

2022 – 2025

Beach Cities Health District Community Health Report





Youth Health Priorities



Physical & Brain Health

- LiveWell Kids Garden & Nutrition
- LiveWell Tots
- Palos Verdes School Gardens
- Garden Angels
- Healthy School Grants
- School Wellness Councils



Mental Health

- Beach Cities Partnership for Youth
 - Steering Committee
 - Youth Advisory Council
 - Parent Advisory Group
 - School Advisory Board
 - Mental Health Provider Task Force
- Panorama Education
- MindUP
- Second Step
- School Well-Being Line
- **allcove Youth Wellness Center**
- Worksite Wellness



Public Health & Safety

- COVID-19 Health & Safety
 - Summer COVID-19 testing for RBUSD staff
- Bike safety education
- Safe Routes to School



Substance Use

- Drug-Free Communities Grant
- Opioid Awareness
- Juvenile Diversion Project
- Families Connected Speaker Series
- Families Connected Parent Chat
- Tobacco Use Prevention Education (TUPE)

COVID-19 Response



BCHD's COVID-19 vaccine efforts included **74 clinics**, with more than **23,100 doses** administered.



More than **16,800 vaccine doses** were administered to people aged 12+.



More than **6,200 vaccine doses** were administered to 5-11 year olds at **18 clinics**.



55% of vaccine doses were administered to Beach Cities residents.



BCHD's COVID-19 testing site was in operation **401 days**, administering **155,684 tests**.



After BCHD's community testing site closed, BCHD worked with school districts to provide ongoing testing for students and employees. **More than 4,200** COVID-19 tests have been provided to our school partners.



8 South Bay school districts utilized the Symptom Assessment Tool, presented by Children's Hospital Los Angeles and BCHD, with **356,860 total uses** of the screener for students and staff to safely access campus.



185 vaccine doses were administered to **90 individuals** in their homes. 83% were Beach Cities residents.



2,616 errands were completed for those safer at home and needing assistance during COVID-19.



4,712 meals were delivered to Beach Cities residents.



More than **500 volunteers** volunteered with BCHD to support COVID-19 efforts.



More than **10,800 calls** were received by our Assistance, Information and Referral line.



More than **1,700 calls** received by our School Well-Being Line to provide COVID-19 support for students and school staff, along with ongoing mental health information and referrals.



18,484 well-being calls were made to Care Management Clients to provide social connection, emotional support and to ensure their basic needs were met.



172 business pledges were secured for the Safe in the South Bay program.



More than **45,000 webpage** views for bchd.org/coronavirus and more than **597,000 webpage views** for all COVID-19 webpages combined from 1/1/20 through 12/31/21.

