



live well

A Beach Cities Health District Publication

Fall 2021

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A Public Agency

Beach Cities
Health District



BEACH CITIES HEALTH DISTRICT IS ONE OF THE LEADING preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the entire lifespan.

MISSION

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

VISION

A healthy beach community.



Dear Beach Cities Resident,

Staying in touch with residents and the community at large has long guided the work we do at Beach Cities Health District (BCHD), helping us determine health priorities and selecting services to help attain our vision of a healthy beach community.

In August, more than 1,300 people provided their input by taking our Community Health Survey, used every three years to help us better understand local health needs and shape BCHD's health priorities. The information gathered from this survey will be presented in our Community Health Report, set to be published in 2022.

Also in August, the Beach Cities Partnership for Youth Coalition held their bi-annual meeting, bringing together more than 50 stakeholders, including civic leaders, mental health providers, educators, parents and students. Attendees heard from leaders of each of the Beach Cities school districts, got an update on the upcoming allcove Beach Cities, and reviewed the Youth Advisory Council's "Don't Drink, Rethink" project.

We are also continuing our work on the Healthy Living Campus project, with our Board of Directors certifying the Final Environmental Impact Report (EIR) September 8. The Final EIR includes more than three hundred comments from residents and public agencies, along with responses to each of those comments. Our team continues to work diligently on this important, visionary project that will enable BCHD to provide preventive health and wellness programs and services to the community for many years to come.

On October 15, we will hold our strategic planning half-day meeting, providing another opportunity for us to interact with the public and focus on future plans for preventive health in the Beach Cities. You can learn more on our website at bchd.org.

In Health,

Tom Bakaly
CEO, Beach Cities Health District

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COVID-19 Successes

Beach Cities Health District hosted a luau at its AdventurePlex facility in Manhattan Beach on July 24 to honor and thank its volunteers and community partners who assisted with its COVID-19 response, including working at its testing and vaccination sites, running essential errands for those needing help during COVID-19, supporting student health during distance learning and more.

"This past year was unprecedented; we could not have expected COVID-19 to dramatically change our lives for so long," said Beach Cities Health District CEO Tom Bakaly. "When our community needed support to get us through this time, our volunteers and community partners were there and stepped forward to serve others. We could not have done this without our community — thank you for being a part of our BCHD Ohana." 🌺



Did you know?

BCHD was named 2021 Healthcare District of the Year by the Association of California Healthcare Districts largely for its COVID-19 response.

Among the accomplishments from the onset of COVID-19 to July 2021:



BCHD's COVID-19 vaccine efforts included **43 clinics**, with **15,590 doses** administered.



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



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.



6,029 vaccine doses were administered to 12-18 year olds during 14 school vaccine clinics. More than **5,000 vaccine doses** were also administered to educators.



61 homebound clients ages 22-105 received at least one dose of vaccine.



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 individuals volunteered** their time on behalf of BCHD.



Don't Drink, Rethink

Beach Cities Health District's Youth Advisory Council is back at it again. This workgroup, one of five in the Beach Cities Partnership for Youth Coalition, tackles some of the most pressing health issues youth are facing – first it was vaping, and now they have turned their focus to alcohol.


During the 2020-21 school year, the Youth Advisory Council created a PhotoVoice titled "Youth Perspectives on Alcohol Use in the Beach Cities" and presented this to the Beach Cities Partnership for Youth Coalition. The PhotoVoice included student-submitted photos, testimonials and statistics to illustrate how the home environment and easy access to alcohol contributes to the prevalence of underage drinking. The PhotoVoice ended with some solutions to help combat this community-wide issue.

After speaking to the adults on the issue of underage drinking, the Youth Advisory Council shifted their message to their peers, leading to the creation of their "Don't Drink, Rethink" campaign. They combined catchy slogans with facts, but also focused on providing healthy activities for their peers to turn to instead of substance use. 🌴

"We see alcohol everywhere – on social media, driving past liquor stores, in our homes. We know it's a problem, not just for youth, but for adults too. We wanted to move past knowing that this was an issue and focus on solutions by providing activities for youth to do instead of resorting to alcohol or drugs."


– Gabriella and Veronica F., Youth Advisory Council members and Mira Costa High School students





If you need help, there are resources available.

