

Social Determinants of Mental Health: Creating upstream change to address mental health inequities Welcome! We will begin momentarily.

In-Person: Make sure to sign in at the welcome table.

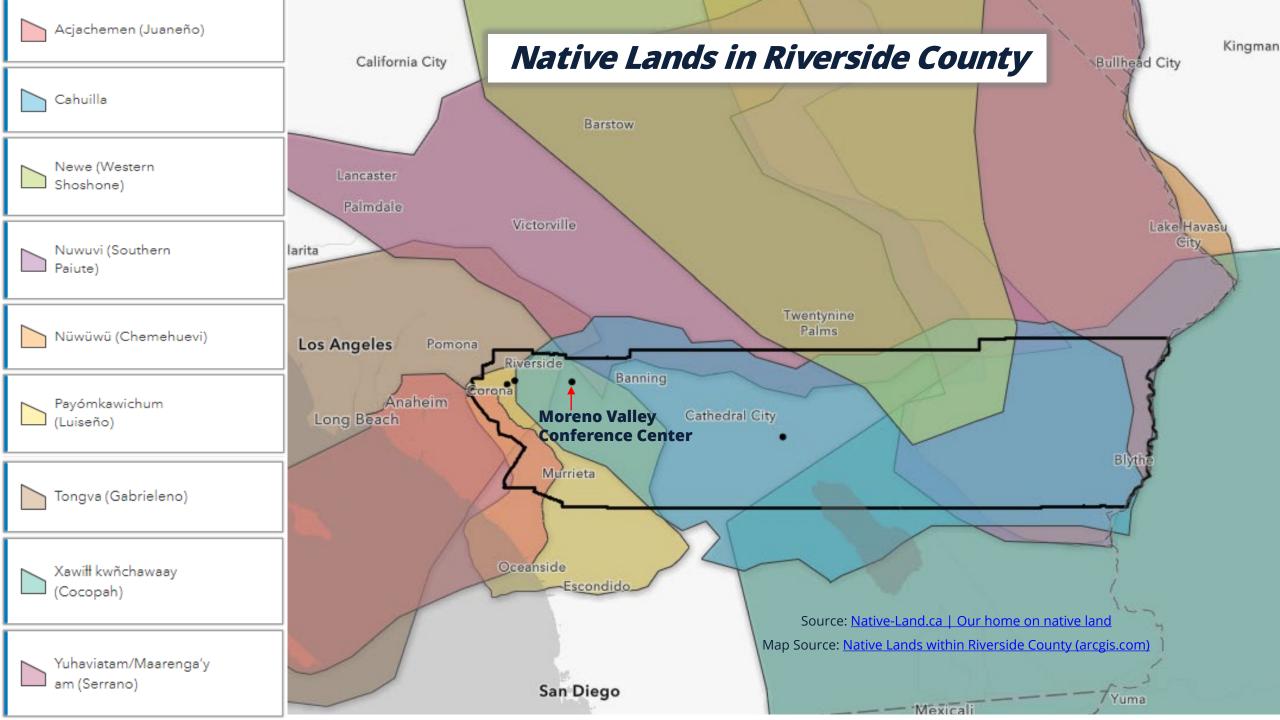
Virtual: Mute your audio upon arrival. Your audio is temporarily muted. If you are not using your computer audio, make sure your audio/phone is linked to your participant ID.



April 19th, 2023

Social Determinants of Mental Health: Creating upstream change to address mental health inequities

Welcome and Acknowledgements!



TECH HOUSEKEEPING

• Please enter your name, and affiliation in your profile name.



• You may also add your pronouns and native/tribal community



- All participants are muted upon entry.
- Please submit any questions through the Q&A box
 - Staff will monitor throughout the meeting



- We have closed captioning services in English & Spanish and an ASL Interpreter.
 - Information provided in the chat



Slides and a recording of this event will be shared shortly afterwards.



AGENDA

- **Welcoming Remarks and Introductions**
- Housekeeping / Agenda
- Level Setting Presentation by the RISE Team
- Presentation by RUHS-BH
- Q&A from Audience
- Break
- Back Infant Health / Perinatal Equity Initiative Presentation
- Q&A from Audience
- Partner Questions / Survey
- Partner Updates
- Health Equity Program Update
- Wrap Up



INTRODUCTORY POLL ICEBREAKER



What sector does your organization represent?

