



## Population Health Trust January Newsletter

### *Community Advisory Board to the Skagit County Board of Health*

**January 25, 2023**

Welcome to a new year! As we look forward to the months ahead, we wanted to share a few updates on the [2022 COVID Recovery Plan](#). The plan, available on our website in both Spanish and English, is a call to action; a way to bring us together in focused efforts with the goal of improving health for ALL Skagitonians.

The plan consists of 17 goals and 26 strategies designed to tackle key areas found to be impacting health our community in the [2020-2021 Community Health Assessment \(CHA\)](#):



- Equity
- Housing
- Access to Care
- Behavioral Health
- Child Care
- Economic and Fiscal Security
- Food Security

Funding from the American Rescue Plan Act (ARPA) will be used to turn key goals and strategies into action. Below are brief descriptions of two initiatives that have already launched. Additional projects will be highlighted in future newsletters.

#### **Latinx Mental Health Matters (Cross-Over Strategy)**

Utilizing [Mental Health Matters](#) (MHM), a community and evidence-based program, the project will train up to 140 Peer Mental Health Navigators (PMHNs) (in English and Spanish) to promote mental health within their communities by connecting individuals, families, and caregivers to the resources, expertise, and care they need to thrive.

### **Child Care Provider Retention and Expansion (Child Care)**

Through partnerships with the Opportunity Council/Child Care Aware and the Center for Inclusive Entrepreneurship, this project consists of three initiatives designed to expand child care in the area. A bilingual Behavioral Health Clinician will help with retention of current providers by providing support and strategies to those feeling challenged by behavioral issues among children. Start-up grants, paired with training, will expand opportunities for Black, Indigenous, and People of Color (BIPOC) and other families to open child care centers. Finally, the project provides a start-up investment for an employer-based on-site child care center.

Health happens where we live, work, and play. We would love the opportunity to meet with you, your organization, agency, or business to discuss the plan and generate ideas on how you can contribute. We can all do our part to improve community health!

Thank you for your partnership in keeping Skagit County healthy!



The Population Health Trust was founded in 2015 and is the Community Advisory Board to the Skagit County Board of Health. For more information, check out our [website](#).

### **Population Health Trust**

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