

ANNUAL REPORT

FY 22-23



BEACH CITIES HEALTH DISTRICT

(BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach, California. Established in 1955 as a public agency, BCHD offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent disease across the lifespan.

VISION

A healthy beach community.

MISSION

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

BOARD OF DIRECTORS

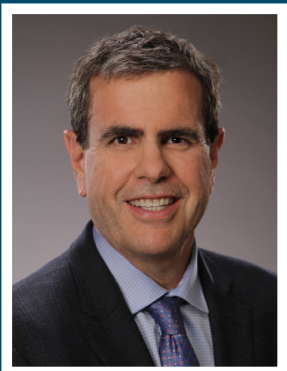
Michelle Bholat, M.D.
Noel Chun, M.D.
Jane Diehl
Martha Koo, M.D.
Vanessa Poster

CHIEF OFFICERS

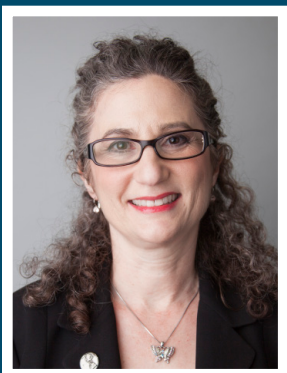
Tom Bakaly
Chief Executive Officer
William Kim, M.D.
Chief Medical Advisor
Kerianne Lawson
Chief Programs Officer
Cristan Mueller
Chief Health Operations &
Communications Officer

Ali Steward
Chief Partnership
Development Officer
Monica Suua
Chief Financial Officer
Megan Vixie
Chief Engagement Officer





CEO
Tom Bakaly



BCHD Board President
Vanessa Poster

DEAR BEACH CITIES RESIDENT,

During the 2022-23 fiscal year, our Beach Cities Health District (BCHD) team was back to serving the Beach Cities community in a similar fashion to how things were pre-pandemic. We were back in schools delivering nutrition and education curricula in the gardens, out in the community hosting free workshops and fitness classes, and working with our older adult clients providing care for them to age safely at home. While work continued in our four health priorities (Mental Health, Physical and Brain Health, Public Health and Safety, and Substance Use), we focused our attention primarily on mental health, which continues to be vital as our community recovers from the COVID-19 pandemic.

For instance, mental health was at the forefront last fall as we opened the doors to allcove Beach Cities, the new integrated youth mental health center designed with, by and for youth. allcove Beach Cities is a place for young people ages 12-25 to take a moment of pause and access a range of services that include mental and physical health, supported education and employment, substance use, peer and family support, and life skills and wellness. Learn more on page 18 to see how allcove Beach Cities is progressing.

In addition to focusing on the mental health of our young people, we've also supported educator well-being through worksite wellness challenges. Tailored challenges focus on improving self-care, promoting social connection and include trainings on strategies for how best to support youth mental health. Supporting our teachers and school administrators in turn further supports our young people.

For Mental Health Awareness Month in May, BCHD was awarded \$149,943 through the Take Action for Mental Health Los Angeles County Mental Health Awareness Month Community Grant from the California Mental Health Services Authority (CalMHSA). BCHD worked with the cities, school districts and chambers of commerce of Hermosa Beach, Manhattan Beach and Redondo Beach, Assemblymember Al Muratsuchi and Los Angeles County Supervisor Holly J. Mitchell and many more community partners for the "Mental Health is Health" community-wide campaign.

Through facilities, events, programs and services, we're able to promote mental health for our community across the entire lifespan. We're so grateful for the partnerships at the city, county, state and federal levels – we could not be as successful as we are without these community partnerships and look forward to seeing what the next year holds.

Yours in health,

Tom Bakaly,
Chief Executive Officer

Vanessa Poster,
BCHD Board President

HEALTH PRIORITIES

Every three years, Beach Cities Health District assesses the overall health of the Beach Cities using a variety of data sources to prepare a Community Health Report. The 2022-2025 report guides our strategic planning process with the indication of health priorities and provides an opportunity to evaluate current programming. It focuses on evidence-based public health practices, which the Centers for Disease Control and Prevention defines as the integration of science-based interventions with community preferences for improving population health.



2022 – 2025 Health Priorities



Mental Health



Physical and Brain Health



Public Health and Safety



Substance Use

Mental Health

- Decrease anxiety, depression and suicidal ideation across the lifespan
- Decrease bullying across the lifespan
- Decrease isolation and loneliness across the lifespan
- Increase access to early intervention mental health services for youth
- Increase stress management across the lifespan to decrease stress

Physical and Brain Health

- Increase exercise participation across the lifespan
- Increase fruit and vegetable consumption across the lifespan
- Promote brain health across the lifespan
- Promote healthy sleep across the lifespan
- Reduce percentage of children and adults who are obese or overweight