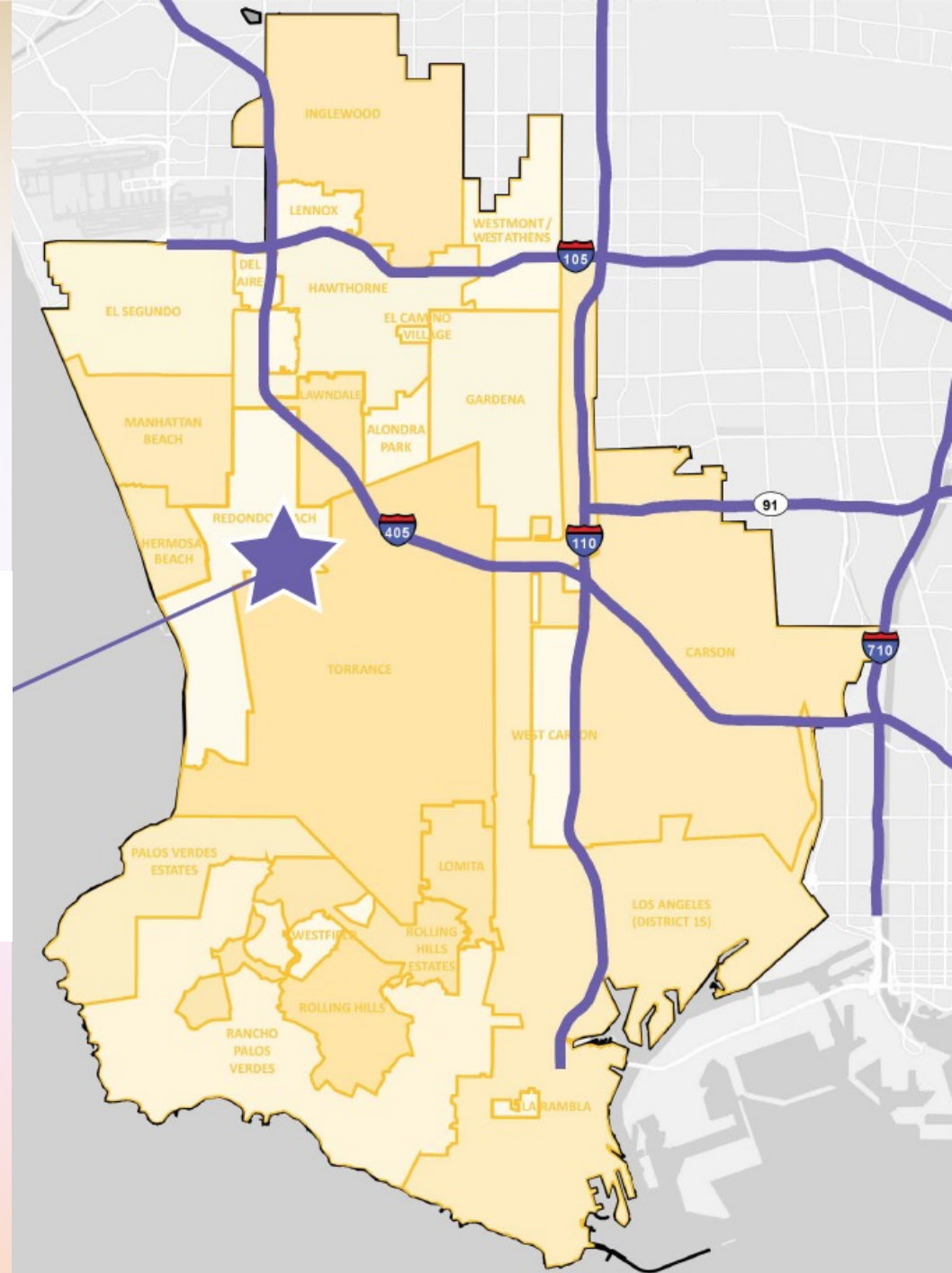


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where every youth belongs, chooses the support they
need and thrives

Serving young people ages 12-25 in the South Bay

allcove Beach Cities opening at **Beach Cities Health District**, 514 N. Prospect Ave. 4th Floor, Redondo Beach. and serving the greater South Bay



Mental health crisis among young people



50%

of all lifetime cases of mental illness start by age 14.



