



# ANNUAL REPORT

**FY 24-25**

## 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 optimize health for our Beach Cities community through innovative and inclusive programs, partnerships and spaces.

### 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 Partnerships & Innovation Officer

Monica Suua

Chief Financial Officer

Megan Vixie

Chief Engagement Officer





**CEO**  
Tom Bakaly



**BCHD Board President**  
Michelle Bholat, M.D.

## DEAR BEACH CITIES RESIDENT,

This year, the Beach Cities Health District (BCHD) team accomplished many things for our community. We also faced challenges which have helped shape a new path for the Health District moving forward.

We continued our focus on mental health, as allcove Beach Cities completed its second year of providing health services for young people, including mental and physical health, education and employment, substance use, life skills, wellness and more.

Other efforts to help young people included participation in school assemblies aimed at alerting students to the dangers of substance use. Our team also provided fentanyl awareness and naloxone administration training presentations to staff and parents.

We offered sessions to assist teens, including teen Mental Health First Aid classes and Question, Persuade, Refer (QPR) Suicide Prevention Training to help individuals recognize signs of a suicide crisis.

Supporting these efforts, BCHD successfully renewed our Drug Free Communities grant, providing \$125,000 per year for the next five years to sustain and expand our substance use prevention efforts.

Our Garden Angels and LiveWell Kids volunteers continue working in elementary schools, delivering nutrition lessons in the gardens. These efforts, launched in 2007, have helped lower the obesity rate among Redondo Beach elementary students to 5%, a 75% drop since the program began. This success led to the expansion of LiveWell Kids into Hermosa Beach a year ago, and we were able to add two Manhattan Beach Unified School District elementary schools this year.

In FY24–25, BCHD engaged 1,275 volunteers who collectively contributed more than 30,000 hours of service, marking

the first time in BCHD’s history that volunteers contributed more than \$1 million in service value in back-to-back years.

Our Care Management program supported 439 unduplicated clients during the year and also supported community members through the Information and Referral line, responding to 587 unduplicated callers, connecting residents with a wide range of health-related resources across the South Bay.

Alongside all these successes, we also navigated a period of transition that helped clarify our priorities and strengthen our long-term planning related to the campus redevelopment at 514 N. Prospect Avenue.

In July, the BCHD Board of Directors voted to place a \$30 million general obligation bond measure on the November ballot, Measure BC. The measure would have provided capital for a permanent location for allcove Beach Cities, demolition of the former hospital building, and the development of open space on the BCHD campus. While the measure did not pass, the process generated valuable community dialogue and new opportunities for the future of the campus.

We also managed a third consecutive year of reduced lease revenue from the 65-year-old South Bay Hospital building. Through careful fiscal management, our team has successfully reduced expenditures, maintained a balanced budget without employee layoffs, and continues to deliver essential programs and services to the community.

In April, PMB, a healthcare real estate firm, determined they would not proceed with the Healthy Living Campus project, ending a two-year due diligence process. While disappointing, this decision created an opportunity for BCHD to reassess the market and explore innovative approaches to redevelopment.

These events have shaped and refined a new path forward for redeveloping our Campus. In June 2025, BCHD launched a Request for Expression of Interest (RFEOI), intended to identify a new developer and operator to develop the former hospital site and surrounding parking lots. Information about the RFEOI can be found at [bchd.org/healthy-living-campus/the-campus](https://bchd.org/healthy-living-campus/the-campus).

Our new Partnerships & Innovation team is working to generate more funds through grants and charitable giving to continue and expand BCHD’s health and well-being services for the communities we serve.

We remain committed to modernizing our campus and removing the seismically deficient former hospital building. This work will be instrumental in providing revenue so BCHD can continue to provide important public health programs and services for the residents of the Beach Cities.

An important step in the decision-making process for BCHD is done through our public committee process, which sees residents work in conjunction with BCHD Board Members – acting as Chair or co-Chair – and staff to review and vet important topics and items before sending to the full Board. This process gives residents a voice in BCHD’s decision-making process and provides a high level of transparency. You can learn more about BCHD’s Committees on page 29.

Yours in health,

**Tom Bakaly,**  
Chief Executive Officer

*Michelle Anne Bholat, MD, MPH*

**Michelle Anne Bholat, M.D.,**  
BCHD Board President

# THE IMPACT OF BCHD

## Beach Cities' WBI score



The Beach Cities are **near the nation's best** in the Gallup National Health and Well-Being Index (WBI) while well-being has declined nationally.

## National WBI score



There has been a **75% decline** in Redondo Beach Unified School District student obesity since 2007, when the Body Mass Index rate was 20%.



In November 2022, BCHD opened the **first allcove center** in southern California/second allcove facility in California. By June 2025, there had been **more than 8,300 visits** by young people to allcove Beach Cities.



BCHD volunteers collectively provided more than **\$1 million in time and service** to our community.



The Beach Cities were named the **1st certified Blue Zones Project®** community in the US in 2016.



BCHD was named a recipient of a five-year Drug-Free Communities Grant in 2019 and again in 2024, totaling **\$1,250,000**.



AdventurePlex is consistently named to **"South Bay's Best"** by the Daily Breeze and **"Best of the Beach"** by the Easy Reader.



In the 2024-25 school year, the Beach Cities Partnership for Youth Coalition educated nearly **3,200 students** across all seven Beach Cities secondary schools on the dangers of youth substance use during **10 assemblies** that included a film screening of "Come Back Home," a fentanyl documentary.