- Community Members/ Students
- Community-Based Organizations / Faith-Biased Organizations
- Education / Academia
- Government
- Healthcare / Public Health
- Housing/ Planning
- Law Enforcement / First Responder
- Native / Tribal Community
- Social Services / Mental Health
- Other









TODEC

FOUNDATION



WORLD BE WELL, INC.





RIVERSIDE

FOOD SYSTEMS ALLIANCE





Why are we here?



RIVERSIDE COUNTYHEALTH COALITION

- Expand partnerships
- Share resources
- Highlight innovative practices
- Community empowerment



LEVEL SETTING PRESENTATION

Social Determinants of Mental Health: Creating upstream change to address mental health inequities



Kimberly Jow, MPH

Presentation: Let's RISE to Better Mental Health

Kimberly Jow MPH, is the Program Coordinator for the Resilience Initiative through Support & Empowerment (RISE) Program at Riverside University Health System-Public Health. She has 5 years of experience in developing curriculum and presenting to numerous agencies. Her work includes coordinating program activities and collaborating with various organizations to empower individuals to be more trauma informed in their community. Kimberly is a Certified Health Education Specialist and is passionately dedicated in increasing awareness on adverse childhood experiences and erasing the stigma on mental health. Email: KJow@ruhealth.org







Let's RISE for Better Mental Health!

Kimberly Jow, MPH CHES RISE Program Coordinator

Learning objectives



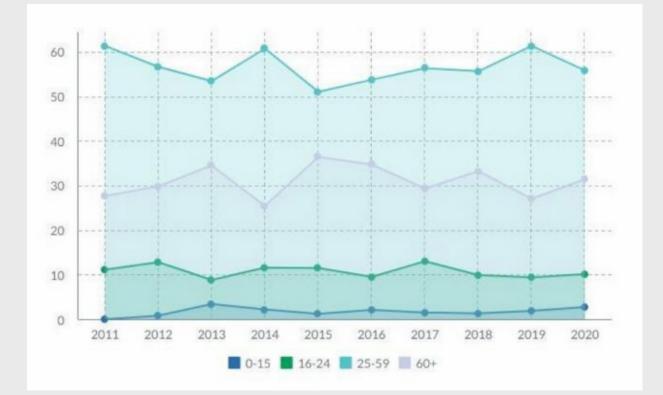
- Deeper look at statistics
- 2 Embrace the upstream approach
- Relationship between social determinants of health & health equity



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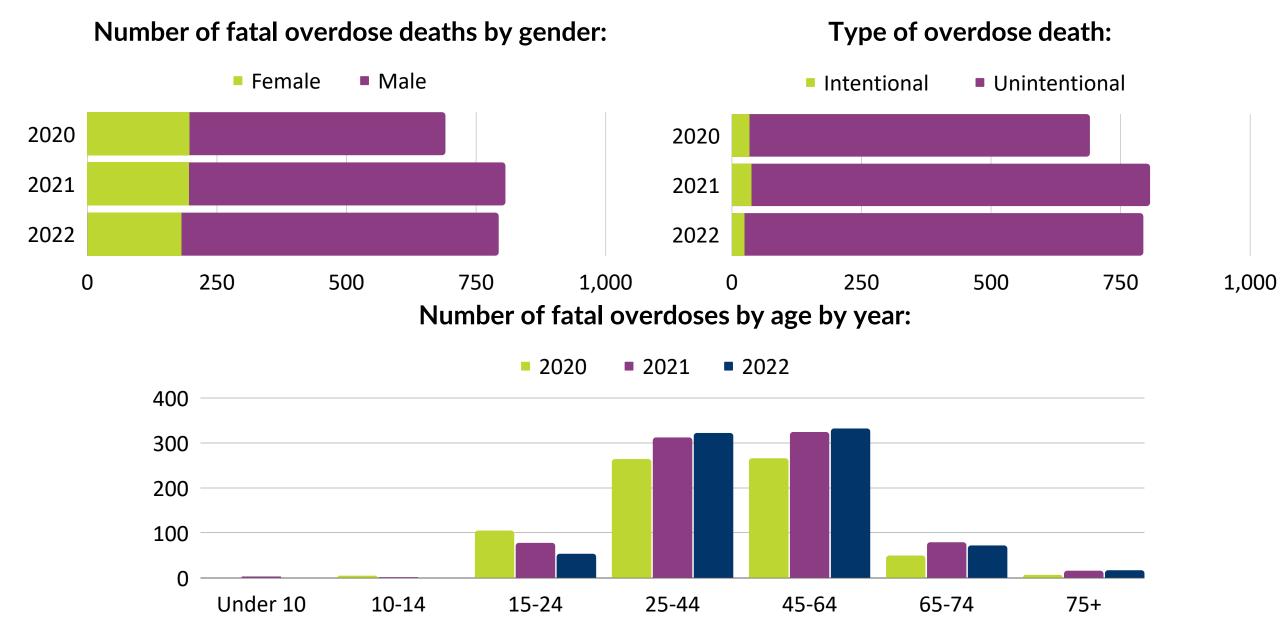
- Intersection between Public health & mental health
- 5 Where RISE program fits in
- 6 Call to Action

