



West County Health Centers

Caring for our Communities

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December 2020

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Dear Friends and Neighbors,

As this challenging year comes to a close, I have been reflecting on the health impact of COVID 19--such a pervasive and invasive disease--and the effects that will be felt for generations. I am overwhelmed with gratitude for your continued support, that in the midst of unprecedented struggle and hardship, we are even more united in our mission of health and healing. I am inspired by transformative changes in healthcare delivery, our ability to work effectively as a community, and the lens of equity through which we view each other. Your support is critical to our success as we continue to offer comprehensive care to meet the profound healthcare needs of our community in this rapidly changing environment.

"WCHC has an amazing team of doctors and supportive staff who are passionate about their patients and meeting their needs every day. Thank you for all your hard work and support during this difficult time."— Brenda Rizo, Perinatal Patient, Gravenstein Community Health Center

We have work to do together in 2021! Here are some of the highlights of some of the many projects on our 2021 roadmap:

LittleActionsBigResults – We are helping to lead a collective of organizations in healthcare, business, and education with a mission to engage, educate, and empower Sonoma county residents and organizations to mitigate the spread of COVID-19. Using a county-wide, open-source, collective action approach, we are working across sectors and cultures to reduce the impact of COVID-19 on mental health, substance use, domestic violence, and years of learning lost.

CarePlus - In collaboration with other organizations, we are excited to offer practical, place-based support for seniors with depression and individuals living with mental illness who would benefit from support for cognitive, emotional, and social skills to live and work independently in our community. This program brings the unique skills and passions of Community Health Workers into our care teams.

Virtual Health – Offering patients and care teams options for in-person, telephone, or video for all of our services, including wellness, behavioral health, primary care, HIV, gender specialty, and adolescent health, has been transformative, and we are committed to being an innovative leader in ensuring these modalities are effective, equitable, and sustainable for years to come.

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Administrative Office • P.O. Box 1449, Guerneville, CA 95446 • phone (707) 869-5977 • www.wchealth.org

Gravenstein Community Health Center • Forestville Teen Clinic • Forestville Wellness Center • Occidental Area Health Center
Russian River Health Center • Sebastopol Community Health & Dental Center • Third Street House



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Interrupting the transmission of intergenerational trauma within our community – Science clearly shows that social inequity and systemic racism are critical root causes of disease and can be passed within communities and between generations through adverse childhood events (ACEs) and trauma. We envision a critical role for community health centers to support and facilitate community co-designed projects that address systemic barriers and can support meaningful policies and programs using the ‘Self-Healing Community’ model of change.

Health Center of the Future – We are thrilled that construction on the new Russian River Health & Wellness Center in Guerneville has begun and will become an integrated hub for health and wellbeing. Medical, dental and behavioral health will be provided in one location and continue to serve some of our most vulnerable neighbors. Large group rooms within the site have been designed to foster wellness, movement, and education classes as well as convening spaces for community co-design.

“Today West County Health Centers is a multi-site, multi-disciplinary, tech-savvy organization that provides coordinated, integrated medical services that our patients and communities count on. In the nearly 20 years that I’ve been at the Russian River Health Center one thing has remained constant: the deep relationships we have with our patients.”—Dr. Michelle Davey, HIV Medical Director

Thank you for your generous support for our mission to provide healthcare for all. Donor support is vital to our success and we are grateful for donations of any amount. Please join with me in this inspiring work through financial partnership. I hope that we can count on you to help us safeguard access to comprehensive, quality, and accessible medical, dental, and behavioral health services for our communities. Please consider making a donation TODAY at www.wchealth.org

With appreciation,

Dr. Jason Cunningham
Family Physician
Chief Executive Officer

P.S. We are grateful for donations of any amount. Your contributions may be designated to support the Capital Campaign to build the new Russian River Health & Wellness Center or for support of programs that serve some of our most vulnerable neighbors including seniors, working families, children, and people living with limited financial resources. Please donate online at www.wchealth.org.

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