Youth Services hosted **16 community showings** of "Screenagers: Elementary School Age Edition," a documentary addressing challenges faced by elementary-age students, parents and educators.



**5,478 K-5 students** participated in the LiveWell Kids program in 2024-25



**725 Naloxone kits**, a life-saving opioid reversal medication, were distributed to the community.



**MODERN HEALTHCARE**  
BCHD placed in the **top 10** for the past eight years. In 2024, BCHD ranked **7th overall** in the Provider/Insurer category.

# 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 2025-2028 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. To view the Community Health Report, visit [bchd.org/healthreport](https://bchd.org/healthreport).

## 2025 – 2028 Health Priorities



### Mental Health & Substance Use

1. Decrease anxiety, depression and suicidal ideation
2. Reduce substance use (e.g. alcohol, cannabis, nicotine) across the lifespan
3. Increase community education for mental health and substance use prevention and access to early intervention services
4. Increase social connectedness to address loneliness and social isolation
5. Enhance stress resilience, positive coping strategies and mental well-being



### Physical Health

6. Promote habits and practices to increase restful and restorative sleep
7. Improve health and quality of life for people with dementia, including Alzheimer's disease, and their caregivers
8. Maintain healthy eating habits and low percentage of residents who are obese or overweight
9. Improve biking and walking safety
10. Maintain high levels of physical exercise participation



### Mental Health & Substance Use

While rates of depression and suicidal ideation in the Beach Cities are lower than County and national averages, mental health remains a key priority for the community as challenges persist across specific indicators and age groups:

- **Stress:** Nearly half of Beach Cities adults report significant daily stress. While stress in the Beach Cities has decreased by 11% since 2010, it continues to be higher than the national average.
- **Loneliness:** Nearly 1 in 5 adults report little or no connection to others, making this an emerging concern.
- **Suicidal Ideation:** Despite downward trends since the COVID-19 pandemic, an alarming 1 in 15 7th and 9th graders report seriously considering attempting suicide within the past 12 months.
- **Mental Health in Adults:** Adults ages 18 to 44 experience higher levels of stress and worry, report poorer mental health status, and face greater challenges with loneliness and social connection than older adults.

Pandemic-related factors like social isolation, psychological distress and substance use have further impacted emotional and behavioral health across all ages. Mental health issues and substance use disorders can also be linked together. Since first identifying substance use as a priority, rates in the Beach Cities have largely aligned with County and State averages except for alcohol use, which remains notably high. Challenges around substance use continue to persist across specific indicators and age groups:

- **Alcohol:** Adult alcohol consumption is 67% higher than the U.S. average, and past 30-day alcohol use among youth exceeds County and State levels. Additionally, emergency calls involving alcohol far outnumber those related to other substances.
- **Cannabis:** Cannabis use among Beach Cities adults aligns with national trends but are higher than the County, with daily use below the U.S. average. While youth cannabis use has declined, vaping has emerged as a preferred delivery-method, requiring ongoing monitoring.
- **Tobacco:** Significant progress has been made in tobacco control policies and smoking rates. However, concerns remain regarding e-cigarette use among adults and the rising popularity of smokeless tobacco products like nicotine pouches (e.g. Zyn), which may appeal to youth.

## Health Priority: Physical Health

The Beach Cities continue to have lower rates of obesity, diabetes and hypertension, and increased frequency of exercise and vegetable consumption. Maintaining good physical health helps decrease the risk of developing many chronic health conditions and includes lifestyle aspects including fitness, nutrition and sleep. As a result, many of the health objectives under this health priority focus on maintaining high levels of healthy behavior related to nutrition and exercise:

- **Adult and Childhood Obesity:** The Beach Cities have lower rates of obesity, diabetes and hypertension than the County. Historically, there have been significant improvements in obesity among students in Redondo Beach Unified School District. The obesity rate was 20% in 2007 and has since dropped to 5%, the lowest it has been since measurement began.
- **Physical Activity:** 41% of Beach Cities adults meet the recommended guidelines for physical activity compared to 36% in the County.
- **Chronic Disease:** Rates of diabetes and hypertension in the Beach Cities are lower than the County. While high cholesterol is lower than the national average, it has increased 15% in the Beach Cities since 2010.
- **Cognitive Health:** The Alzheimer’s disease-specific death rate in the Beach Cities (42.4 per 100,000) exceeds that of the County (33.7 per 100,000).
- **Sleep:** In the County, 34% of adults report getting insufficient sleep and 13% of Beach Cities 11th graders report missing school in the past month due to not getting enough sleep.

Cognitive health, such as Alzheimer’s disease and dementia, is a major concern. The Alzheimer’s disease specific death rate in the Beach Cities exceeds that of the County, and prevalence of Alzheimer’s and dementia are projected to increase. Additionally, 15% of Beach Cities residents reported that they or a family member are caring for someone experiencing memory or cognitive issues that significantly impact their ability to work or live independently.

Beach Cities Health District (BCHD) is committed to developing programming and partnerships in our community that use effective, evidence-based interventions to target each of these two health priorities. We recognize that these health priorities and all aspects of health are interconnected. The goal is to measurably improve the community’s health in the next three years. We hope you’ll work with BCHD to improve your health, your family’s health and our community’s health.