Suicide rates in Riverside County from 2011-2020



- Between 2011 to 2019, there were 2,640 total deaths by suicide, with adults between the ages of 25-59 having the highest rates of death
 - In 2020, adults over the age of 60 have an increased rate of suicide over other age groups

Total number of overdose deaths in 2022 : 793





In a 2021 study, nearly half of **Americans surveyed reported recent** symptoms of an anxiety or depressive disorder, and 10% of respondents felt their mental health needs were not being met. Rates of anxiety, depression, and substance use disorder have increased since the beginning of the pandemic.





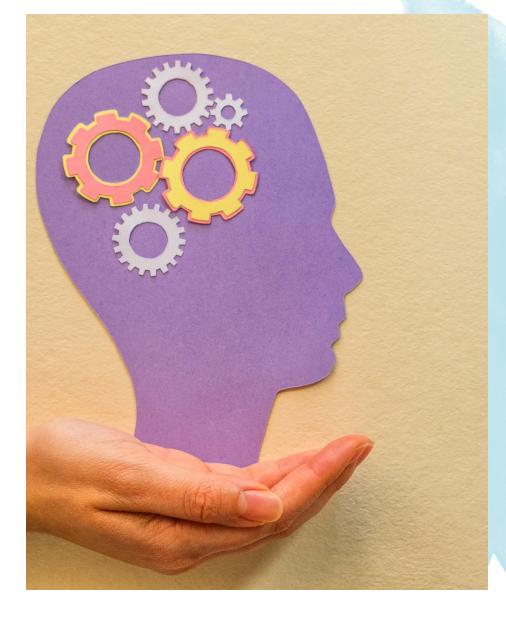
Understanding upstream approach

Upstream approach to mental health focuses on prevention and early intervention, addressing root causes before they become major issues.

Social determinants of health

Social determinants of health are the conditions in which people are born, grow, live, work, and age that impact their overall well-being. These include factors like access to healthcare, education, housing, and employment. We need to address these factors to promote health equity.





FACTORS AFFECTING MENTAL HEALTH

Genetics and family history

Life experiences and traumatic events

Socioeconomic status and access to resources

Intersection of public health & mental health to address equity



Health promotion

Treatment and therapy

Stigma reduction

Addressing mental health equity with communitybased approaches



Building community connections

Cultivating inclusive environments Increasing protective factors

Community Involvement & Development

Considering mental health promotion in community design

Interventions that increase social connections and foster a sense of belonging

Community violence prevention efforts Partnering to offer community-based mental health and behavioral health services

Developing community-driven mental health campaigns and cultural strategies to reduce stigma and shame

Raising awareness of mental health issues among front line staff and providing resources such as mental health trainings

Expanding trauma-informed practices

What is RISE?

Resilience Initiative through Support and Empowerment

Our mission is to educate, engage, and empower communities in Riverside County to be a catalyst of change through supportive services, resources, and programs.

RISE is meant to build movement and provide the necessary skills to build resiliency and trauma informed practices that are inclusive to all Riverside County.



What **RISE** Offers



TECHNICAL ASSISTANCE

Give assistance and support to your agency if needed

TRAININGS

ACEs presentations and subject matter expert topics to different audiences

RESOURCES

Provide links and create resource sheets or QR code business cards

Benefits of RISE

- Get to network and support each others efforts through RISE platform
- Build capacity to create connections
- Share data to further our work in addressing equity



Stay Connected with RISE!



https://www.ruhealth.org/river side-resilience









Save the Date!

Riverside University HEALTH SYSTEM Public Health

RISE QUARTERLY COMMITTEE MEETING

RISE

JUNE 6, 2023 10:00 AM - 11:30 AM

Join the next virtual Resilience Initiative through Support and Empowerment (RISE) quarterly committee meeting that aims to empower communities to take ownership in order to build their own coalitions that foster resilience.



