise and Genomics Research Center	Wilshire School of Continuing Education	Women, Infants, and Children (WIC)
Women's Transitional Living Center, Inc	YMCA, Orange County		

Table 10. Community Advisory Board: CSUF Center for Healthy Neighborhoods

Name	Title/Org	Email
Phyllis Agran	Director, Clinic in the Park	pagran@clinicinthepark.org;
Norma Edith Aquilar	Consul of Mexico. In Community, Educational and Cultural Programs	naguilar@sre.gob.mx;
	Mexican Consulate, Santa Ana	
Carime Calixto	President, Center Community	emirac17@gmail.com;
	Resident Leaders	
Lilia Espinoza	CSUF Faculty, Dept. Public Health	liespinoza@Fullerton.edu
Nishtha Mohendra	Director of Programs, Pathways of Hope	mailto:nmohendra@pohoc.org
Inez Gonzalez	Director, Latino Communications Institute	igonzaez@Fullerton.edu;
	CSUF College of Communications	
Margie Harrier	Chief Operating Officer, KPOC-Irvine	Margie.X.Harrier@kp.org;
	Medical Center and Anaheim Medical Center	
Lucia Maturino	Community Liaison Officer	lmaturino@fullertonpd.org;
	Fullerton Police Department	
Maria Matza	Faculty, School of Nursing	mmatza@fullerton.edu;
	VP, Nat. Association of Hispanic Nurses, OC	
Helene Morris	Fullerton School District	
	Director of Administrative Services	helene_morris@myfsd.org;
Yahira Ortiz	Community Relations Specialist	yahaira.ortiz@caloptima.org
	CalOptima	
Egleth Padilla	Center Community Liaison	egleth.padillanuncci@yahoo.com
Laurie Rodes	Dean, College of Health and Human Dev	lroades@Fullerton.edu;
	Cal State University, Fullerton	
Barry Ross	Vice President, Healthy Communities	Barry.Ross@stjoe.org;
	St. Jude Medical Center	
Benjamin Sanchez	Community Impact Manager	bsanchez@jamboreehousing.com;
	Jamboree Housing	
Laura Urrutia	Treasurer, Community Resident Leaders	

Table 11. External Fundraising Report: Fiscal Year 2016 - 2018

California State University, Fullerton			
CENTER FOR HEALTHY NEIGHBORHOODS			
External Fund Report- 2016-2018			
Funder	Grants Submitted/Status Pending	Income	Description
2016-			
Donations from individuals		\$ 63,677	To support the Center for Healthy Neighborhoods
St. Jude Hospital Foundation Grant		\$ 50,000	Funded four Social work interns at eight Title 1 schools & supervison
	<i>Subtotal external income</i>	\$ 113,677	
2017			
Donations from individuals		\$ 58,678	To support the Center for Healthy Neighborhoods
St. Joseph Hospital Foundation Grant		\$ 25,000	Funded two master counseling interns and supervision
St. Jude Hospital Foundation Grant		\$ 52,000	Funded four Social work (SW) interns at four Title 1 schools and one SW intern at Center & supervison
Kaiser Permanente Foundation Grant		\$40,000	Funded Neighborhood Health Advocate Project
State Farm		\$10,000	Funded small business workshops in Spanish
	<i>Subtotal external income</i>	\$ 185,678	
2018			
Donations from individuals		\$ 30,891	To support the Center for Healthy Neighborhoods
St. Jude Hospital Foundation Grant		\$ 52,000	Funded four Social work (SW) interns at four Title 1 schools and one SW intern at Center & supervison
BOLD Fellow Sub-Grant		\$ 40,000	Provide salary for Center Assistant Manager
St. Joseph Health Community Partnership Funds		\$ 25,000	Community Building Initiative Project
St. Joseph Hospital Foundation Grant		\$ 25,000	Funded two master counseling interns and supervision
Kaiser Permanente Foundation Grant		\$ 40,000	To fund a sustainability plan to improve the health and welfare of immigrant Latinos
Assistance League of Fullerton (Inkind)			Supplies for Art and Tutor Programs
	<i>Subtotal external income</i>	\$ 212,891	
TOTAL Income			
		\$512,246	
	Grants	359,000	
	Cash donations	\$153,246	

APPENDIX



It's an alarming story. According to the 2018 Orange County Community Indicators Report, our neighbors and friends, particularly those in underserved communities, are in great peril. In the last 10 years, the hospitalization rate for major depression among children has grown by 28 percent. The youth and young adult suicide rate is up 34 percent. Thirty-three percent of children are overweight or obese, and almost 50% of children are not developmentally ready for kindergarten.

To add to these challenges, Black and Latino students are three times more likely to drop out of high school than their white classmates. Latino students are least likely to be college eligible, and yet comprise 43 percent of all high school graduates.

We have an opportunity and a responsibility to address these concerns. Together.

Our Center is located at Richman Park, in the City of Fullerton. Together with our stakeholders, we aim to alleviate education and health disparities, revitalize neighborhoods, and reduce the cycle of poverty. We offer free, culturally-appropriate services that promote health and resilience, including counseling, social services, health promotion classes, children art and tutor programs, and programs that help families achieve economic self-sufficiency.



The Centers offers a wide range of education, health, and career development services designed to improve overall well-being. Programs and services are provided by an interdisciplinary team of students, faculty, and staff who understand the norms and values of diverse cultures. All services are offered in English and Spanish. Services include:

ARTS FOR KIDS PROGRAM — Hands-on lessons in construction crafts and visual arts for children of all ages.

CAREER PLANNING & DEVELOPMENT PROGRAM — Job skills and college readiness services for adults, including literacy and computer classes. Career counseling is also provided.

CASE MANAGEMENT & REFERRALS — Case managers help families cope with complicated health or medical situations by connecting them to helpful sources or advocating on their behalf.

COUNSELING — Available for individuals, families, and couples.

HEALTH PROMOTION PROGRAMS — Fitness courses and classes on healthy food choices, stress management, and other positive behaviors.

HEALTH SCREENING & ASSESSMENTS — Nurses and other health practitioners periodically offer a variety of screenings and assessments to help track health and determine services needed.

YOUTH PROGRAMS — After-school resiliency training, tutoring, computer training, , and college readiness programs.

REACH PROGRAM — The Reflective Educational Approach to Character and Health (REACH) Program offers a sport-based curriculum focused on physical, character, and health education. The program also cultivate literacy through interest-based readings and reflective journals. This program is currently being offered in Richman and Woodcrest Elementary schools.

Gifts to the CSUF Center for Healthy Neighborhoods, no matter the size, will help us improve the lives of people in our community. We invite you to join us as we work to alleviate education and health disparities, revitalize neighborhoods, and reduce the cycle of poverty. To make a donation, please contact Liz Eastin, Director of Development, at (657) 278-5466 or eeastin@fullerton.edu. Visit HealthyNeighborhoods.fullerton.edu to make a donation online.



**320 WEST ELM AVENUE • FULLERTON, CA 92832 • (714)
441-3401 Monday - Thursday • 9 a.m. - 6:30 p.m.**