## Strategic Objectives

### Mental Health & Substance Use

- Decrease prevalence of anxiety, depression and suicidal ideation
- Increase social connectedness/connections
- Increase access to early intervention mental health services
- Reduce substance use (e.g. nicotine, alcohol, cannabis, vaping) among youth and adults
- Provide community education for prevention and early intervention

### Physical Health

- Increase cognitive and physical exercise participation
- Promote healthy sleep and healthy eating habits
- Reduce percentage of children and adults who are obese or overweight

*Objectives are included as examples of planning goals and are not meant to be an exhaustive list.*

# PRIORITY-BASED BUDGETING

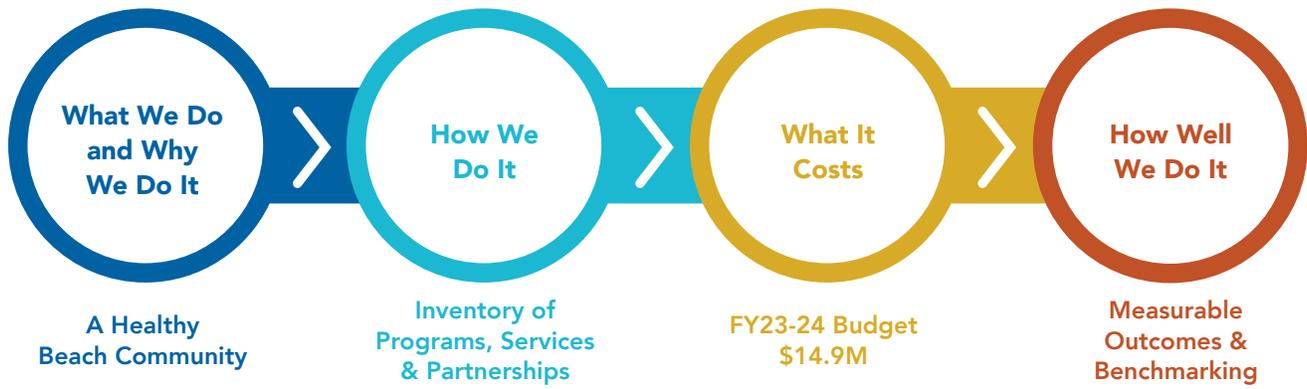


Priority-Based Budgeting is a process used to understand community values, and budget accordingly to those values, while providing flexibility in order to meet the changing needs of the community.

## 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 BCHD 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.



Budget by Health Priority					
Fiscal Year	Physical & Brain Health	Public Health & Safety	Mental Health & Substance Use	Properties	Total
FY24-25	34%	7%	41%	17%	100%
FY23-24	31%	9%	38%	22%	100%
FY24-25	\$5,123,000	\$1,074,000	\$6,207,000	\$2,626,000	\$15,030,000
FY23-24	\$4,571,000	\$1,380,000	\$5,700,000	\$3,257,000	\$14,908,000



# VOLUNTEER SERVICES



BCHD’s vibrant Volunteer Services department recruits, trains and connects over 1,200 volunteers to purposeful assignments across the Beach Cities each year. Volunteers are the heart and soul of BCHD—enhancing every program we offer while experiencing their own health and wellness benefits along the way.

**DID YOU KNOW?**  
 Studies have shown that 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.



## Beach Cities Volunteer Day

More than 100 volunteers – representing community groups, clubs, BCHD Garden Angels, staff, school parents and students – rolled up their sleeves to support elementary school gardens in both Redondo Beach and Hermosa Beach. Volunteers harvested, cleaned, planted, weeded, assembled composters and spread bark. Together, they helped prepare 11 LiveWell Kids school gardens for the start of the 2024–25 school year.

BCHD offers a wide variety of volunteer opportunities throughout the year for individuals, groups and organizations.

**Volunteer Opportunities Include:**

- **allcove Peer Assistant** – Volunteers ages 14+ support allcove Beach Cities by welcoming guests, offering tours, assisting with clerical tasks, and helping with activities and events.
- **Campus Greeter** – Volunteers welcome visitors to BCHD’s 514 building while providing general customer service and campus support.
- **Event Support** – Volunteers represent BCHD at community events such as Fiesta Hermosa, the Manhattan Beach Hometown Fair, and the Redondo Beach Super Bowl 10K and Health Expo, as well as BCHD-hosted events like Summer Free Fitness.
- **Holiday Gift Bags** – Since 1998, enthusiastic BCHD volunteers have delivered gift bags, filled with practical items and small treats like grocery gift cards, stamps and batteries, to 250 older adults and adults with disabilities in the Care Management program.
- **In-Home Older Adult Support Programs** – Volunteers help older adults and adults with disabilities remain safe and independent at home by running errands (**Errand Volunteers**), offering social connection (**Conversation Companions**), or engaging in structured activities with those experiencing memory loss (**Brain Buddies**).

For more information about our volunteer opportunities, visit [bchd.org/volunteer](http://bchd.org/volunteer).

**The Impact of BCHD in FY 24-25**



**53**

volunteers that reached more than 100 hours of service in one year



**31,763**

hours donated throughout the year



**1,275**

volunteers throughout the year



**\$1,274,972\***

value of donated time

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



**Volunteer Stats:** While the number of volunteers dropped this fiscal year (fewer LiveWell Kids docents, event and Holiday Gift Bag volunteers), activity/hours delivered by our 1,275 volunteers increased by 7.8%. The value of volunteer time totaled \$1.275 million, the third time annual volunteer service has surpassed \$1 million.

