



# Population Health Trust February Newsletter

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

**February 28, 2023**

While things often move at a slower pace during the winter, it has been a busy month for the PHT. Projects created in response to the 2022 COVID Recovery Plan continue to move forward with others set to launch later this spring.

The 2022 COVID Recovery Plan was designed to bring the community together in focused efforts to help deal with the pressures placed on individuals, families, organizations, and systems within Skagit County.

To address these challenging and highly complex social issues, we utilize an approach known as collective impact. This approach invites key players (businesses, non-profits, medical systems, government, education, law enforcement, behavioral health, etc.) to work together to understand the nature of the challenges facing community. By defining common goals, seeking alignment on them, and implementing mutually reinforcing activities, the disparate initiatives by many partners can support the commonly designed plan for improving health and wellness.

The PHT utilized this model with workgroups focused on opioids and the first 1,000 days of a child's life. We will use this same approach for our next workgroup focused on food security. In preparation for launch, we have been busily reviewing available data and connecting with local organizations. The first steering group meeting will take place mid-March.

FOOD SECURITY (FS) 	GOALS
	<ol style="list-style-type: none"><li>1 All Skagit County residents, especially those experiencing poverty or access challenges - children, seniors, indigenous populations, and those with disabilities - have access to enough nutritious food every day.</li><li>2 Skagit County has a resilient local food economy that makes affordable, healthy, sustainable, and culturally appropriate food the norm for everyone.</li></ol>
STRATEGIES	
<b>FS1</b> Advocate for community-based programs that ensure culturally relevant and nutritious foods are available and affordable for all Skagit residents, especially for families with children and other vulnerable populations.	<b>FS2</b> Support a thorough assets and gaps analysis to understand food security vulnerabilities and to create a collaborative vision for collective action and policy development.

## Additional updates on COVID Recovery Plan projects:

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

The project has officially launched! Individuals will be trained for the Spanish language Peer Mental Health Navigators (PMHNS) in March. These navigators will promote mental health in 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 Skagit County. In the past month, work has begun to recruit a Behavioral Health Clinician to help small child care agencies with the stresses they see in staff, families, and children.

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Thank you for your partnership to keep 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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