Click to Register

For more information contact: Sean Cortes s.cortes@ruhealth.org Riverside University HEALTH SYSTEM Public Health



CONNECT WITH RISE!

Our goal is to empower individuals with the tools and skills to start their own coalitions within their region to address ACEs and ACERs resulting in increased support and resources to build a resilient community.

Connect with our RISE team members by filling out our interest form below!

Region 3

Sean Cortes S.Cortes@ruhealth.org



Isabel Aguilera, MPH I.Aguilera@ruhealth.org



U

Kimberly Jow, MPH CHES KJow@ruhealth.org



Jasmine Castillo Ja.Castillo@ruhealth.org



Maria Vega Cruz M.Vegcruz@ruhealth.org



Kimberly Jow MPH, CHES KJow@ruhealth.org

Michelle Downs

Presentation: PEI – Promotores de Salud Mental

Michelle Downs is a Licensed Marriage and Family Therapist currently serving as Program Manager for Cultural Competency and Innovation. Michelle joined RUHS-BH in 2017. In her previous role with Prevention and Early Intervention, Michelle provided support and technical assistance to the Community Mental Health Promotion Programs (CMHPP) and Promotores/as de Salud Mental. These programs address the needs of the culturally diverse community throughout Riverside County.





RUHS – Behavioral Health

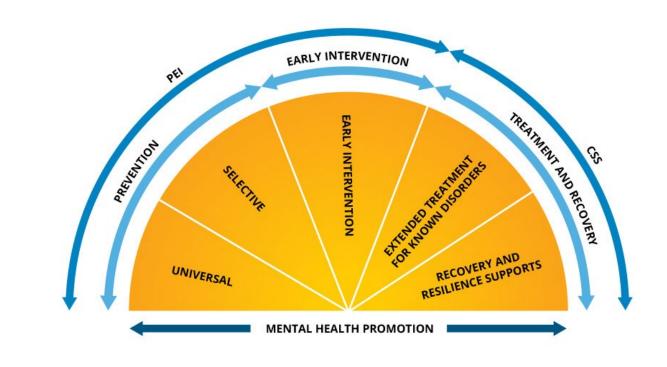
Mental Health Services Act (MHSA)

Prevention and Early Intervention Promotores de Salud Mental Overview



Mental Health Services Act

- Formerly Proposition 63
- 1% tax on personal income over \$1 million
- Became effective January 1, 2005

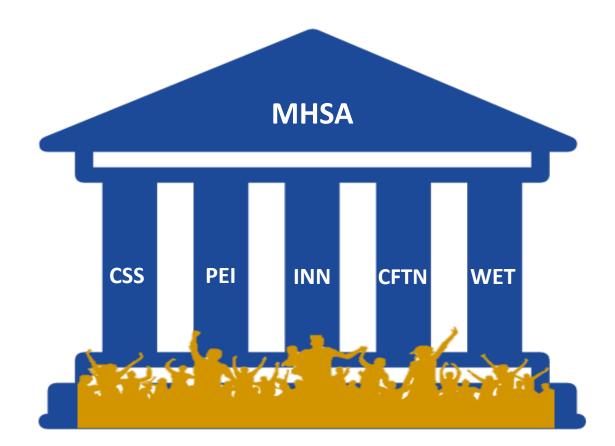






Five Required Components of MHSA

Community Services and Supports Prevention and Early Intervention Innovation Capital Facilities and Technology Needs Workforce Education and Training



Goals of Prevention and Early Intervention

Increase Increase community outreach and *awareness* regarding mental health within unserved and underserved populations.

Reduce Increase awareness of mental health topics and *reduce* discrimination and stigma related to mental health.

Prevent Prevent the development of mental health issues by building protective factors and skills, increasing support, and reducing risk factors or stressors.

Train Increase education and awareness of Suicide Prevention; implement strategies to eliminate suicide in Riverside County; train helpers for a suicide-safer community.

Address a condition *early* in its manifestation that is of relatively low intensity and is of relatively short duration (less than one year).