Public Health and Safety

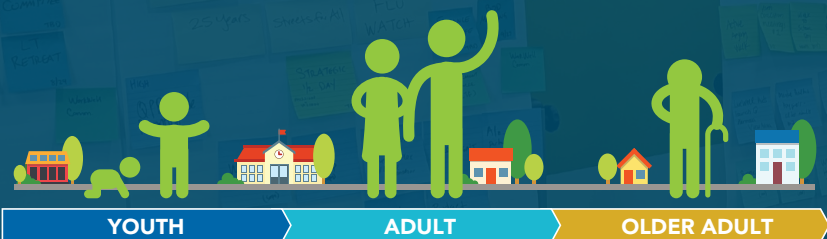
- Improve emergency preparedness
- Increase community access to and education about preventive health programs and services
- Increase community awareness and education regarding social determinants of health and health equity
- Increase community capacity to respond to public health crises (e.g., COVID-19)
- Improve biking and walking infrastructure
- Increase equitable and inclusive delivery of BCHD programs and services
- Reduce homelessness

Substance Use

- Continue to reduce the percentage of adult smokers
- Reduce alcohol use, drug consumption and vaping in youth
- Reduce the number of victims of accidents involving alcohol/substance use
- Reduce substance abuse among adults



FY 2022-23 PRIORITY BASED BUDGETING



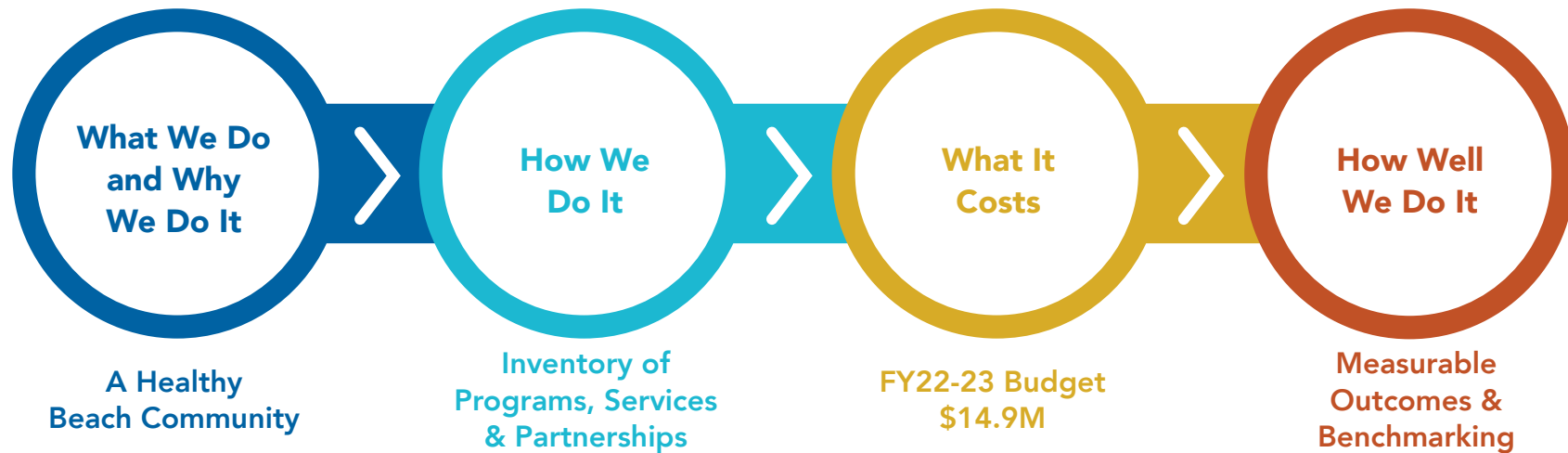
Priority Based Budgeting is a process used to understand community values, and budget accordingly to those values, while providing flexibility in order to meet the changing needs of the community.



Philosophy:

- A government entity should invest resources to meet its stated objectives
- Resources should be allocated according to how effectively a program or service achieves the goals and objectives that are of most significant value to the community
- Helps us to better articulate why the services we offer exist, what price we pay for them, and consequently, what value they offer citizens
- Clarifies trade-offs between different spending options, service delivery and what citizens pay

Why Now? In a diverse and fast-changing environment, a Priority Based Program Budget is a vehicle for the District to adapt to the growing health needs and gaps in health services in our community — providing a space for trade-off discussions to capitalize on strengths, promote meaningful outcomes and identify innovative solutions.



FY22-23 Budget by Health Priority

Fiscal Year	Physical & Brain Health	Public Health & Safety	Mental Health	Substance Use	Properties	Total
FY21-22	28%	13%	29%	10%	20%	100%
FY22-23	33%	11%	26%	10%	20%	100%
FY21-22	\$3,790,000	\$1,759,000	\$3,925,000	\$1,409,000	\$2,707,000	\$13,590,000
FY22-23	\$4,850,000	\$1,670,000	\$3,900,000	\$1,530,000	\$2,901,000	\$14,851,000



VOLUNTEER

Volunteers are the heart and soul of Beach Cities Health District, making everything we do and offer to the community that much better. Our volunteers benefit too, as studies have shown volunteering leads to greater life satisfaction and lower rates of depression. Volunteering can also create a sense of accomplishment, help develop skills and foster social connectedness.

(Above) Each August, more than 100 volunteers support our LiveWell Kids Program by preparing school gardens for the upcoming school year.



BCHD has many types of volunteer opportunities throughout the year available to individuals, groups or organizations.