75%

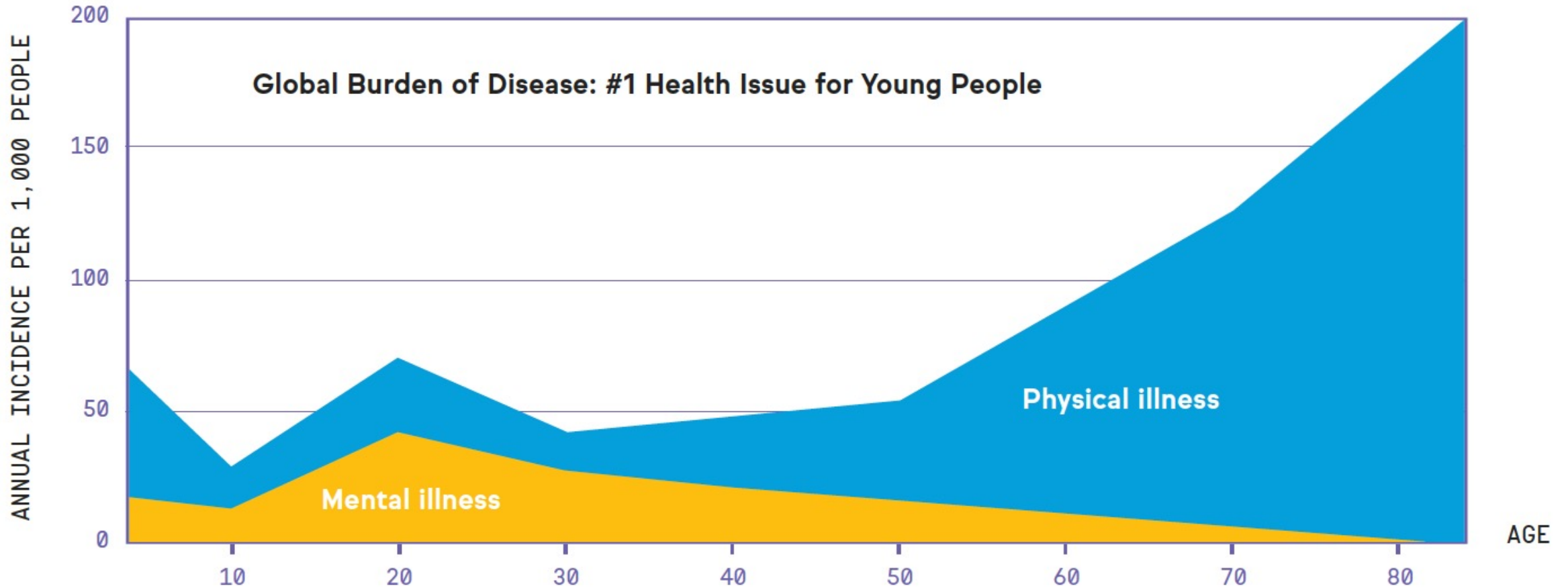
start by age 24.



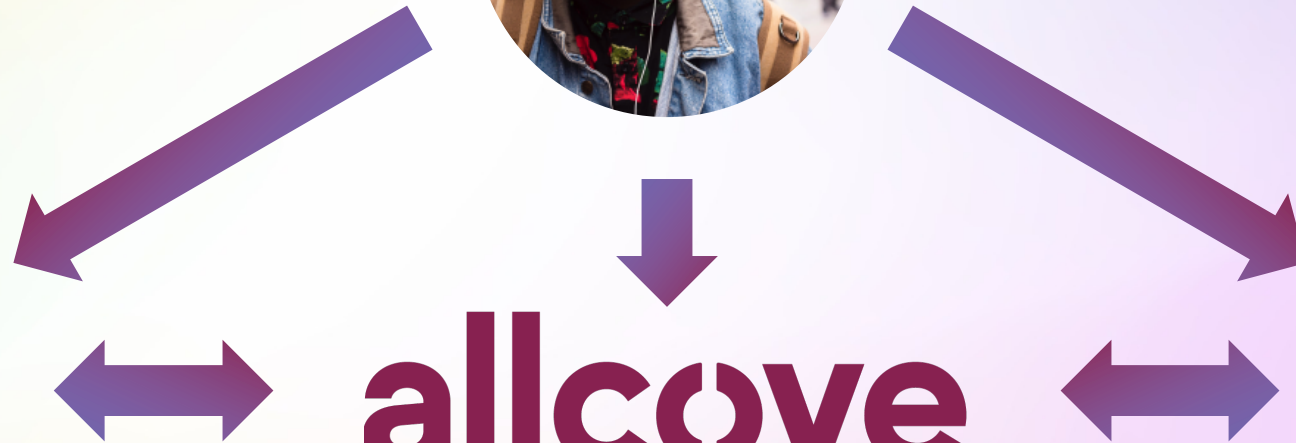
79%

do not access care.