Riverside County PEI Plan

Riverside Work Plans:

- MH Outreach, Awareness, & Stigma Reduction;
- Parent Education & Support;
- Early Intervention for Families in Schools;
- TAY Project;
- First Onset for Older Adults;
- Trauma Exposed Services;
- Underserved Cultural Populations
- Specialized programs for ages 0 to 65+

All services are free of charge

Early Intervention and ACEs



Adverse Childhood Experiences

- 1. Physical abuse
- 2. Sexual abuse
- 3. Emotional abuse
- 4. Witnessed domestic violence
- 5. Divorce/separation of parents
- 6. Emotional neglect
- 7. Physical neglect
- 8. Substance use in the home
- 9. Mental illness in the home
- 10. Incarceration of household member



What is Trauma and why we need to talk about it

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional or spiritual well-being. -SAMHSA (Substance Abuse Mental Health Services Administration)



How may experiencing trauma in childhood affect a person?

- Risk for Intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Chronic Obstructive pulmonary disease
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease



Promotores Program Goals

- Provide reliable information about mental health to the Latinx/Hispanic community
- Reduce stigma related to accessing mental health services
- Provide local resources for *early access* to services
- Emphasis on cultural lens

Current Available Topics:



Promotores de Salud Mental y Bienestar





Contact: Yoana Luna or Maria Gallardo

Yoana@visionycompromiso.org mariag@visionycompromiso.org

Serving: Hispanic/Latinx Western and Desert Region

Members of the community serving their community

Provide services in non-traditional, non-stigmatized locations

Requirements:

- 40 Hr. Mandatory Training supervised by PEI
- Supervision by Program Manager
- Fidelity observations by PEI
- Passion to serve the community!

Current Available Topics

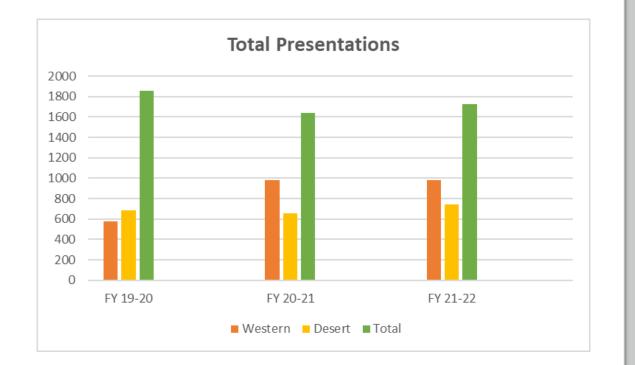
- •MH 101
- Trauma
- •Depression
- •Suicide Prevention
- Anxiety
- Bipolar Disorder
- Schizophrenia
- •Grief and Loss

Promotores de Salud Mental y Bienestar Outcomes

15,431 CO Individuals Served Loc (FY 20 – FY 22)

COVID-19 Lockdown Adapted to Virtual Formats

	FY 19-20*			
	Western		Desert	
Male	164	19%	262	26%
Female	658	78%	746	74%
Total	847		1,008	
		FY 2	0=21	
	Western		Desert	
Male	932	24%	808	30%
Female	2,896	76%	1,864	70%
Total	3,828 2,673			
		FY 2	1-22	
	Western		Desert	
Male	950	24%	1,062	34%
Female	2,958	76%	2,105	66%
Total	3,908		3,167	



Promotores de Salud Mental y Bienestar Outcomes

Questions	FY 21-22	FY 20-21	FY 19-20
The information presented was easy to understand.	4.97	4.99	4.86
The presenter was enthusiastic when presenting the			
information.	4.97	4.99	4.82
I would recommend to my friends and family			
members that they attend a presentation like this.	4.97	4.99	4.87
The material in the presentation gave me a better			
understanding of the early signs of mental health			
issues	4.96	4.99	4.84
As a result of this presentation			
I feel I am better able to talk about this topic with			
my family and friends.	4.87	4.94	4.56
I know mental illness can me managed and treated.	4.95	4.99	4.86
I feel comfortable seeking help for a family member			
or myself			
	4.92	4.95	4.8
I know where to seek resources for a family member			
or myself	4.92	4.99	4.81



Visión y Compromiso



Community Mental Health Promotor Program



Asian American/Pacific Islander **Special Services for Groups** Special Service Contact: Estee Song

esteesong@apctc.org Serving: Western and Mid-County Regions



African American/Black African American Health Coalition **Contact: Linda Hart** Hartl.aamhc@gmail.com

Serving: Western, Mid-County and Desert Region



Native American/American Indian Riverside San Bernardino County Indian Health Inc. Contact: Vernon Motschman vmotschman@rsbcihi.org Serving: Western, Mid-County and Desert Regions