These opportunities include:

In-Home Older Adult Support Programs – Volunteers can support older adults and adults with disabilities to remain safe and independent in their own homes with errand running (Errand Volunteers), social connection (Conversation Companions) or structured activities with clients experiencing memory loss (Brain Buddies).

allcove Peer Assistant – Volunteers ages 14+ can support allcove Beach Cities by greeting guests, providing tours, completing clerical work, and assisting with events and activities.

Campus Greeter – Volunteers greet all guests who enter BCHD's 514 building while also providing general support and customer service duties for the full campus.

Event Support – These volunteers help staff BCHD's booth at events like Fiesta Hermosa, the Manhattan Beach Hometown Fair and the Redondo Beach Super Bowl 10K and Health Expo, or BCHD events like Summer Free Fitness.

Holiday Gift Bags – Each holiday season since 1998, friendly BCHD volunteers have delivered gift bags filled with practical and fun gifts like grocery gift cards, stamps, batteries and more to 250 Beach Cities older adults and adults with disabilities in the Care Management program.

For more information about our volunteer opportunities, visit bchd.org/volunteer.

THE IMPACT OF BCHD IN FY 22-23



50

volunteers that reached over 100 hours of service in one year



807

volunteers throughout the year



23,554

hours donated throughout the year



\$879,029

value of donated time

*Based on Independent Sector's monetary value for California average at \$37.32 per hour
http://independentsector.org/volunteer_time

2023 VOLUNTEER CORE VALUE AWARD RECIPIENTS



Alex Barkopoulos
Integrity



Amy Abramson
Excellence



Cheryl Kahnamoui
Compassion



Isabel Ayson
Accountability



Dr. Steven Keller
Special Recognition



allcove Beach Cities
Teen Award

KEEPING YOUTH HEALTHY

Beach Cities Health District partners with the Hermosa Beach City School District (HBCSD), Manhattan Beach Unified School District (MBUSD) and Redondo Beach Unified School District (RBUSD) to offer programs to increase physical activity, improve nutrition and promote social-emotional well-being.



To determine the community needs of school-aged youth in the Beach Cities, data from the 2023 California Healthy Kids Survey (CHKS) is aggregated across the three school districts. The key indicators of health are included below.



27%

of Beach Cities 11th graders reporting chronic sadness/hopelessness in the past 12 months



10%

of Beach Cities 11th graders reporting considering attempting suicide within the past 12 months

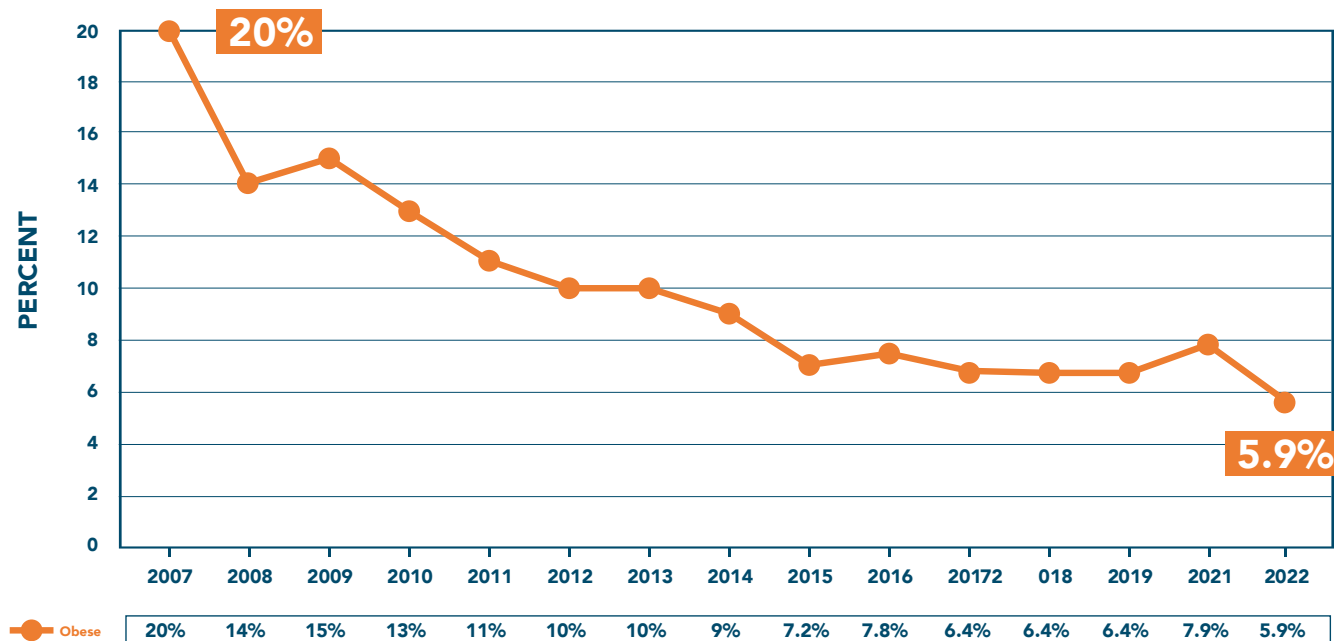


18%

of Beach Cities 11th graders reporting alcohol and other drug use in the past 30 days

BMI

The childhood obesity rate for elementary school students in Redondo Beach has fallen to 5.9%, the lowest rate among RBUSD kindergarten, 1st, 3rd and 5th grade students in 16 years. BCHD and RBUSD have partnered on school health programs including LiveWell Kids and annual Body Mass Index (BMI) assessments since 2007.