Kessler, R., Berglund, P., Demler, O. (2005). Lifetime Prevalence and Age-of-Onset Distributions of DSM-IV Disorders in the National Comorbidity Survey Replication



A mental health continuum for young people








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allcove provides youth-centered, integrated care through prevention and early intervention with easy and affordable access.

Service Continuum of Mental Health Care for Young People:

 PREVENTION	 EARLY INTERVENTION	 ENGAGE & SUPPORT	 INTENSIVELY TREAT	 STABILIZE CRISES
<p>Services provided at allcove</p>			<p>Services linked through allcove</p>	
<p>Education</p> <hr/> <p>Skill-building</p> <hr/> <p>Support protective factors, reduce risk factors</p> <hr/> <p>Training</p>	<p>Screening to detect risk, trauma and early signs</p> <hr/> <p>Link and refer to support, self-help, counseling</p>	<p>Client-centered plan</p> <hr/> <p>Case management</p> <hr/> <p>Counseling and education</p> <hr/> <p>Medication, if needed and desired</p>	<p>Rehabilitation and recovery services</p> <hr/> <p>Residential treatment, if needed and desired</p>	<p>24/7 response</p> <hr/> <p>Naloxone and withdrawal management</p> <hr/> <p>Partial hospitalization or psychiatric health facility</p> <hr/> <p>Intensive outpatient or crisis residential</p>

Source: Answering the Call to Action: A Vision for All Californians' Behavioral Health

What makes allcove unique?

- Youth-centered care co-designed with young people
- Focus on prevention, screening and early intervention services
- Community works to build youth resilience, increase early help-seeking, reduce stigma and increase mental health literacy
- Rapid, easy and affordable access for youth ages 12-25
- Integrated and multidisciplinary care coordinated with the local youth-serving system



Program Implementation - Service Streams

Mental health

Physical health

Substance use

Peer support

Family support

Supported education and
employment

Life skills/Wellness services

Clinical services: Mental health

Recommended evidence-based short-term mental health services may include:

- Assessment and screening
- Brief face-to-face mental health interventions with the young person and their family
- Psychological or psychiatric consultation and brief intervention
- Individual motivational interviewing with the young person
- Mental health awareness and psychoeducation with the young person
- Mental health awareness and psychoeducation with family
- General family support to assist families in supporting their young people
- Group programs for young people and families
- Referral and linkages to other services

Clinical services: Physical health

Physical health services at allcove may include:

- Physical exam and checkup
- Gynecological exam (pap, breast)
- STD testing and treatment
- HIV prevention pre-exposure prophylaxis (assessment and prescription)
- Pregnancy testing
- Birth control and emergency contraceptive
- Nutrition service
- Flu shot
- TB testing
- Immunization
- Vision and hearing exam

Clinical services: Substance use

Recommended evidence-based short-term substance use services may include:

- Assessment and screening
- Brief face-to-face substance use interventions with the young person and their family
- Counseling
- Group programs for young people and families
- Referral and linkages to other services
- Narcan/Naloxone education
- Overdose prevention and response trainings
- Prevention education
- Youth-led advocacy opportunities
- Smoking cessation
- Harm reduction initiatives like anonymous medication surrender or needle exchanges

Peer support

Young people can connect with peers their own age who've been through what they are going through and can help them make sense of it all.

Peer support services at allcove may include:

- Peer welcome upon entrance to allcove Beach Cities
- Peer support resource referrals and case management by Peer Support Specialists
- Peer-to-peer tutoring
- Peer support groups for young people
- Peer-led workshops and trainings

Family support

For family members seeking to connect the young people in their lives to resources and support with whatever they are facing

Family support services at allcove may include:

- Parent/Family support groups
- Parent/Family psychoeducation and workshops
- Skill development supports: Parent/partner model, how to motivate your teen, for example

Supported education and employment

Supported education and employment services at allcove may include:

- Tutoring
- Career coaching
- Financial literacy workshops
- Mentorship
- College application supports
- Resume-building and interviewing practice
- Job placement referrals
- Job readiness (what to do after you get a job, what to ask, etc.)
- Time management preparation
- Strengths assessments
- Training courses