LGBTQIA+ Borrego Health Contact: Angel Marin amarin@borregohealth.org Serving: Desert Region



For more information about Promotores de Salud Mental or other PEI Programs

951-955-3448 PEI@ruhealth.org

https://www.ruhealth.org/behavioral-health/preventionearly-intervention





5 Minute Break



Curley Palmer & Keiyana Carter

Presentation:

Rallying Around Sisters: Uplifting Perinatal Mental Health Supports



Curley Palmer, Perinatal Equity Initiative



Keiyana Carter, Black Infant Health



Rallying Around Sisters

Redefining and Strengthening the Village



#BLACKMATERNALHEALTHWEEK

black infant health♥

Empowering Pregnant and Motheri African-American Women RUHS-PH MCAH Black Infant Health & Perinatal Equity Initiative

Rallying Around Sisters: Uplifting Perinatal Mental Health Supports

April 19, 2023

Keiyana Carter, Black Infant Health

Curley Palmer, Perinatal Equity Initiative

erside

University

HEALTH SYSTEM

Public Health

California Department of

Mission Statement To prevent disease and promote optimum wellness in the population of Riverside County using evidenced based knowledge from nursing, social and public health service, to achieve positive measurable outcomes.



TELLING OUR DATA STORY



DID YOU KNOW?

Compared to infants of other ethnicities, African American infants in Riverside County are:

- **1.3** times more likely to be born premature
- 1.5 times more likely to be born with a low birth weight
- Nearly two times more likely to die during their first year of life
- African American women are 4X more likely to have complications during pregnancy

Public Health

• Data shows that perinatal mood and anxiety disorders (PMADs) are the most common complication of pregnancy and have been found to have long-term implications for both mother and child.

•Nearly 17% of women will be diagnosed with major depression at some point in their lives and those numbers are twice as high in women who live in poverty.

PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Source: Lomonaco-Haycraft, Kimberly C et al. "Integrated perinatal mental health care: a national model of perinatal primary care in vulnerable populations." Primary health care research & development, vol. 20 1-8. 18 Jun. 2018,

doi:10.1017/S1463423618000348



What Is Marine What Is and the second second



Black Infant Health

A program that has been in existence for more than 30-Years





Empowering African American Women, Children and Families for a Healthier Tomorrow!





GIDTE TTEGTT



Black Infant Health Program

- Black Infant Health is a program for pregnant African-American women.
- Experts believe that social, economic, and racial stressors play an important role in birth outcomes for African-American women and their infants, whether born prematurely or with low birth weight.



MEET EBONIE





https://youtu.be/Rwg6lXJiCsQ

BLACK INFANT HEALTH (BIH) ELIGIBILITY

Self-Identified African American Women
Pregnant or up to 6 months Postpartum
16 years old and older
Live in Riverside County









BIH

- 20 Group Sessions
 - 10 Prenatal
 - 10 Postpartum
- Individual Life Planning
- Transportation Assistance
- Case Management
 - Public Health Nurse

• Social Worker Services HEALTH SYSTEM Public Health

Group Session Topics

- Cultural Heritage as a Source of Pride
- Healthy Pregnancy, Labor & Delivery
- Nurturing Ourselves & Our Babies
- Prenatal, Postnatal & Newborn Care
- Stress Management
- Healthy Relationships
- Celebrating Our Families





Perinatal Mental Health Support... How Are We Doing?



2015-2018 Black Infant Health (BIH) Program Evaluation Intermediate Outcomes Among Prenatal Group Model Participants

- These outcomes were analyzed using data shared by 1,571 participants who participated in at least one prenatal group session, and who completed assessments both before/during the program and prior to the birth of their child. The outcomes are as follows:
 - > 51% decrease in smoking within the last month.
 - > 45% decrease in food insecurity.

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- 38% increase in the use of yoga, deep breathing, and/or meditation to manage stress.
- > 35% decrease in depressive symptoms.
- 33% increase in intention to put baby to sleep on their back.

Data Source: Data includes participants that were recruited and enrolled over 3 state fiscal years (July 1, 2015 – June 30, 2018) and completed a baseline and follow-up survey (n=1571). Extracted from BIH State data system on 12/31/18.

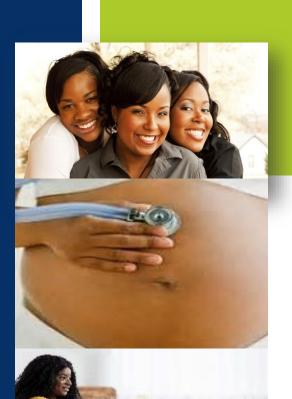




Figure 1. BIH participants agreed or strongly agreed that BIH helped them.