4,695

students served in RBUSD & HBCSD through the LiveWell Kids program

1,170

lessons delivered at all eight RBUSD elementary schools and Hermosa View Elementary School

20

Garden Angel volunteers help maintain the school gardens year-round

2,791

student participants at Walk and Roll to School Day



Beach Cities Partnership for Youth Coalition

BCHD is just one of more than 200 local partners in the Beach Cities Partnership for Youth that collaborate to achieve measurable outcomes in improving student mental health and well-being and reducing substance use. There are five stakeholder groups in the Coalition made up of students, parents, providers, schools and community members.

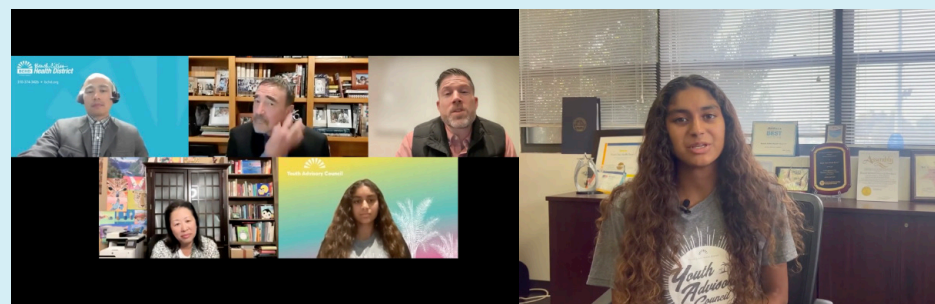
In February, the Beach Cities Partnership for Youth Coalition and South Bay Families Connected hosted an in-person community forum at Redondo Union High School that included a film screening of “Dead on Arrival,” a fentanyl documentary by Dominic Tierno and Christine Wood, followed by a panel discussion with:

- Dr. Moe Gelbart, Executive Director at Thelma McMillen Center and Director of Behavioral Health at Torrance Memorial Medical Center
- Paul LeBaron, Police Chief at Hermosa Beach Police Department
- Sebastian Martin, Director of Recovery at New Life House



Students and their families were provided with critical information and a deeper understanding of fentanyl’s life-threatening dangers. Nearly 150 individuals attended the forum, including youth, parents, elected officials, school administrators, health professionals, emergency responders and other community leaders. For more information, visit bchd.org/fentanyl.

Students from BCHD’s Youth Advisory Council, one of the five stakeholder groups, produced “Cannabis and Youth: What Beach Cities Students Want Parents to Know,” part one of a three-part video series. This video, created by and starring members of the Youth Advisory Council, provides Beach Cities parents and caregivers with statistics, terminology and tangible takeaways to be more informed about youth cannabis use. For more information, visit bchd.org/cannabis.



KEEPING OUR COMMUNITY HEALTHY

Employee Wellness

Beach Cities Health District promotes employee wellness through our LiveWell to WorkWell program. The program uses data from biometric screenings and health risk assessments to create tailored wellness challenges focused on addressing a variety of health topics ranging from nutrition, exercise, social connections, financial wellness and healthy behaviors. In 2022-23, we partnered with Redondo Beach Unified School District and Manhattan Beach Unified School District to deliver WorkWell to 343 school district staff across 23 school sites.



Mental Health Trainings

BCHD hosts two mental health training courses: Mental Health First Aid and QPR (Question, Persuade and Refer) Suicide Prevention. Mental Health First Aid teaches how to provide support to people experiencing mental health challenges by learning how to assess risk factors, provide initial support and connect individuals to professional resources, when needed. QPR Suicide Prevention training helps individuals recognize warning signs of a suicide crisis and how to Question, Persuade and Refer someone to help.

167

individuals trained in Mental Health First Aid and QPR (Question, Persuade and Refer) Suicide Prevention

7

Mental Health First Aid and QPR (Question, Persuade and Refer) Suicide Prevention workshops

55

community workshops focused on mental health and social connection

Of those trained in Mental Health First Aid, there was a **54% increase** in individuals who are confident they can have a supportive conversation about a mental health or substance use challenge and a **159% increase** in the ability to recognize the signs and symptoms of mental health or substance abuse challenge.

Live Longer, Better

The Beach Cities became a certified Blue Zones Community® in 2016. Everyone can reap the benefits of living in a place where well-being is a way of life — and a great place to live, work, learn and play.

To learn more about the Blue Zones Project, visit bchd.org/bzp.



For me, the Blue Zones Project came at the perfect time when I was looking for a new purpose and new social network in my life. It has provided both. I believe it has contributed positively to my physical and mental health over the past 12 years and I recommend the principles to everyone who will listen.

– Teri Cannon

Power 9 Advisory Committee member and walking moai member

Free Fitness

BCHD partnered with the cities of Redondo Beach and Manhattan Beach for the Summer Free Fitness Series for Mindful Yoga on the Beach and Zumba in the Park.