Life skills and wellness services

Life skills and wellness services at allcove may include:

- Workshops and trainings on culinary arts, housing, independence, gardening and laundry
- Courses and classes in yoga, mindfulness, hope, coping skills and more
- Therapeutic opportunities for art and music, and other creative outlets
- Purpose workshops
- Outdoor field trips/ nature days
- Certifications in CPR, babysitting, emergency preparedness
- Animal therapy

Program Implementation – Service Providers

NAME	SERVICE STREAM
Creative Life Mapping	Wellness & Life Skills – Career & College Prep
Elham Raker, M.D., Parent coach	Wellness & Family Support – Parent Support Groups
Indivisible Arts	Wellness & Life Skills – Creative Arts and Culture
Richstone Family Center	Mental Health – Counseling and Support Groups
South Bay Children’s Health Center	Mental Health – Counseling and Support Groups
South Bay Families Connected	Wellness & Family Support – Parent Education & Engagement
Taking Time	Mental Health – Bereavement Support
Thelma McMillen Recovery Center	Substance Use – Prevention & Counseling
UCLA Health/ Venice Family Clinic	Physical Health, Mental Health, Family Support, Wellness & Life Skills – Physician, Psychiatrist, Nurse, Clinician
Volunteer Center South Bay	Wellness & Life Skills – Community Impact & Peer Support

**allcove Beach
Cities Youth
Advisory Group
2022-2023**



Adapted and fully developed by local youth



Facility and physical design



Shared decision making



All marketing



allcove policies and procedures



Advocacy



Outreach and recruitment strategies



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- Entrance and check-in
- Physical health services
- Staff area

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There is a crack in everything. That's how the light gets in. -Liam Neeson	 Name Location	find your moment.
 Name Location	While there is life there is hope. -Liam Neeson	 Name Location
find your center.	 Name Location	alcove reminds me to take a breath. -Lisa, San Jose



Financial sustainability

Goals

- Services will be provided free of charge to young people 12-25.
- allcove centers will become self-sustaining through a mix of public-private partnerships and novel reimbursement models.

Short-term

- **BCHD receiving \$2 million from state Mental Health Services Act grant for 4-year term** (*December 2021-2025*)
- **BCHD receiving \$1 million from federal community project funding** (*June 2022-2025*)

Long-term

- **Explore and develop public reimbursement funding mechanisms for allcove services**
- **Explore and pursue reimbursement of cost sharing with private payers**

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OPENING OCTOBER 2022

allcove Beach Cities in the Healthy Living Campus



The Health Living Campus has been a multi-year endeavor. The project has undergone four revisions based on community feedback and input from expert structural and financial consultants.

2017 Initial Concept



- V1 Concept featured addition of building with renovations to the existing hospital building
- V2 and V3 featured changes to the orientation and height based on community feedback

2019 Master Plan Concept



- After learning more about structural issues with the 514 building, BCHD took a broader look at the campus with a Master Plan approach
- A whole-campus approach redesign with demolition of the 514 building, added 420 RCFE units, a Community Wellness Pavilion and maximized open space.

BCHD Board Approved Master Plan



A pared-down Master Plan was presented in June 2020 and includes:

- Fewer Units: Reducing RCFE units from 420 to 217
- Smaller Building Sizes: 426,000 sf to 253,700 sf
- Less Construction Time: From nine to five years in two phases (instead of three phases)

Master Plan



Phase 1

- BCHD Programs & Services
 - **allcove Youth Wellness Center**
 - Care Management
 - Information & Referrals
- Residential Care for the Elderly
- Program of All-Inclusive Care for the Elderly
- Active Open Green Space
- Parking

Phase 2

- Community Wellness Pavilion
- Aquatics
- Center for Health & Fitness
- Parking

Fewer Units: Reducing RCFE units from 420 to 217

Smaller Building Sizes: 426,000 sf to 253,700 sf

Less Construction Time: From nine to five years in two phases (instead of three phases)

BCHD Adult Mental Health Programming