## 2025 Volunteer Core Value Award Recipients

Each year, BCHD recognizes outstanding volunteers who exemplify and bring to life our organization’s core values through their service, leadership, and commitment to our community.



**Lisa Gaudio**  
Strategic Planning  
Committee Member  
Award: **Accountability**



**Sue Brilliant**  
Event Ambassador, BCHD Ambassador,  
Volunteer Advisory Council  
Award: **Compassion**



**Joan Stolba**  
CAPS Crocheting Volunteer  
Award: **Integrity**



**Sofia Faccini**  
Youth Advisory Council and  
allcove Youth Advisory Group  
Award: **Youth Core Values**



**Marilyn Washington**  
Administrative Services Front  
Desk Volunteer  
Award: **Excellence**

## BCHD’s Volunteer Advisory Council

A special thank you to **BCHD’s Volunteer Advisory Council** for helping us further engage the local community in volunteerism and creating the most meaningful volunteer experience for all volunteers at BCHD.



- Karen Blanchard**
- Susan Brilliant**
- Teri Cannon**
- Dennis Heck**
- Yash Jha**
- Stuart Joseph**
- Fred Manna**
- Margaret Maxwell**
- Lawrence Moreau**
- Alina Rashidfarokhi**
- Berta Rutherford**
- Maya Shivpuri**
- Kyle Smith**
- Benhan Tafla**

# KEEPING YOUTH HEALTHY



**Beach Cities Health District partners with 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 2024 California Healthy Kids Survey (CHKS) is aggregated across the three school districts. The key indicators of health are included below.



## Childhood Obesity

Even with a slight uptick in the RBUSD obesity rate from 2019 to 2021 during COVID-19, overall there has been a 75% decline in RBUSD student obesity since 2007 when the BMI rate was 20%. The current rate of 5.0% is far below county, state and national childhood obesity rates. Data from the 2019 California Department of Education physical fitness testing (PFT) show that 41.3% of 5th graders in California are obese and

45.6% in Los Angeles County (the 2019 PFT results are the most recent data available).

LiveWell Kids, a comprehensive school well-being program developed specifically for elementary school students in kindergarten through 5th grade, includes both garden and nutrition education. It is comprised of six interactive lessons focused on educating

students about the process and benefits of growing their own food, improving nutritional knowledge and making healthy eating choices. All lessons are delivered in the school gardens by trained BCHD volunteers. The curriculum also incorporates mindful breathing at the beginning of each lesson and mindful eating during tastings, connecting physical health to mental health.

	<p><b>5,478</b> K-5 students participated in the LiveWell Kids program in 2024-25</p>		<p><b>504</b> parent volunteers assisted in the Livewell Kids Gardens in 2024-25</p>
	<p><b>217</b> Classrooms participated in LiveWell Kids in 2024-25</p>		<p><b>16</b> community showings of "Screenagers: Elementary School Age Edition" hosted by BCHD's Youth Services</p>

### Beach Cities Partnership for Youth Coalition



Beach Cities Health District leads more than 200 local partners in the Beach Cities Partnership for Youth Coalition that collaborates to achieve measurable outcomes in improving student mental health and well-being and reducing substance use. The Coalition is comprised of five stakeholder workgroups: 1) Youth Advisory Council, 2) Health and Wellness Parent Liaisons, 3) School Advisory Board, 4) Provider Task Force and 5) Community Policy Workgroup.

### Youth Advisory Council



The 2024-25 Youth Advisory Council cohort was comprised of students representing Redondo Union High School, Mira Costa High School, Marymount High School, Marlborough School, Vistamar High School and Loyola High School.

This year, the Youth Advisory Council developed five different workshops on College Knowledge, Diversity, Culture and Equity, Stress Management and Coping Strategies, Public Speaking and Youth Advocacy, and Nutrition. As part of their leadership and capacity-building experience, council members also participated in special-

ized trainings. The Navigating Through Mental Health Conversations training focused on building skills to confidently and compassionately engage in mental health-related conversations with peers, including active listening, reducing stigma, and knowing when and how to connect peers to trusted adults or professional support. Council members also completed a substance use training that equipped them with the knowledge and hands-on skills to recognize overdose situations and administer naloxone in the event of an emergency.

**52**  
students

**808**  
volunteer hours from the Youth Advisory Council

Throughout the year, the Youth Advisory Council planned, developed and hosted five interactive workshops at allcove Beach Cities. These workshops focused on College Knowledge; Diversity, Culture and Equity; Stress Management and Coping Strategies; Public Speaking and Youth Advocacy; and Nutrition. Council members took an active leadership role at every stage of the process, from designing workshop content to scheduling sessions and facilitating discussions. In addition, students led the promotion and outreach efforts, advertising the workshops to their peers and helping ensure strong community engagement.

### Naloxone Education

In the 2024-25 school year, the Beach Cities Partnership for Youth Coalition educated nearly 3,200 students across all seven Beach Cities secondary schools on the dangers of youth substance use during 10 assemblies that included a film screening of "Come Back Home," a fentanyl documentary, followed by a panel discussion with young people with lived experience.



