



Community Grants Program

EXAMINING IMPACT AND OPPORTUNITIES FOR
IMPROVEMENT

Community Health Investment (CHI) Committee

February 21, 2024



Meeting Objectives

- Present key findings from the review of Mid-Year and End-of-Year reports
- Introduce common metrics by focus area (Preventive Health, Mental Health, and Health Aging)
- Describe alignment with Strategic Planning efforts
- Discuss a common set of core metrics
- Present process improvement opportunities for the Community Grants Program

Methodology - Content Analysis

- Review of reports by focus area
- Examine program metrics
- Evaluate the type of outcomes described



Key Findings

- Grantees employed a broad range of strategies/interventions to improve the health & well-being of District residents - from food distribution, mental health counseling to hearing screenings.
- Different tools are used to measure progress (i.e., standardized instruments and program pre-post surveys), and they report on a variety of metrics.
- Impact is primarily focused on short-term outcomes that are expected to occur within a one-year grant period.
- Grantees established program objectives that were realistic, meeting or exceeding the majority of targeted metrics.

Preventive Health: 2022-2023 CGP Grantees

- AbilityPath
- Bay Area Community Health Advisory Council
- Boys & Girls Club of the Peninsula
- CASA of San Mateo County
- Healthier Kids Foundation
- One Step Beyond, Inc.
- Peninsula Jewish Community Center
- San Bruno Park School District
- San Mateo County Health Foundation
- Second Harvest of Silicon Valley
- Via Heart Project

Preventive Health: Examples of Reported Metrics

Units of Service - Counts

- # of residents served
- # of in-person program days
- # of free mammograms
- # of cancer awareness trainings for breast cancer, prostate and cervical cancers
- # of physical fitness/sports per week

- # of students engaged in social-emotional learning per week
- # of hours focused on SEL group sessions
- # of therapy, support groups
- # of children's preventive health visits
- # of children screened for hearing
- # of referrals

- # of food boxes
- # of households receiving boxes and bags of groceries/week
- Pounds of food

Changes in Health Outcomes

- Increase in knowledge about breast cancer and other cancers
- Increase in learning 2 or more coping skills
- Increase in self-esteem (positive about their appearance)

- Decrease in % body fat
- Increase in range of motion

Mental Health: 2022-2023 CGP Grantees

- Caminar
- CORA
- Foster City Village, Inc.
- Friends for Youth
- Justice At Last, Inc.
- Kara
- Latino Commission on Alcohol & Drug Use Services
- LifeMoves
- Northeast Medical Services
- National Center for Equine Facilitated Therapy
- One Life Counseling
- Pathways Home Health & Hospice
- Peninsula Bridge
- San Mateo Police Activities League
- StarVista
- WomenSV

Mental Health Grantees: Examples of Reported Metrics

Units of Service - Counts

- # of residents served
- # of clients who received in-home assessments
- # of intakes and mental health assessment
- # of depression screenings
- # of clients provided regular remote medication assistance
- # of therapy clients over age 5 who created a new safety plan
- # 1:1 mentoring matches
- # of group mentoring
- # of referrals to mental health services
- # of internal referrals for patients with PHQ-9 scores of >9, indicating moderate - severe depressive symptoms
- # of grief education and crisis response services

Changes in Mental Health Outcomes

- Increase in learning 2 or more coping skills
- Increase in self-esteem (positive about their appearance)
- Change in knowledge about grief and the grieving process
- Reduction in PTSD symptoms
- % reduction in stigma on the importance of mental health and utilization of support services
- % decrease in isolation
- % of clients with reduced depression level (PHQ-9)
- % of clients with reduced anxiety level (GAD-7)

Healthy Aging: 2022-2023 CGP Grantees

- CALL Primrose
 - Edgewood Center
 - Catholic Charities
 - Fresh Approach
 - Jewish Family and Children's Services
 - Peninsula Family Service
 - Peninsula Volunteers, Inc.
 - Rebuilding Together
 - Villages of San Mateo County
- Vista Center for the Blind and Visually Impaired

Healthy Aging: Examples of Reported Metrics

Units of Service - Counts

- # of hours of in-home respite care
- # of hours of care management
- # of hours of counseling sessions - 1:1, group
- # of workshops, classes delivered

- # of days of adult day services
- # of clients with treatment plans
- # of clients offered additional support through referral process

- # of low vision exams
- # of bags of groceries
- # of meals delivered per week

Changes in Health Outcomes

- Increase in confidence in accessing care and decision-making
- % improvement in caregiver strain
- Reduction in loneliness, less stress, and more optimistic about life
- Decrease in fall risk

Discussion on Common Metrics

Value and utility of counts

- # of residents served
- # of trainings or classes delivered
- # of screenings or assessments
- # of referrals

- # of individual, group counseling sessions
- # of hours of individual, group counseling sessions
- # of grocery bags or boxes delivered



Discussion on Common Metrics

- Help us identify whether and how we are moving the needle
- Explore the implementation of standardized tools (PHQ-9, GAD-7)
- Require consensus building with key stakeholders, including grantees

