



# Sierra Community Medical Foundation

4220 Rocklin Rd Suite 5  
Rocklin, Ca 95677  
916-630-7030



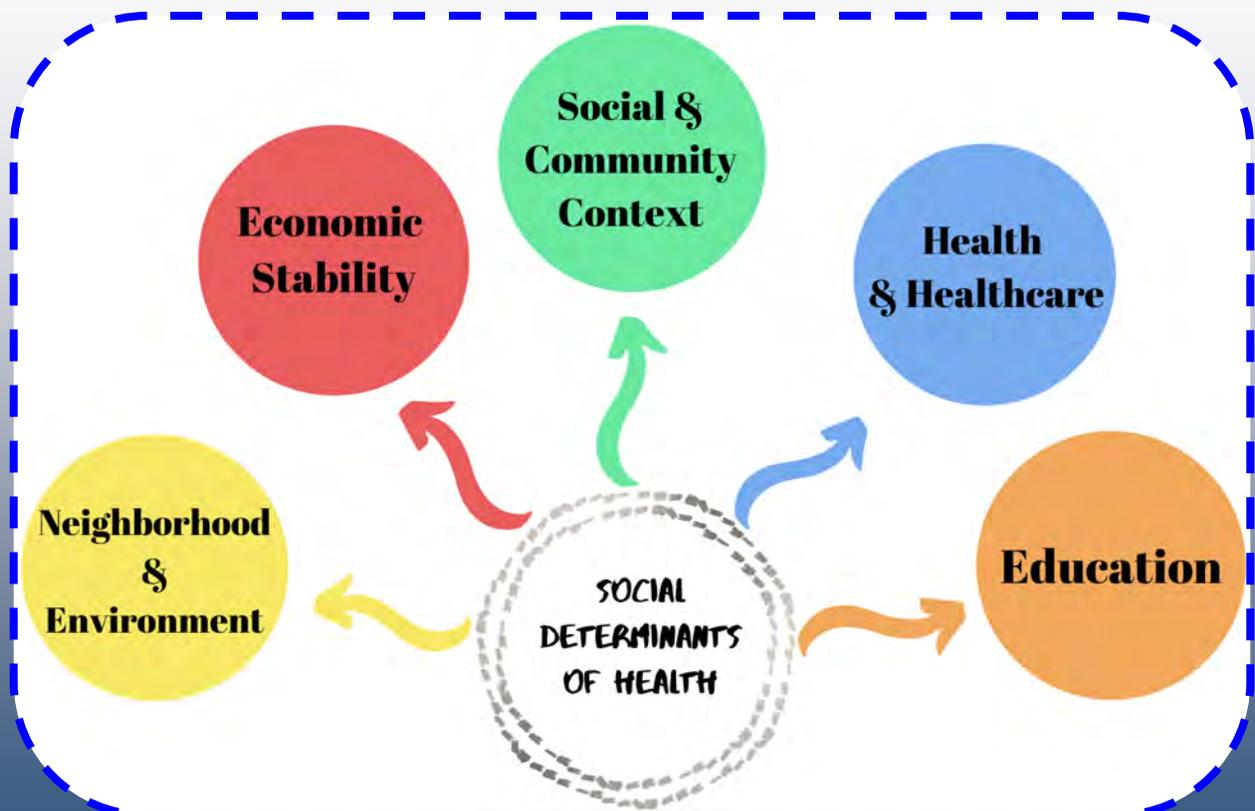
# PARTNERSHIP LEVELS



# SOCIAL DETERMINANTS OF HEALTH PROGRAM



The Sierra Community Medical Foundation (SCMF), has designed and developed a new program as part of its non profit community services. The Social Determinants of Health Program, encompasses the placement of health professionals at school sites, assessments, education, and evaluations of public health disparities for the general population and underserved communities. SCMF helps provide the access to programs and health professionals working with high risk groups to address barriers that prevent healthy lifestyles. Our program also offers policy workshops and updates for elected officials, health professionals, physicians and the general community by way of outreach, trainings, social media outlets, direct virtual/meetings, community events and hosted fairs within the five counties we serve.



# PLACER-NEVADA RX DRUG SAFETY COALITION



The Placer-Nevada Rx Drug Safety Coalition is a non-profit organization that focuses on opioid prescription safety and increasing the awareness of local resources for the opioid crisis in Placer and Nevada Counties.

Our coalition is a subsidiary of the Sierra Community Medical Foundation, which is a 501 (c)(3) organization under the Placer - Nevada County Medical Society .



## Our Goal

To tackle the growing problem of opioid overdose and misuse in Placer and Nevada Counties by gathering multiple stakeholders to assess and create solutions focusing on the three federal priority areas:

- Safe prescribing practices,
- Medication-Assisted Treatment (MAT)
- Increasing access to naloxone.

## Action Teams

Our coalition has seven action teams which focus on different areas to address the opioid crisis in both Placer and Nevada's counties.

## Naloxone



Sierra Community Medical Foundation is now distributing Naloxone in both Placer and Nevada counties. We want to make sure we are doing our part in getting it into the hands of our community members!



# PHYSICIAN WELLNESS



## What is Physician Wellness?

Many Physicians, health professionals and medical students can be affected by burnout in the workplace. Physician Wellness is geared towards preventing such burnout, bringing the joy back into the practice of medicine all while creating a positive impact on patient care.

“During times of

uncertainty , rapid change and new challenges, nothing fills the void more effectively than mutual support from colleagues .

Through the Physician Wellness program peer groups help

physicians stay connected , share experiences and draw from the strength and support of one another “

-Dr. Irina Korman

### Types of Wellness Programs

- Doctor's Lounge and Peer Groups

A place where local physicians meet in a group atmosphere once a month with their peers and discuss day to day challenges. These groups are facilitated by a vetted life coach or psychologist

- Physical Wellness programs with Certified Personal Trainers
- Financial Wellness Programs
- Community Outings that provide joy and entertainment to the physicians



**STOP** Physician Burnout



Virtual Workouts with Certified Personal Trainers



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## Staff And Contact Information

**Executive Director-Quinn Gregory**

quinn@pncms.org

**SCMF Program Director-Anthony Hill**

tony@scmfoundation.org

**Physician Relations Manager-Michele Onatanian**

michele@pncms.org

**AmeriCorps VISTA Member-Alan Harrington**

rxdrugsaftey@gmail.com

**Website:**

**[www.scmfoundation.org](http://www.scmfoundation.org)**