0 0-0	Build stronger social connections	94.5%
(***)	Manage stress	94.5%
×\$ ×	Set goals	97.4%
	Achieve goals	92.9%

2015-2018 Black Infant Health Program Evaluation Participant and Staff Perceptions about the Program

Riverside University HEALTH SYSTEM Public Health

Data Source: Data includes BIH participants that were recruited and enrolled over 3 state fiscal years (July 1, 2015 – June 30, 2018) and completed a satisfaction survey (n=745). Extracted from Efforts to Outcomes (ETO) data system on 12/31/18.

Figure 2. How Has BIH Made a Difference in Your Life?

Top Three Topics in Responses

Life changing experience (Empowerment)

Information provided

Social support

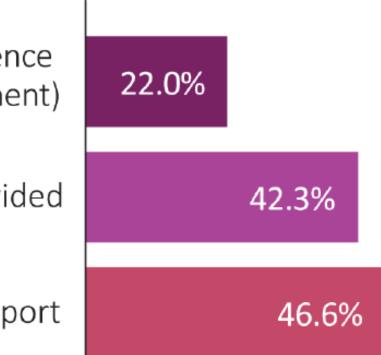






Figure 3. What Did You Like the Most About the BIH Program?

Top Three Topics in Responses

Information and activities40.0%The staff44.8%The group and
the women73.9%

Data Source: Data Includes BIH participants that were recruited and enrolled over 3 state fiscal years (July 1, 2015 – June 30, 2018) and completed a satisfaction survey (n=745). Extracted from BIH State data system on 12/31/18. Percentages do not add to 100% as responses could include multiple topics.





Figure 4. BIH staff work experiences

Data is the percent of respondents who agreed or strongly agreed with the statement.

My work is rewarding	94.6%
I have the information I need to do my work right	95.7%
I have enough time to do my work right	97.4%
There are usually enough people or staff to get all the work done	59.8%
I find my work stressful	58.0%

Data Source: Data includes BIH staff working for the Program in October and November of 2018 (n=94).



Figure 5. BIH staff perceptions of how effective the program is at meeting intermediate health outcomes

Data is the percentage of respondents who agreed or strongly agreed with the statement "BIH program is effective at..."

Helping participants become empowered	97.8%
Increasing participants' social support	97.8%
Improving participants' abilities to cope with stressful circumstances	94.7%
Promoting healthy behaviors among BIH participants	98.9%
Connecting participants with the services they need	95.7%



Data Source: Data includes BIH staff working for the Program in October and November of 2018 (n=94).



PHQ-9 ASSESSMENT





- The PHQ-9 is the nine item depression scale of the patient health questionnaire.
- The nine items of the PHQ-9 are based directly on the nine diagnostic criteria for major depressive disorder in the DSM-IV. The PHQ-9 can function as a screening tool, an aid in diagnosis, and as a symptom tracking tool that can help track a patient's overall depression severity as well as track the improvement of specific symptoms with treatment.
- ADVANTAGES OF THE PHQ-9
 - Shorter than other depression rating scales
 - Can be administered in person by a clinician, by telephone, or self-administered by the patient
 - Facilitates diagnosis of major depression
 - Provides assessment of symptom severity
 - Is well validated and documented in a variety of populations
 - Can be used in adolescents as young as 12 years of age

FREQUENCY: Given to every mother at 6-8 weeks postpartum, and on as needs basis



BIH IMPORTANCE OF SELF-CARE (Mental Health)

"In Order to Pour Into Others, We Must Pour Into Ourselves"









BIH DRIVE-THROUGH BABY SHOWERS DURING COVID-19 PANDEMIC



出公

POSTPARTUM GRADUATES



ALL PHOTOS TAKEN BEFORE COVID-19 PANDEMIC Riverside University HEALTH SYSTEM Public Health



Other BIH Activities That Promote Positive Mental Wellbeing

Vision Board Sessions

Black Breastfeeding Week

Mother's Day Celebrations





Perinatal Equity Initiative



PEI PURPOSE

The purpose of PEI is to address the causes of persistent inequality and identify best practices to deal with disparities in Black infant mortality.

PEI promotes the use of specific interventions designed to fill gaps in current programming offered through the Black Infant Health (BIH) Group Model.





