

Gold Coast Community Advisory Committee Focus Group Summary

This summary includes key findings about needs, gaps, and disparities related to health based on a focus group conducted with the Gold Coast Community Advisory Committee in January 2025. The feedback comments highlight the significant challenges and concerns faced by the community due to recent events and executive orders. People are deeply worried about the increased targeting and profiling of immigrant families, which has led to a profound sense of fear and instability. This fear has created major barriers to accessing essential healthcare services, as families are hesitant to leave their homes or engage with providers they do not know and trust. At the same time, participants express frustration with the slow and inflexible regulatory processes that hinder the implementation of new, more responsive service delivery models. There is a strong emphasis on the need to strengthen community partnerships and leverage trusted relationships to effectively reach and support families. Additionally, participants suggest exploring innovative approaches, such as telehealth, remote monitoring, and home-based care, to address the community's evolving needs and concerns. Overall, the feedback highlights the urgent need for a comprehensive and collaborative approach to addressing the multifaceted challenges faced by the community, with a focus on building trust, increasing flexibility, and implementing innovative solutions to ensure equitable access to healthcare and other essential services.

Impact of Recent Events and Executive Orders on Community

People deeply concerned about increased targeting and profiling of immigrant families.

- People are deeply concerned about the recent events and executive orders that have led to increased targeting and profiling of immigrant families in the community.
- Families are afraid to access community spaces and services, including churches, schools, and healthcare facilities, due to the risk of being detained or separated.
- There is a need to rethink how to provide access to healthcare and other essential services in a way that promotes health and wellbeing while addressing the fears and concerns of the community.

Quotes:

“They're moving very quickly on all of these executive orders from day zero, and unless we move at the same speed, we're not gonna be able to counteract the declining health.”

“I think we need to look at our area what happened before the last election, the start of the presidential election and how we're gonna be moving in this country. The majority of the members are the kids, for example. A lot of the parents are working in the fields...We see them as a family and we embrace them, we support them, and, and we want to make sure that they are thriving in our community.”

Barriers to Accessing Healthcare

People facing significant barriers to accessing healthcare due to fear and instability.

- People are afraid to access healthcare services, including going to the emergency room, due to the risk of being targeted or detained.
- There is a need to find alternative ways to deliver healthcare services, such as through telehealth and homebased care, to address the community's fears and concerns.
- Families are hesitant to accept food or other services from providers, fearing that they may be followed or targeted.

Quotes:

“So, we have to change how we're gonna be able to support the families. And I think that is important because this is gonna be reinvented, and, and how we need to deal. In the past, churches, hospitals, and, and the schools were forbidden from being targeted. They're now targeting those places.”

“We need to be really creative on how we're gonna be thinking about this because how we were doing things is no longer. And people that were needing social needs are gonna be affected even more because they cannot congregate in a place and put themselves in jeopardy.”

Challenges with Service Delivery and Regulations

People frustrated with slow and inflexible service delivery and regulatory processes.

- People are frustrated with the slow and inflexible regulatory processes that delay the implementation of new healthcare service models and delivery methods.

- The lengthy licensing and approval processes, which can take up to 18 months, are seen as a major barrier to quickly responding to the community's evolving needs.
- There is a desire to partner with local government and advocacy groups to streamline the regulatory processes and enable more agile and responsive service delivery.

Quotes:

“We're gonna have to figure out the service models. We have the biggest bottleneck. That is not, that is not outside of our purview. It's us here in [PII] and it's the licensing process of any delivery service. We just went through 18 months. To get a license to be able to provide home health. 18 months in the regulations, it says in 6 months. So If we really want to do things that can help our community, is make it a more vibrant model of system that really can change and change on the spot.”

Importance of Community Partnerships and Trusted Relationships

People emphasize the need for strengthening community partnerships and trusted relationships.

- People emphasize the importance of leveraging existing trusted relationships and partnerships with community organizations to effectively reach and support families.
- Families are more likely to accept and engage with healthcare services when they are delivered by providers they know and trust, such as nurses and community health workers.
- There is a need for increased collaboration and coordination among different organizations working in the community to provide a more holistic and effective support system.

Quotes:

“Most of the families know the nurses that are in the clinics. They know [PII], they know all of the nurses that are in the [PII] in, in each one of the clinics that, that are around the country. If that person is coming to their house, most likely they will be OK...There are organizations that are extremely embedded in our community that they trust. They might be hesitant at the beginning, they might be asking to make sure that it is you who's walking in, but they will let you in.”