1,058

Summer Free Fitness Series participants



KEEPING OLDER ADULTS HEALTHY

Helping Our Community's Residents Age Safely in Their Homes

Our team of Care Managers has one mission: help older adults and adults with disabilities in the Beach Cities live independently in their homes for as long as safely possible.



Care Management

Many older adults and adults with disabilities in the Beach Cities need support to continue living in their homes. Our Care Management Program is designed to help address the challenges faced by this population – related to caregiving, isolation, difficulty with daily tasks, transportation, mobility, healthcare access and more – by sending BCHD Care Managers to the homes of residents in need to develop customized care plans and connect them to vital resources and services.



What Types of Services are Available?

Resource Connection – Care Managers connect clients with local services and resources, including home-delivered meals, transportation, in-home care and mental health support.

Social Support – Care Managers and “Conversation Companion” volunteers make weekly calls and/or visits to clients in need of social support and friendship.

Errand Assistance – Volunteers assist clients with vital errands, including trips to the grocery store and prescription pick-ups.

Healthcare Assistance – Counselors are available at no cost to help residents secure health insurance through Covered California, Medi-Cal and other public benefits. Care managers assist residents with navigating the health insurance system and making sense of their benefit options.

Health and Wellness Education – A free cognitive health series is offered multiple times a year, highlighting fitness, nutrition and lectures from professionals in the field of dementia. Center for Health and Fitness instructors lead free exercise classes in the local senior centers every week. Social Workers facilitate Mental Health and Happiness workshops for older adults.

Is There a Cost for Care Management?

Care Management is available at no cost for residents of Hermosa Beach, Manhattan Beach and Redondo Beach age 60 or older and adults with disabilities. Some services have costs depending on income qualifications.

If you or a loved one could benefit from Care Management, please call 310-374-3426, and press option 1. You can also visit bchd.org/resources for health information and referrals.

CARE MANAGEMENT

449

care management clients

1,211

care management visits with clients

7,643

care management calls with clients

HEALTH AND WELLNESS EDUCATION

435

senior exercise classes

INFORMATION & REFERRAL

1,615

total calls



Officer Hedde (center) pictured with Charlotte Barnett (left) and Emily Brosius (right).

My name is Officer Hedde, and I am a police officer for the city of Manhattan Beach. On September 27, 2023, officers responded to a call for service in regards of a welfare check. It was determined the subject could not live on his own in the condition he was in and he had no family in California to provide care for him.

I called Beach Cities Health District to see how they could assist. I spoke to Melody Escamilla-Sanchez on the phone and made her aware of the unique circumstances we were facing. I received a call back in a very short and reasonable amount of time with great news.

I was then connected with Charlotte Barnett. After explaining my situation, she agreed to help in any way she could. I provided names and contacts for the family members and Charlotte coordinated and arranged the rest. Charlotte never asked me about payments, fees, or any administration questions. Her genuine concern was for the well-being of our subject, and she knew the family had been having a difficult day as it was.

Charlotte worked together with Emily Brosius to accommodate the family by having a caregiver come to the house in an extremely timely manner. In fact, a caregiver was scheduled for over 24 hours of care, until the family was able reunite with him.

I would like to recognize Melody, Charlotte and Emily for their overall outstanding professionalism, dedication and genuine concern for the safety and well-being of others. Not only did they provide a great service to the family, but also helped the Manhattan Beach Police Department in an extraordinary way. This unique situation could not have been solved as smoothly as it did without their support.

Thanks for going above and beyond, I look forward to a continued relationship between Beach Cities Health District and MBPD.

– Officer Hedde, Manhattan Beach Police Department

FACILITIES TO KEEP OUR COMMUNITY HEALTHY

Planning and due diligence continue for the Healthy Living Campus project, following the selection of a developer and operator in August 2022. PMB and Watermark have joined forces to form WRC PMB Redondo Beach, which will serve as the developer that will bring about BCHD's vision for Phase 1 of the Healthy Living Campus.

CONCEPTUAL RENDERING



The project includes:

Campus Upgrades & Benefits

- Programmable space for community services and activities, creating greater access to BCHD's preventive health programs
- A new energy-efficient, seismically compliant facility
- Building height limited to 83 feet and under (the tallest building on the current campus is 76 feet)
- Buildings shifted to the north behind the Vons center and away from the Torrance-facing side of the campus

Phase 1

- allcove Beach Cities, an integrated youth mental health center for ages 12-25
- Residential Care for the Elderly (217 units, including memory care)
- Program for All-inclusive Care for the Elderly, or PACE, an outpatient program that includes medical care, medication management and adult day health care services
- Approximately two acres of active, open green space
- Bike and pedestrian paths

Phase 2

- Community Wellness Pavilion, aquatics and new Center for Health & Fitness

allcove Beach Cities

allcove Beach Cities is part of an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally responsive services. allcove centers welcome young people ages 12 to 25 with mild to moderate needs, providing a unique space for them to access services, with resources and support for friends, family and the larger community.

Support areas include:

- Mental health
- Physical health
- Supported education and employment
- Substance use
- Peer & family support
- Life skills and wellness
- Community
 - Quiet space
 - Social support
 - Events

The center, which opened November 1, 2022, is a result of a collaboration between the Stanford Center for Youth Mental Health and Wellbeing, the State of California's Mental Health Services Oversight and Accountability Commission (MHSOAC) and BCHD.