2 PEI Interventions Selected



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Community Doula Services Program Intervention

- Serving Pregnant African American women in Riverside county.
- Services offered:
 - 3 Prenatal Visits
 - Labor & Delivery Support
 - 2 Postpartum Visits
 - Lactation Support (prenatal & postpartum)
 - Perinatal Community & Mental Health Resources

Fatherhood Initiative Services Program Intervention

- Serving fathers in a relationship with pregnant or parenting African American women living in Riverside county.
- Services offered:
 - Free 24/7 Dad Classes
 - Fatherhood Coalition
 - Connection to Community & Mental Health Resources



Doulas Boost Mental Wellbeing

- PROVIDES CONTINUOUS PHYSICAL & EMOTIONAL SUPPORT (PRENATAL,
- L& D, POSTPARTUM)
- PROVIDES CULTURALLY AFFIRMING SUPPORT
- PROVIDES GUIDANCE FOR SPOUSE OR

PARTNER

- EMPOWERS CLIENTS TO SELF-ADVOCATE
- CREATES POSITIVE BIRTHING EXPERIENCES
- SHARES POSITIVE AFFIRMATIONS
- MAY RECOGNIZE PERINATAL MOOD & ANXIETY DISORDERS REQUIRING MENTAL HEALTH ASSISTANCE



FATHERS INVOLVEMENT POSITIVELY IMPACTS MENTAL WELLBEING OF FAMILIES OVERALL





Rallying Around Sisters

Redefining and Strengthening the Village



Black Maternal Health Week April 11-17th





Empowering Pregnant and Mothering African-American Women



You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot - it's all there. Everything

INFLUENCES each of

us, and because of that I try to make sure that my experiences are **POSITIVE**.



References

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Public Health

CONTACT INFORMATION

Keiyana Carter BlH Outreach Liaison Kei.carter@ruhealth.org Curley Palmer PEI Program Coordinator CuPalmer@ruhealth.org

TO REFER TO BLACK INFANT HEALTH PLEASE CALL (800) 794-4814







Share Your Thoughts

How can we make the quarterly hybrid meetings more engaging and interactive among attendees?



Kindly take our survey

Your feedback will help us advance health equity in Riverside County, together!

Thank You!



The survey link is also in the chat.



Partner Updates



Health Equity Program Update



Community COVID-19 Impact Hub

The Health Equity Program is gathering input on how our communities and neighborhoods have been impacted by the COVID-19 pandemic.

A **Community COVID-19 Impact Hub** created **by the community for the community.**

This Hub will:

- Display social & health inequity data
- Share community curated resources
- Promote policy, program, & communitydriven solutions



Image Source: Boston College

Your community's stories will contextualize our data.



Covid-19 Health Equity Questionnaire

The Health Equity Program is gathering input and contextualizing how our communities and neighborhoods have been impacted by the COVID-19 global pandemic on an ongoing basis via our questionnaire.

We invite you to take and share our questionnaire with the community.

EVERYONE'S VOICE MATTERS! THANK YOU FOR YOUR PARTICIPATION!

Questionnaire Link

English: <u>https://www.surveymonkey.com/r/ZHYKDV5</u> Español : <u>https://es.surveymonkey.com/r/NZ2K3GG</u>

Questionnaire QR Code

English Version

Español Version





Follow Us on Social Media







Links in Chat





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apalably

Image: Object of the second second





Share Your Thoughts

Kindly take our survey. Your feedback will help us advance health equity in Riverside County, together!

Thank You!



The survey link is also in the chat.





Riverside County Health Coalition Contact

Riverside County, Health Equity Program RUHS – Public Health, Epidemiology & Program Evaluation <u>RivCoHealthEquity@ruhealth.org</u>



RCHC LinkTree



RUHS-Public Health



COVID-19 Testing & Treatment Locations- Riverside County

Community Events and Resources

Partner Events

Partner Resources

RCHC Meeting Archives

"Honoring Native Voices: Building Paths for Collaboration" Oct. 2022 Mtg. Video

"Honoring Native Voices: Building Paths for Collaboration" Oct. 2022 Mtg. Zoom Recording, Slides, & Notes

"Promoting Inclusivity of Communities with Disabilities and Unique Needs," July 2022 Mtg. Zoom Recording, Slides, & Notes



Social Media Links



Next meeting: Wednesday, July 19th, 2023 Meeting will take place virtually and in-person