Innovative Service Delivery Approaches

People Suggest Exploring Innovative Approaches to Service Delivery

- People suggest exploring innovative approaches to service delivery, such as telehealth, remote monitoring, and homebased care, to address the community's fears and barriers to accessing traditional healthcare settings.
- There is a recognition of the need to quickly adapt and reinvent service delivery models to prevent people from delaying care and ending up in emergency or critical situations.
- Ideas include facilitating online appointments, delivering essential supplies like groceries and prescriptions, and leveraging technology to enable remote monitoring and care.

Quotes:

"They're gonna have to access this through their homes. And there are ways that there are applications or equipment that can be delivered. So they are actually kind of watching and putting in their ear, so it can be seen online. There are stethoscopes that the family and for the elderly, that they can put in here. So, I'm thinking that we need to reinvent and quickly because then they're gonna get as a major emergency. To the ERs that they're gonna have to be in the ICUs because there are complicated. So we need to really react."

"We need to figure out how we can get online appointments through apps and things that, that people can actually talk to their doctor from their home, so they don't have to leave. Maybe we need to help them to get an Instacart or something that they can get a grocery store into their house. Prescriptions getting into their house. This is the new reality that we need to think. They cannot leave, they're frightened"

Adolescent Health Listening Session

Summary of Polling Results

Top Health Needs:

- **Mental Health**
 - Mental wellness, mental health supports, low access to behavioral health treatment, substance abuse, lack of awareness by youth of addiction and side effects of drug use, perception of "harmless" drug use, lack of support from family, school and peers, stigma, insufficient investment in behavioral health treatments, social media

Ventura County Community Health Improvement Collaborative 2025 Community Partner Listening Session Summary

- **Access to Healthcare**
 - Immigration status, fear of deportation, insurance, low provider availability, long appointment wait times, low affordability, insufficient staffing, lack of qualified staff
- **Environment and Safety**
 - threats to personal and family safety, fear of deportation, domestic, sexual and environmental violence
- **Housing**
 - Housing security, rent increases
- **Employment**
 - Living wage
- **Transportation**
- **Socioeconomic Challenges**
 - Positive mentors, access to positive social outlets including athletics, art, music and academics, lack of culturally, poverty
- **Caretakers**
 - Support for families
- **Cultural Competence in Healthcare and Services**
 - Low availability of culturally sensitive care, trauma informed care, multi-generational trauma, lack of bilingual supports, lack of training, location of services, competition between agencies,

Top Barriers and Challenges:

- **Funding**
- **System Navigation**
 - Lack of effective communication to community members about available services and programs
- **Prejudice**
 - Racism, homophobia, transphobia

Populations of Concern:

- **Hispanic/Latino/Latina**
- **Indigenous communities**
- **Incarcerated youth**
- **Transitional aged youth**
- **LGBTQIA+**

Summary of Discussion

Ventura County Community Health Improvement Collaborative
2025 Community Partner Listening Session Summary

The comments reflect a discussion focused on identifying and addressing the health needs of the adolescent population in a specific community. Participants, representing various organizations, shared insights on challenges such as mental health, access to healthcare based on immigration status, and the need for culturally responsive and trauma-informed care. The conversation highlighted the importance of support systems, stigma reduction, and the role of funding in facilitating services. The effectiveness of teen centers, school-based wellness centers, and collaborative efforts was also discussed, alongside the need for advocacy and parent education to bridge service gaps.

Ventura County Community Health Improvement Collaborative
2025 Community Partner Listening Session Summary

Mental Health. Participants identified mental health as the most pressing challenge for adolescents, emphasizing the need for therapy and support groups, especially for LGBTQ+ youth and those affected by the current political climate.

Quotes

- *"there's a lot of suicidal ideations with the young folks that we are working with."*
- *"there's increased hostility and rejection, particularly a family rejection, which is really important."*
- *"we are at capacity. So we're doing what we can to support."*

Access to Health Care. Access to healthcare based on immigration status was discussed as a significant barrier, with bullying at schools and financial situations exacerbating mental health issues.

Quotes

- *"especially they're being bullied at schools because of the immigration status."*
- *"mental health is increasing even more, economical situations, financial situations."*
- *"the lack of support that they're feeling at schools is also another big factor."*

Culturally Responsive Care. The need for culturally responsive and trauma-informed care was highlighted, particularly for youth in custody and those with adverse childhood experiences.

Quotes

- *"Ensuring that it's accessible to in languages that are that our community's youth understand."*
- *"trauma informed care is the biggest thing that we see as far as on the behavior health treatment side."*
- *"there seems to be huge gaps in services throughout the county, both geographically and culturally and linguistically."*

Support Systems and Stigma. The lack of support from family, schools, and peers was identified as a root cause of mental health challenges, with stigma being a significant barrier to seeking help.