2,689

number of visits

520

number of visits for mental health services

356

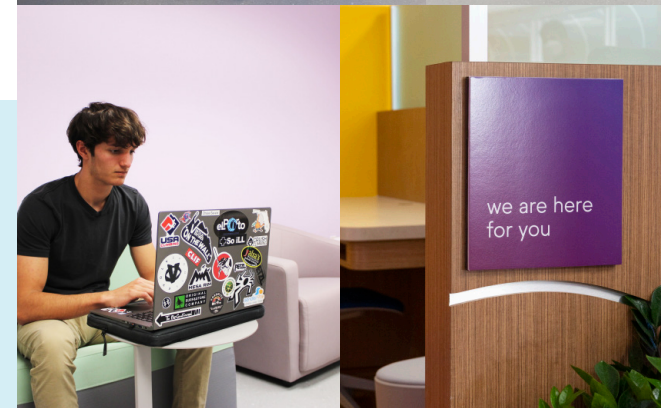
number of tours provided

86

number of events at the center

Statistics are from Nov. 1, 2022 to June 30, 2023.

allcove



allcove Beach Cities celebrated its opening with a ribbon cutting event in October 2022 with Assemblymember Al Muratsuchi and members from the State's MHSOAC, then held a grand opening festival, called "covefest," in January. The event featured tours of the new center, live bands, a sound bath, yoga, games, chair massage, food and a variety of informational booths and activities. Around 500 people attended covefest and enjoyed performances by local bands Concave, Hallo Haus, The Pres and the Vlasics. U.S. Representative Ted Lieu and Los Angeles County Supervisor Holly Mitchell (Second District) attended the event in support of youth mental health.

To kick off Mental Health Awareness Month in May, allcove Beach Cities hosted "elevate & empower" on April 29. More than 100 attendees enjoyed live music, food and interactive activities, including a rainforest exhibit, affirmation mirrors, t-shirt making, bracelet making and more. Assemblymember Al Muratsuchi joined youth leaders for a roundtable discussion about "How to elevate and empower youth voices for mental health."



Grant funding for allcove Beach Cities

2020

California's Mental Health Services Oversight & Accountability Commission awards \$2 million to open an allcove center, joining an innovative network of integrated youth mental health centers across California.

2022

Congress appropriated \$1 million for allcove Beach Cities as part of the \$1.5 trillion omnibus spending package, thanks in large part to the efforts of Congressman Ted Lieu (CA-36th District).

2023

California Department of Health Care Services awards \$6.3 million to construct the permanent allcove Beach Cities center.

*The total amount of state and federal monies raised for allcove Beach Cities to date is **\$9.3 million**.*

Center for Health & Fitness

Beach Cities Health District's Center for Health & Fitness (CHF) is the most comprehensive fitness center in the South Bay and is the only fitness facility in California to be certified by the Medical Fitness Association.

- Yoga, Pilates and group exercise classes
- Online exercise classes
- Classes for older adults
- Programs for chronic conditions
- Access to trainers
- Massage
- Nutrition consultation
- Access to state-of-the-art gym equipment

92,507

total gym
visits

41,967

total virtual and
indoor class
participants

9,253

virtual class
participants

32,714

indoor class
participants

4,623

personal training
sessions

1,018

new members

Honestly, I'm not great at planning my workouts. Small Group Training provides the structure, inspiration, camaraderie and guidance I need. I love it!

– Kathy Hill, CHF member since January 2023



AdventurePlex

AdventurePlex is where kids and families play their way to good health. There's something for everyone, so drop in for some heart-pounding fun!

- Seasonal and Weekend Camps
- Drop-in play
- Birthday parties
- Supervised weekend play so parents can have a night out
- Special events
- ToddlerTown play area
- 5-level play structure
- Programs for ages 0-12

DID YOU KNOW?

AdventurePlex welcomed **8,596** campers this fiscal year.



Best Kids Indoor Play Facility
Received February 2023



Best Kids Camp
Received August 2022
Best Kids Entertainment
Received August 2022



Join the

FLEX KIDS CLUB

Play more and save more with a **Flex Kids Club Membership!*** Just \$49/month gives you access to our five-level indoor play structure, ToddlerTown, a toddler-only imaginative play area where kids can discover the Farm, the Market, and the Beach House. Plus Kids Club events, Inflatable days, and two Buddy Passes for Drop-In-Play (at joining).

\$49 MONTH (first child)
\$39 each added sibling



*All participants must complete a waiver prior to participating. Camp days are not available for Kids Club membership. Refer to the blackout calendar for closure information. Due to AdventurePlex Camp, membership is not available in June, July, and August. Buddy passes are issued annually and valid Sept 2023 – June 2024. AdventurePlex reserves the right to add, remove or modify access dates without prior notice. Other restrictions may apply.



A Beach Cities Health District Program



**REGISTER
ONLINE!**
[AdventurePlex.org](https://www.adventureplex.org)

FUNDING A HEALTHY BEACH COMMUNITY

Beach Cities Health District has served the evolving health needs of the community since 1955.

Based on our sustainable and transparent model of financial stewardship, BCHD continues to provide maximum value for every tax dollar received, through partnerships, volunteers and 40+ programs and services that enhance the health and well-being of Beach Cities residents of all ages.