- Beach Cities Health District's School Well-Being Line: (310) 374-3426 and press option 2 on school days between 7:30 a.m. – 4 p.m.
- Suicide Prevention Lifeline: (800) 273-8255
- Crisis Text Line: Text the word "HOME" to 741-741
- Los Angeles County Mental Health Services: (800) 854-7771
- Trevor Project Lifeline (LGBTQ): (866) 488-7386 or text 678678
- Substance Abuse and Mental Health Services Administration's National Helpline: (800) 662-4357 (HELP)


bchd.org

Youth at the Center of Wellness

Beach Cities Health District was awarded a grant from the State of California Mental Health Services Oversight and Accountability Commission to establish an allcove Youth Drop-In Center in the Beach Cities. The local Youth Wellness Center will serve youth and young adults ages 12-25 in the South Bay and provide a wide range of programs and services including mental health, physical health, substance use, peer and family support and counseling, plus career and college coaching. Most importantly, allcove Beach Cities, a wellness center **for youth, by youth**, gives them a seat at the table, allowing them to contribute to the development and planning of the center, and provide feedback to ensure that the space and services are best suited for them and their peers.

"I'm excited to see the Youth Wellness Center come to life. Having a space just for youth to prioritize themselves and take a mental break in a stress-free environment is so important. Youth need an outlet with access to resources, especially when it comes to mental health and substance use, which can reduce the stigma around getting support and help, and encourage self-care and self-awareness."

– Rani C., Youth Advisory Council member and Redondo Union High School student

BCHD will receive support from Stanford's Center for Youth Mental Health and Wellbeing throughout the four-year grant term. The grant is \$500,000 annually for a total of \$2 million. 🌈

The Need:



16%

of Beach Cities 11th graders reported **seriously considering attempting suicide** within the past 12 months



40%

of Beach Cities 9th graders reported **experiencing chronic sadness/hopelessness** in the past 12 months

Recruiting Youth Advisors! We are looking for young adults ages 16-25 to serve on the "allcove Youth Advisory Group."

For more information, visit bchd.org/youthadvisorycouncil.

Source: California Healthy Kids Survey, 2020

Timeline of allcove in the Beach Cities





Healthy Living Campus Update

The future of the proposed Healthy Living Campus in Redondo Beach reached a major milestone on Sept. 8 when the Beach Cities Health District Board of Directors voted 5-0 to certify the project's Final Environmental Impact Report (EIR).

Certification is provided when the Board determines the EIR is completed in compliance with the California Environmental Quality Act, or CEQA. Mandated by California law, the in-depth document studies potential impacts, measures to reduce or avoid those impacts and project alternatives.

Importantly, certification is not approval of the Healthy Living Campus plan or design.

Next comes a review of project alternatives by the community and the Board, which will take place at upcoming meetings and events, including BCHD's strategic planning half-day meeting October 15.



Since 2017, BCHD has worked with numerous residential, business and community groups as well as financial, architectural and structural consultants to advance ideas and concepts to upgrade our 11-acre campus. To continue providing preventive health and wellness programs and services to Beach Cities' residents of all ages, and to address escalating maintenance costs and seismic issues, our master plan has continually evolved. The most recent iteration includes intergenerational facilities that range from a allcove Beach Cities focused on mental health for ages 12 – 25, to Residential Care for the Elderly (RCFE) that serves seniors in need of assisted living.

Additional master plan alterations to the visionary project include:

- **Reducing construction from nine to five years in two phases (instead of three)**
- **Moving buildings from the perimeter of the campus to the interior to minimize issues for surrounding residents**
- **Decreasing senior living units from 420 to 217**
- **Adding two-plus acres of public green space**
- **Creating an aquatics center**

For more than 60 years, BCHD has helped improve and promote the health of our community. As the District evolves to meet the shifting preventive health needs of all residents, our next phase – the Healthy Living Campus – is designed as a comprehensive resource that advances wellness throughout the lifespan.

BCHD will continue its outreach efforts to keep the public updated on Healthy Living Campus activities and milestones as we work through the process to convert our aging campus into a modern facility that offers preventive health services for generations to come. 🌈

Visit bchdcampus.org and follow us on social media for information about the proposed Healthy Living Campus.




A Beach Cities Health District Program



AdventurePlex reopened for Summer Camp in June and is now open for:

- Drop-in Play in the Play Structure and ToddlerTown
- Seasonal and Weekend Camps
- Birthday Parties

Learn more at AdventurePlex.org



A Beach Cities Health District Program




BCHD's Center for Health & Fitness is currently open for:

- Indoor Gym Floor Exercise Equipment Reservations
- Outdoor Group Exercise Classes
- Indoor Group Exercise Classes
- Virtual Classes
- Yoga and Pilates Classes
- Massage
- Personal Training
- Small Group Training

Learn more at www.beachcitiesgym.org.



*****ECRWSEDDM****
POSTAL CUSTOMER



"COVID-19 is still out there. Get your COVID-19 and flu vaccines to protect yourself, your family and our community."

– Dr. William Kim,
BCHD's Chief Medical Advisor

For more information on COVID-19, visit bchd.org/coronavirus.

Protect Yourself and Others from COVID-19



at least 6 ft. + face mask



Get Vaccinated • Wear a Mask • Wash Your Hands • Stay Home When Sick