**565**  
teachers, administrators and staff of Beach Cities schools trained

Nearly

**800**  
Redondo Union High School juniors and seniors trained

**725**  
Naloxone kits were distributed to the community

Nearly

**900**  
middle school students attended fentanyl and naloxone education assemblies

# KEEPING OUR COMMUNITY HEALTHY



## Gallup National Health and Well-Being Index: Well-being Remains High in the Beach Cities and Continues to Outpace the Nation

The Beach Cities of Hermosa Beach, Manhattan Beach and Redondo Beach continue to score high marks on the Gallup National Health and Well-Being Index, even as well-being has declined nationally. As of June 2025, the Manhattan Beach score of 70.6 is the highest community measurement ever recorded by Gallup out of more than 1,500 community scores since WBI measurement began in 2008. The highest score previous to this was Manhattan Beach’s score of 70.4 in 2020.

Since 2010, the Beach Cities have seen a 50% decrease in smoking and a 25% decrease in above-normal weight, while exercise has increased by 29% and there has been an 11% increase in thriving, a holistic look at life evaluation.

## Walk and Roll to School Day

On October 9, International Walk and Roll to School Day engaged all three Beach Cities school districts to promote safe streets and active transportation. The event brought together BCHD staff, local elected officials, police departments, school administrators, parents, students and volunteers to walk designated routes, encouraging more “kid-power” and less horsepower. Sixteen schools participated, with approximately 2,265 students taking part.



### Social Connection

Loneliness, a critical public health concern, affects our physical and mental health. It's become so common — affecting at least half of all adults in the United States — that U.S. Surgeon General Vivek Murthy, M.D., considers it an urgent public health concern, worthy of a [government advisory](#) issued in May 2023. The 2023 Gallup Well-Being Index reported nearly 1 in 5 Beach Cities residents having little or no connection to other people. To combat loneliness, BCHD provided opportunities for the community to connect with one another, and provided tips and tools to help foster meaningful social connections to better mental health through the Mental Health & Happiness program.

**57**  
events to facilitate social connection

**262**  
individuals participated in mental health training (Mental Health First Aid or Question, Persuade and Refer [QPR] Suicide Prevention)

### Blue Zones Project

The Beach Cities earned designation as a certified Blue Zones Community® in 2016. Here, well-being isn't an afterthought, it's a way of life. BCHD is committed to this community-wide approach to creating healthier and more productive citizens by making the healthy choice easy and helping people live longer with a higher quality of life.

Discover more about the Blue Zones Project at [bchd.org/bzp](http://bchd.org/bzp).

**95**  
Blue Zones Project Approved™ Restaurants or Grocery Stores providing customers healthy options

**57**  
Moais® supporting social connection



In 2024-25, the Well-Being Services team continued to foster community connection through a variety of Moai Social Events, school-based interventions and new group launches. Activities included the Wilderness Walk, Kindness Campfire, Doggie Social, park walks, Plant and Potluck gatherings, and special events like the South Bay Parkland Conservancy's Blue Butterfly Walk and a social at the Roundhouse Aquarium.

The Well-Being Services team re-launched and expanded Purpose Discussion Moais, hosting two 10-week sessions following a Purpose Workshop, and facilitated social connection interventions at Alta Vista Elementary School for parents and students.

Social connection activations, such as the Gratitude Mailbox postcard station, were featured at multiple community events. Engagement efforts resulted in a 30% increase in Moai participation over the prior year.

### Free Fitness

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

947

participants during the summer of 2025



# KEEPING OLDER ADULTS HEALTHY



## *Helping Our Community's Residents Age Safely in Their Homes*

**Our Community Services team 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 extra support to remain safe and independent at home. Our Care Management Program helps meet these needs by addressing challenges such as caregiving, isolation, mobility, transportation and access to healthcare. Through in-home visits, our social workers develop personalized care plans and connect residents with essential resources and services to help them live well in their own homes.

Over the course of the 2024-25 fiscal year, BCHD's Care Management program supported 439 residents by year's end. Care Management staff provided comprehensive support including care planning, health-related resource referrals, and volunteer assistance for errands and socialization. For income-qualified clients, the program also offered subsidized services such as caregiving, incontinence supplies, and emergency response systems. Through this combination of personalized care, resource connection and practical assistance, BCHD helped residents maintain stability, independence and quality of life throughout the year.



## What Types of Services are Available?

- **Resource Connection** – Care Managers link clients to local services and resources such as home-delivered meals, transportation, in-home care and mental health support. Community members can also call our Information and Referral line for guidance and referrals to health-related resources.
- **Social Support** – Care Managers and “Conversation Companion” volunteers make weekly calls or visits to offer friendship and connection to clients who feel isolated in their daily lives. Social workers also host regular caregiver support groups and social chats that bring people together.
- **Errand Assistance** – Volunteers help clients with essential errands, including grocery shopping and prescription pick-ups, ensuring access to daily necessities.
- **Healthcare and Public Benefits Assistance** – BCHD staff helps residents enroll in health coverage, including Medi-Cal and other public benefits, and provides support navigating the often complicated insurance systems and making sense of benefit options.
- **Health and Wellness Education** – Free workshops focused on cognitive and mental health are offered throughout the year at BCHD’s Center for Health and Fitness and local senior centers. In addition, Center for Health and Fitness instructors lead 10 free exercise classes each week at local senior centers, helping residents stay active and well.