Power of Your Penny



For every \$1 in property taxes collected, **BCHD receives \$0.0088** – less than a penny.

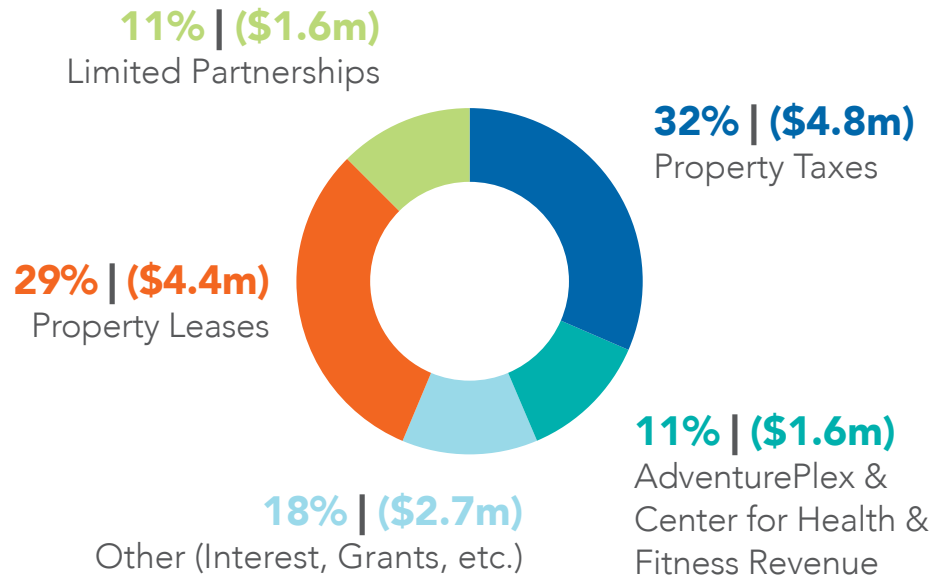
Maximizing Your Tax Dollar



For every \$1 received in property taxes, **BCHD provides \$3.08 in programs and services** back to the community.

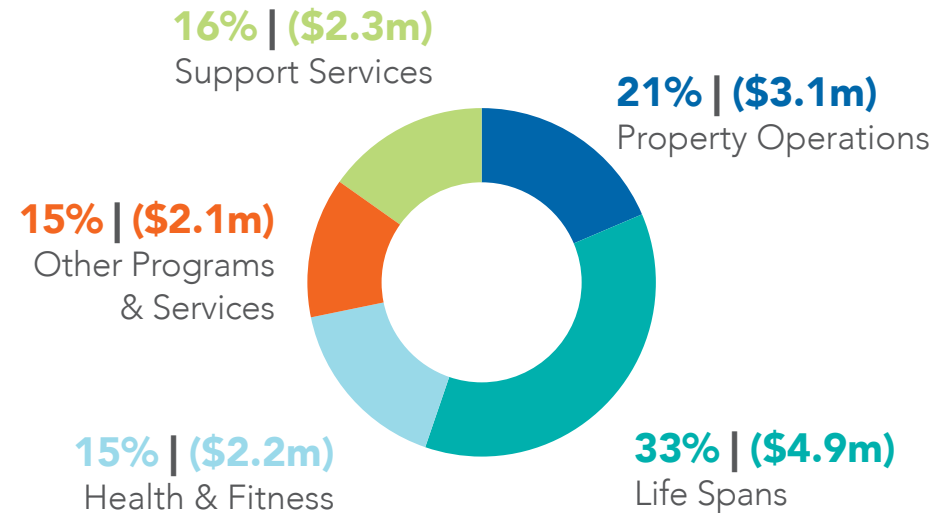
For example: For a household that has a \$1.2 million home and pays \$12,000 in property taxes, \$105.60 goes to BCHD annually.

FY 22-23 Revenue



Total Revenue: \$15.1m

FY 22-23 Expenses



Total Expense: \$14.7m

Actual (\$ Millions)

BCHD is committed to being a transparent public agency and providing Beach Cities residents with information. We've repeatedly been recognized for accountability and transparency by exceeding the high standards of governmental budgeting and reporting. **BCHD's audited financials and operating budget are publicly available online at bchd.org/transparency.**

\$1,477,468 IN BCHD GRANTS & SERVICE CONTRACTS FUND

HEALTH ACCESS

\$479,185

Beach Cities Health District's Health Access Fund supports income-qualified residents to help pay for a range of services, including caregiving, adult medical, adult day care, homemaking, respite care, personal care, transportation, incontinence supplies and primary care.