Quotes

Ventura County Community Health Improvement Collaborative
2025 Community Partner Listening Session Summary

- *"the parents are just regulate dysregulated as well and a lot of it stems from just misunderstanding."*
- *"a lot of guilt involved in parents when their children have a mental health need."*
- *"Stigma is a huge factor in preventing them from asking for help."*

Funding and Resources. Funding was repeatedly mentioned as a barrier to providing adequate mental health services, with strict parameters and bureaucracy complicating the process.

Quotes

- *"it takes forever just to get the funding started."*

Pre-natal, Early Childhood, Childhood Listening Session

Summary of Polling Results

Top Health Needs, Barriers and Challenges:

- **Mental Health**
 - Services and support, guidance and support for parents, family supports, lack of trained and licensed mental health professionals, generational trauma
- **Access to Healthcare and Social Services**
 - Timely care, easy physical access to care, prenatal care, continuity of provider care, lack of service provider coordination, lack of input from populations of concern, provider shortage
- **Housing Insecurity**
 - Funding to house families, lack of affordable housing
- **Health Literacy and Navigation**
 - Vaccine misinformation, language accessibility and barriers, nutrition knowledge and practices
- **Transportation**
- **Socioeconomic Challenges**

Ventura County Community Health Improvement Collaborative 2025 Community Partner Listening Session Summary

- Food insecurity,
- **Caretakers**
 - Childcare, pre-school, respite care for children with special needs, older adult care

Populations of Concern:

- Mixteco
- Zapoteco
- Indigenous people
- Single parents
- Youth
- People experiencing substance abuse
- People with disabilities
- Farmworkers

Overall Discussion Summary

The comments reflect a community engagement session focused on identifying and addressing health needs within specific populations, including prenatal, early childhood, and childhood groups. Participants discussed various challenges such as access to care, housing, mental health, childcare, and the difficulties faced by certain populations like the Mixteco community, single-parent households, and teens. The conversation also touched on barriers to service provision, effective programs, and opportunities for improvement.

The dialogue was solution-oriented, with an emphasis on collaboration, resource availability, and direct community involvement to better understand and meet health needs.

Access to Care. Participants identified a shortage of providers and difficulty scheduling timely appointments as significant barriers to accessing care. There was a consensus on the need for better coordination and availability of both primary and specialty care.

Quotes

- *"I think it is a shortage of available appointments because even internally we have a vendor that does outreach calls for us for managed care accountability set metrics..."*
- *"I would say it's primary and specialty care essentially I know even in my previous work I was part of one of the health systems..."*

Housing and Mental Health. Housing insecurity and mental health were highlighted as top health needs, with a focus on the impact of housing costs, availability, and the specific mental health challenges faced by pregnant women and children.

Quotes

- *"I think it's also like a lack of specialty, um, postpartum depression, and postpartum psychosis, and all the postpartum um mental health challenges..."*
- *"I question the equity. How are we making some assumptions and and. Deciding that."*

Challenges Faced by Specific Populations. The Mixteco community, single-parent households, and teens were identified as populations that are particularly difficult to reach and serve, with language barriers, healthcare literacy, and cultural differences being significant obstacles.

Quotes

- *"I've learned that there's a lot of there there's a lot of different reasons, um, things that I've just observed, I think that Sometimes, um, people that don't expect, don't, I mean, where, where they come from, they don't have a lot of healthcare..."*
- *"I think that they're not used to. And especially we're talking about an age group that spent, you know, a couple of years out of school, um, doing remote learning..."*
- *"I think that there's a lot of, uh, they, they, they constantly are putting everything ahead of themselves, at least in my opinion, when they're working..."*

Barriers to Service Provision. Participants discussed various barriers to providing services, including staffing issues, lack of knowledge about available resources, and the complexity of navigating healthcare systems.

Quotes

- *"I could speak to maybe some staffing issues within the community as far as like physicians' offices. Uh, a lot of physicians' offices, a lot of clinics, you know, have high turnover..."*
- *"I think for that one. A lot of families know they have a need, but don't know where to go as a resource to be able to address that need..."*
- *"I think it's collaboration. I don't think that we all collaborate the way we could, and, um, I think that it's really hard..."*

Effective Programs and Opportunities. Effective programs such as community health workers, health navigators, and school-based initiatives were praised for their impact.

Opportunities for improvement included leveraging collaborations, enhancing social media presence, and involving the community directly in conversations.

Quotes

- *"We have a Healthy Star program within schools."*
- *"I think reaching out to, you know, all different age children, not just the 1st 5 years, um, to, uh, utilizing the schools. I think it's a great idea."*
- *"I think it's, I think it's collaboration. I don't think that we all collaborate the way we could, and, um, I think that it's really hard..."*