## 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 speaking with a member of our team, please call **310-374-3426**, and press **option 1**. You can also visit [bchd.org/resources](https://bchd.org/resources) for health information and referrals.



# FACILITIES TO KEEP OUR COMMUNITY HEALTHY



## Healthy Living Campus

Progress is underway on several components of the Healthy Living Campus Master Plan.



### Diamond Street Bike Path

Completed in 2023, the bike and pedestrian path project installed a Class I bike path with new lighting, pavement, bicycle traffic signal sensors and landscaping.



### 510 N. Prospect

Finalizing plans to retain the 510 building and preserve adjacent green space along Diamond St.—addressing neighbor concerns.



### Center for Health & Fitness Relocation

A lease has been signed and plans are being finalized for the relocation of CHF to the 510 Building in 2027.



### Program of All-Inclusive Care for the Elderly (PACE)

A PACE provider has signed a lease for a space on the campus, establishing a long-term tenant in the 510 Building to provide services for older adults.



### allcove Beach Cities

A new, permanent location for the youth wellness center is expected to break ground at the SW corner of Beryl Street and Flagler Lane in late Spring 2026.

## Former South Bay Hospital Redevelopment

Beach Cities Health District (BCHD) launched a Request for Expression of Interest (RFEOI) last June, looking to identify innovative and community-aligned uses for the site.

### Goals:

- Align with BCHD’s mission to enhance health and wellness
- Generate sustainable revenue to fund community health programs
- Improve safety by addressing outdated seismic infrastructure
- Reflect community feedback gathered since 2017



### allcove Beach Cities

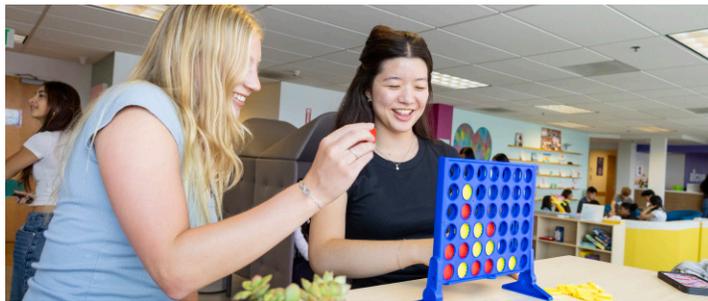
allcove Beach Cities is part of an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally responsive services. allcove centers welcome young people ages 12 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 and physical health, substance use, supported education and employment, and peer and family support.



### Utilization Overview Metrics for young people enrolled in services at allcove Beach Cities through June 30, 2025 (32 months of operation):

#### Enrollees:

<b>Redondo Beach</b>	548 young people, or 35.2%
<b>Manhattan Beach</b>	223 young people (14.3%)
<b>Hermosa Beach</b>	81 young people (5.2%)
<b>Beach Cities Total</b>	852 young people (54.7%)



**4,850**

visits by young people

**381**

tours provided

**49**

risk assessments

**372**

participants in mental health services

**92**

events at the center

More than

**1,100**

volunteer hours from the Youth Advisory Group



After Redondo Beach, the city sending the most young people to allcove is Torrance, which is across the street from the Campus, and has seen 263 young people (16.9%) enroll in a service stream. In total, the Beach Cities and Torrance have accounted for 1,115 of 1,558 enrollees, or 71.6%.

By contrast, young people from Long Beach, which comprises 32% of the population in Service Planning Area 8, make up just 0.9% of enrollees, or 14 people.

What does it mean? With over half of enrolled participants at allcove hailing from the Beach Cities, it is clear that young people in Hermosa Beach, Manhattan Beach and Redondo Beach are benefiting from having allcove Beach Cities on the BCHD Campus.

### South Bay Leadership & Wellness Conference



Beach Cities Health District, in partnership with allcove Beach Cities and Indivisible Arts, hosted the first-ever South Bay Leadership & Wellness Conference on May 18, 2024 for more than 100 young people from the greater South Bay. The conference aimed to foster collaboration and empower the next generation of young leaders from more than 30 youth organizations through conversations about advocacy, mental health, wellness and important topics facing young people today.

### Grant funding for allcove Beach Cities

Operations funding:

Mental Health Services Oversight and Accountability Commission	\$2,500,000
California Department of Health Care Services Children and Youth Behavioral Health Initiative – Round 4	\$1,000,000
Mental Health Student Services Act – 004	\$300,000

Capital funding:

Federal Community Project Funding, FY2023, Representative Ted Lieu	\$1,000,000
California’s Behavioral Health Continuum Infrastructure Program	\$6,337,000
Beach Cities Health District, Capital Projects	\$532,000

<b>Total funding secured</b>	<b>\$11,669,000</b>
------------------------------	---------------------

## Center for Health & Fitness

BCHD’s Center for Health & Fitness (CHF) is the most comprehensive fitness center in the South Bay and is one of just two fitness facilities in California to be certified by the Medical Fitness Association. With the anticipated demolition of the 514 Building, preparations began to find and design a new CHF facility on the Healthy Living Campus. Working with the public and CHF members, BCHD conducted an extensive design process focused on relocating and opening a new CHF facility in Spring 2027. The new facility, to be located on the top floor of the 510 N. Prospect Avenue building, will retain and enhance the center’s current offerings, which include:

- 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



**154,055**

total gym visits

**69,766**

total virtual and indoor class participants

**6,156**

personal training sessions

**2,080**

personal training participants who achieved their weight loss, blood pressure and other goals

## AdventurePlex

There’s so much fun packed into AdventurePlex’s 16,000-square-foot facility that kids may never want to leave! From active play to hands-on learning, this dynamic destination helps children and families “play their way to good health,” learning and growing together. It’s no wonder it’s a longtime favorite for making health habits 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

**10,086**

campers this fiscal year



AdventurePlex earned the Daily Breeze’s 2024 Best of the Beach recognition in several categories:

- **Best Kids Indoor Play Facility**
- **Best Land Camp**
- **Favorite Kids Camp**
- **Favorite Kids Entertainment**



# 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.

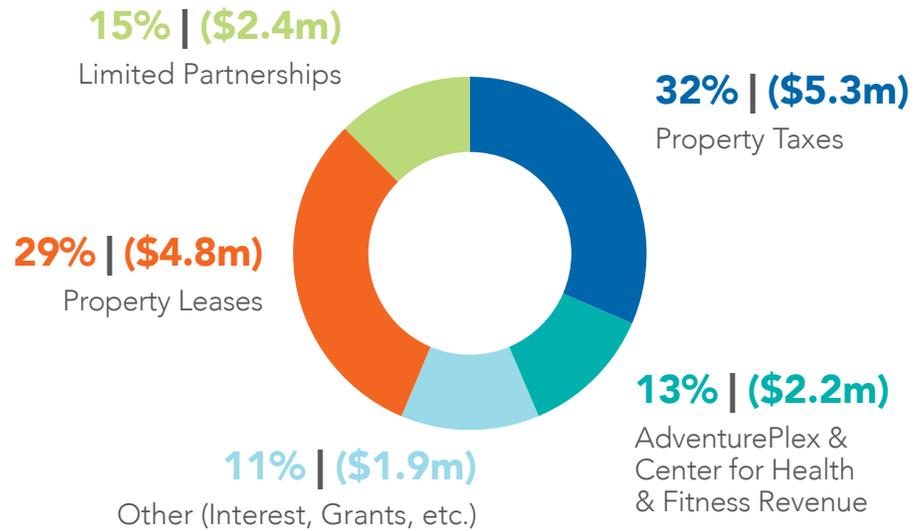
## Maximizing Your Tax Dollar



For every \$1 received in property taxes, BCHD provides \$2.68 in programs and services back to the community.

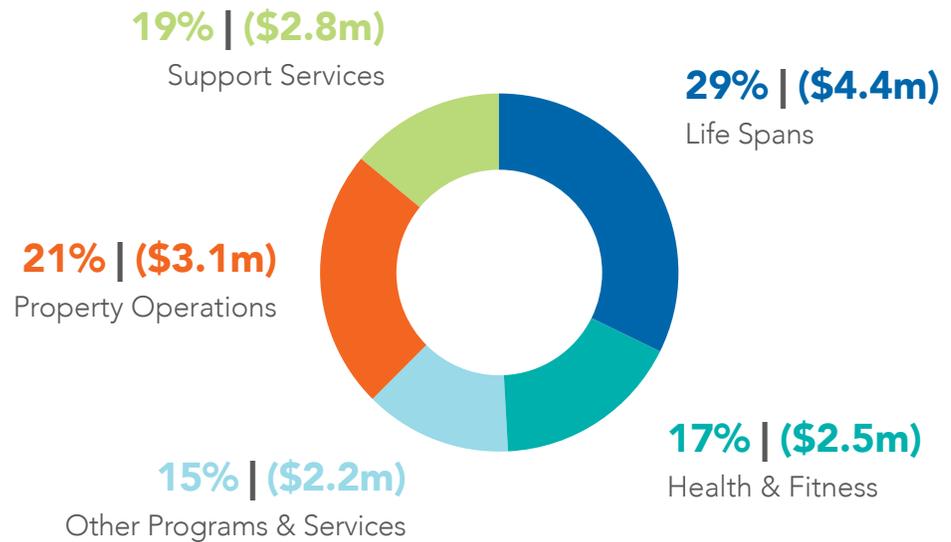
**For example:** For a household that has a \$1.2 million home and pays \$12,000 in Property Taxes, \$105.60 goes to BCHD annually.

**FY 24-25 Revenue**  
 Total Revenue:  
**\$16.6m**



Actual (\$ Millions)

**FY 24-25 Expense**  
 Total Expense:  
**\$15.0m**



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](https://bchd.org/transparency).**