SCHOOL DISTRICTS

\$659,594

Counseling, Nurses/Health Aides, Substance Use Prevention, Physical Education

Hermosa Beach City School District	\$94,091
Manhattan Beach Unified School District	\$189,520
Redondo Beach Unified School District	\$375,983

CITIES

\$177,200

Emergency Preparedness, Domestic Violence Prevention

Manhattan Beach Paramedic Services	\$29,400
Redondo Beach Paramedic Services	\$58,000
Redondo Beach Domestic Violence Prevention	\$39,800
Redondo Beach Homelessness Services	\$50,000

COMMUNITY GRANTS

\$161,489

Community Assistance Programs

COMMUNITY HEALTH PROGRAMS

\$142,581

• The Salvation Army Meals on Wheels	\$55,000
• Critical Incident Response Team	\$19,969
• Manhattan Beach Community Counseling Center	\$14,312
• Jimmy Miller Foundation	\$10,000
• Manhattan Beach Community Emergency Response Team (CERT)	\$5,000
• South Bay Children's Health Center - Summer Programs	\$23,200
• Our Village	\$11,100
• Redondo Beach Rotary-Vision to Learn	\$4,000

MICROGRANTS

\$18,908

Small, one-time project-based health initiatives.



AWARDS



Received October 2022
Beach Cities Health District has been ranked 3rd overall among healthcare providers and insurers in Modern Healthcare's 2022 Best Places to Work award program, moving up two spots from its 2021 ranking. This is the tenth year BCHD has made the list. BCHD also ranked 2nd in the healthiest and family friendliest categories.



Certificate of Achievement for Excellence in Financial Reporting for its Annual Comprehensive Financial Report for the FY 2021-22

Received August 2023

Distinguished Budget Presentation Award from the Government Finance Officers of the U.S. and Canada (GFOA) *Received December 2022*

The GFOA Distinguished Budget Presentation Award represents a significant achievement, reflecting the commitment of Beach Cities Health District and its staff to meeting the highest principles of governmental budgeting. In order to receive the budget award, BCHD had to satisfy nationally recognized guidelines for effective budget presentation. These guidelines are designed to assess how well an entity's budget serves as a policy document, a financial plan, an operations guide and a communications device.



Operating Budget - Excellence Award from the California Society of Municipal Finance Officers (CSMFO)

Received December 2022

In December, the CSMFO presented Beach Cities Health District with an Excellence Award for its 2021-22 operating budget. BCHD is the only health district to meet the CSMFO standards of excellence and has been recognized 19 times by CSMFO since the 2007-08 fiscal year.

BCHD'S ADVISORY COMMITTEES

The BCHD Board of Directors seeks qualified residents of Hermosa Beach, Manhattan Beach or Redondo Beach to serve on its advisory committees. Committee members serve two-year terms and have a direct impact on the health and wellness programs and services BCHD provides to the Beach Cities community. High school students are also encouraged to participate on the committees, but serve a one-year term.

More information, including how to apply for a committee position is available at bchd.org/advisory-committees.

Community Health Committee

- Michelle Bholat, M.D. – BCHD Board Member
- Martha Koo, M.D. – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Kerianne Lawson – BCHD Chief Programs Officer
- Aleena – Mira Costa High School Student
- Patricia Bellas, M.D. – The Children's Clinic
- Devan – Mira Costa High School Student
- Mary Drummer – Retired Nurse
- Howard Fishman – Former Hermosa Beach Mayor
- Marie Puterbaugh – Trinity Lutheran Church
- Ricardo Reznichuk, M.D. – Harbor/UCLA Medical Center, Retired
- Liz Shoeban – Marriage and Family Therapist
- Amanda Williamson – Account Manager
- Sunni Won – Technology Consultant

Strategic Planning Committee

- Michelle Bholat, M.D. – BCHD Board Member
- Vanessa Poster – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Cristan Mueller – BCHD Chief Health Operations & Communications Officer
- Joey Farrales – Leadership Hermosa Beach
- Lyman Fox – Kaiser
- Lisa Gaudio – Marketing Consultant
- Vijay Jeste – Former Redondo Beach City Commissioner
- Kinsey – Redondo Union School Student
- Charlotte LeBlanc – CPA
- Phoebe – Redondo Union High School Student
- Christian Wendland – Health Care Partners

Finance Committee

- Noel Chun, M.D. – BCHD Board Member
- Martha Koo, M.D. – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Monica Suua – BCHD CFO
- Gina DeRosa – CPA
- Joann Galin – Redondo Beach Chamber of Commerce Ambassador
- Stephanie Goldman – Epidemiologist
- Jenna – Mira Costa High School Student
- Nicolas – Mira Costa High School Student
- Jennifer Paul – Redondo Beach Finance Director
- Wayne Powell – Former Manhattan Beach Mayor
- Doug Rodriguez – Redondo Beach City Planning Commission

Properties Committee Advisors

- Jane Diehl – BCHD Board Member
- Vanessa Poster – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Monica Suua – BCHD CFO
- Nicholas Biro – Real Estate Development Consultant
- Steve Izant – Chair of Hermosa Beach Planning Commission
- Francisco Lopez – Financial Development Underwriter
- Michael Martin – Former Program and Project Management at The Boeing Company
- Joanne Sturges – former BCHD Community Working Group member
- Richard Thompson – Planning Commissioner for the City of Manhattan Beach
- Kenneth Weiner – Manhattan Beach Parks and Recreation Commission



In 2023, BCHD commemorated “25 years of Preventive Health Success,” highlighting the numerous accomplishments the health district has achieved on behalf of the residents of Hermosa Beach, Manhattan Beach and Redondo Beach since changing its focus to preventive health and wellness in 1998. Much of this success came through our programs and services, including LiveWell Kids, Community Services helping older adults and adults with disabilities, Volunteer Services and many others.

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