# \$896,793

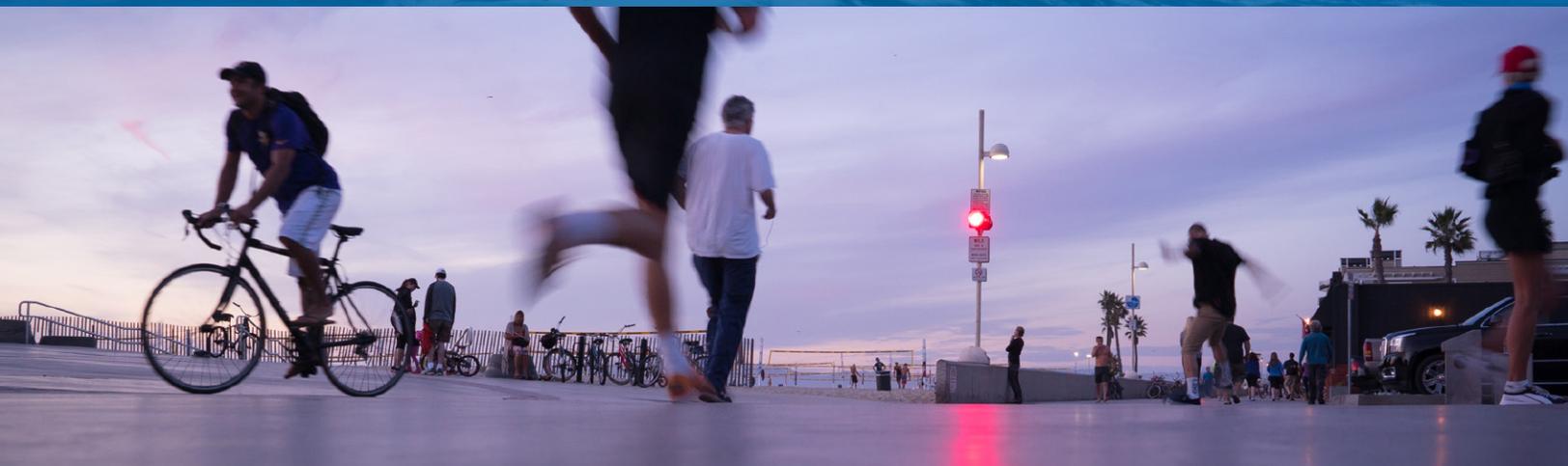
**in BCHD Grants & Service Contracts Fund**

<b>HEALTH ACCESS</b>	<b>\$ 303,158</b>
<i>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.</i>	
Community Service Health Fund-Older Adults	\$303,158

<b>SCHOOL DISTRICTS</b>	<b>\$593,635</b>
<i>Counseling, Nurses/Health Aides, Substance Use Prevention, Physical Education</i>	
Hermosa Beach City School District	\$84,682
Manhattan Beach Unified School District	\$170,568
Redondo Beach Unified School District	\$338,385



# AWARDS



## MODERN HEALTHCARE

Recognized as “Best Places to Work” for the 12th time, BCHD ranked 6th in 2023 in the Provider/Insurer category.



## HEALTHCARE DISTRICT OF THE YEAR 2021

The District of the Year Award honors healthcare districts that implemented one or more initiatives to improve the health and well-being of their community.



Beach Cities Health District successfully completed the Policy Program and received certification for the Investment Policy.



Special District Leadership Foundation (SDLF) presented BCHD a Transparency Certificate of Excellence in recognition of its outstanding efforts to promote transparency and good governance in 2021.



## ADVENTUREPLEX

Accredited by the American Camp Association



The Center for Health and Fitness is one of two certified medical fitness facilities in the state of California.



The Beach Cities have been a nationally certified Blue Zones Community® since 2016, and has been published in BMJ Open on the impacts of the District’s efforts in the community.

# BCHD'S ADVISORY COMMITTEES

The BCHD Board of Directors seeks qualified residents of Hermosa Beach, Manhattan Beach and 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 and serve a one-year term.

More information, including how to apply for a committee position is available at [bchd.org/advisory-committees](https://bchd.org/advisory-committees).

## Community Health Committee

- Martha Koo, M.D. – BCHD Board Member
- Michelle Bholat, M.D. – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Kerianne Lawson – BCHD Chief Programs Officer
- Howard Fishman – Former Hermosa Beach Mayor
- Amanda Williamson – Account Manager
- Sunni Won - Technology Consultant
- Patricia Bellas, M.D. – The Children's Clinic
- Michael B. Van Scoy-Mosher – Medical Expert/Consultant
- Debra Lotstein – Attending physician, CHLA
- Mary Drummer – Registered Nurse
- Maya – High School Student
- Paige – High School Student

## 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
- Lisa Gaudio – Marketing Consultant
- Jeffrey Gaul – Account Manager
- Lilly Hanna – Integrative Nutrition
- Charlotte LeBlanc – CPA
- Khiem Luu – Clinical Pharmacist
- Christian Wendland – Health Care Partners
- Ken Chaplin – Chief Marketing Officer
- Susan Bremer Rossow – Amazon
- Isabel – High School Student
- Lila – High School Student

## Finance Committee

- Jane Diehl – BCHD Board Member
- Noel Chun, M.D. – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Monica Suua – BCHD CFO
- Gina DeRosa – CPA
- Wayne Powell – Former Manhattan Beach Mayor
- Cindy Smith – CFO
- Eugene Solomon – City of Redondo Beach
- Paul Reiner – Sutherland Global
- Radiah Campbell – SCAN Health Plan
- Noah Weiner – AmalgamRX
- Travis Miller – UCLA Health
- Liliana – High School Student
- Kayla – High School Student

## Properties Committee Advisors

- Noel Chun, M.D. – BCHD Board Member
- Jane Diehl – BCHD Board Member
- Tom Bakaly – BCHD CEO
- Monica Suua – BCHD CFO
- 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 – BCHD Community Working group
- Richard Thompson – Planning Commissioner for the City of Manhattan Beach
- Rachel Hayes – Northrop Grumman
- Marty – High School Student
- Yash – High School Student





ANNUAL REPORT FY 24-25

[bchd.org](http://bchd.org)