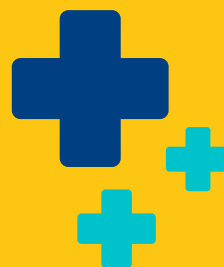


2024 Annual Report



The Sierra Community Medical Foundation serves Placer, Nevada, Yuba, Sutter, Colusa, and Sacramento counties by enhancing access to health education and promoting overall well-being. The foundation prioritizes physician wellness programs, Adverse Childhood Experiences (ACEs) awareness, prescription drug safety, and addressing social determinants of health, with a strong focus on supporting at-risk, underserved, and underinsured community members.



President's Message



As we reflect on the achievements of 2024, I am honored to present the Sierra Community Medical Foundation's 2024 Annual Report. Our commitment to community health has never been stronger. The Adverse Childhood Experiences (ACEs) Program and the Rx Drug Safety Coalition have made significant strides in addressing critical public health issues for the most vulnerable populations in our community.

In addition, recognizing the challenges faced by healthcare professionals, we've doubled down on our Physician Wellness programs to reclaim the Joy of Medicine. These initiatives are designed to combat burnout and help our physician members rediscover the passion that led them to medicine. In 2025, we plan to expand these programs further, ensuring that our physicians have the support they need to thrive both personally and professionally.

Please consider supporting SCMF with a generous donation. Your contributions directly support these critical programs that bridge gaps in medical services, raise awareness about many critical healthcare issues, and empower our local underserved communities to take charge of their health and wellbeing. Each dollar spent reflects our unwavering commitment to promoting health equity and addressing the most pressing needs of our communities. Your trust, engagement, and support are the driving forces behind our success.

Donate Here: <https://www.scmfoundation.org/Donate>

Looking ahead to 2025, we remain steadfast in our mission to foster healthier communities. We are committed to advancing innovative solutions that address social determinants of health while continuing to prioritize equity and justice in all aspects of our work.

I extend my deepest gratitude to our board members, staff, donors, and community partners who make this work possible. Together, we are building a future where everyone has access to the care and resources they need to thrive.

Sincerely,

Troy M. Falck, MD, FACEP, FAAEM

Board President | Sierra Community Medical Foundation

Executive Director Letter

Dear Friends,

At SCMF, we are changing lives by providing health and wellness services to youth and their families for a sustainable future. Our mission is deeply rooted in improving the health and well-being of our community across the region, including, Placer, Nevada, Sutter, Yuba, Colusa and Sacramento counties.

Our work includes:

- **Fighting the Opioid Epidemic:** Through our Placer-Nevada Rx Drug Safety Coalition, we promote safe prescribing practices, fentanyl education, medication-assisted treatment (MAT), and access to Narcan.
- **Addressing Childhood Trauma:** Our ACEs/Social Determinants of Health Coalition works to prevent and mitigate the long-term effects of adverse childhood experiences, providing resources and support for affected families.
- **Supporting Physician Wellness:** Our Physician Wellness Program ensures that healthcare providers receive the support they need to continue delivering exceptional care.

Through our coalitions and network of care, we are making a meaningful impact in our community. Your support is essential to continue this work—donate today at www.scmfoundation.org/Donate to help us expand access to vital health programs and resources.

Quinn Gregory

Executive Director | Sierra Community Medical Foundation



About Sierra Community Medical Foundation

The Sierra Community Medical Foundation (SCMF) serves Placer, Nevada, Yuba, Sutter, Colusa, and Sacramento counties by increasing access to health education and promoting healthier lifestyles, particularly for at-risk, underserved, and under insured community members. Born from the Placer-Nevada County and Yuba-Sutter-Colusa Medical Societies, SCMF was founded to address gaps in care and is driven by local physicians committed to improving community health.

As a nonprofit looking to improve our community's health, SCMF engaged in an assessment to figure out what is causing our community to be unhealthy. One of the prominent answers was Adverse Childhood Experiences (ACEs) and our second Coalition was formed. Importantly, ACEs and drug misuse have a strong relationship with each other, so having an organization that is working on both issues at once is extremely valuable to our community.

Who do we work with?

- Schools
- Pharmacies
- Physicians
- Substance Use Disorder Professionals
- Nonprofits
- Placer and Nevada Counties
- Hospitals
- Law Enforcement
- Community Members
- Insurance Providers
- ...and more!



About Sierra Community Medical Foundation

Client Description

SCMF has served the following populations in 2024:

General Populations: All are met with a comprehensive questionnaire and needs assessment to determine what services would be appropriate offered and referred to within a timely manner to meet the safety, prevention intervention and basic needs of the client. The services are geared to be person/family centered in our approach.

Veterans: Individual care needs, therapy, counseling, family support, divorce/separation prevention; personal injury referrals, benefit approvals, neuropsych testing, brain injury referrals, inpatient treatment, and personal care services.

Adolescents: Ages 3 to 17, providing basic needs, medical appointments, physical screenings, physical and mental wellness interventions, personal safety skills, breathing techniques, safety kits and education to prevent abuse, contact numbers, educational materials, guidance for students and families in need of advocacy when discrimination and mental health services were needed. SCMF identified duty experts for families when no guidance was offered, learning how to use self-care techniques; neuropsych testing for persons on the spectrum, self-value, and public health strategies.

Elder Care for individuals 65+: SCMF met with staff and contractors serving as community health workers providing time with clients, resources and referrals, offering education, recommendations and coordination with health professionals, housing rights advocates, and legal representatives for personal care impediments and safety methods to prevent falls, violence and abuse interventions and contact numbers to call.

BIPOC Populations: SCMF worked with at risk individuals and groups from rural and urban settings on topics such as sexual preference, race, gender, mental illnesses, couples in distress due to economic challenges and trauma, and others in crisis. SCMF provided personal care, mental health services, substance abuse counseling, advocacy, navigation to affordable housing, and civic services through a criteria-based model.

Year in Review:



In 2024, Sierra Community Medical Foundation (SCMF) continued its commitment to advancing health equity, providing critical resources, and supporting medical professionals across Yuba, Sutter, Placer, Nevada, and Sacramento counties.

Community Engagement & Outreach

- SCMF staff attended 21 community events, expanding our reach and strengthening partnerships across five counties.
- Conducted 10 presentations and workshops, providing education on public health, behavioral health, and preventative care.
- Sutter County Healthcare Town Hall (Sept. 30): Brought together 75 attendees to discuss the challenges and successes of healthcare in Yuba City and Marysville.

Public Health & Behavioral Health Services

- 5,000+ individuals received educational materials, public health resources, and access to counseling, therapy, and behavioral health services.
- 300+ individuals engaged in therapy or counseling sessions focused on public health and wellness.
- 300+ individuals received Adverse Childhood Experiences (ACEs) screenings, with 200+ undergoing further assessments to identify needs and interventions.
- 500+ Narcan kits were distributed, targeting individuals and adolescents in foster care, group homes, community-based organizations, law enforcement, and faith-based facilities.

Year in Review Cont.:

Physician & Provider Support

- Conducted a year-long needs assessment with physicians and providers to identify opportunities for integrating additional care models and services.
- Delivered training and workshops for medical professionals, behavioral health specialists, private physician practices, and office staff across five counties.
- Elevated Health Event: Hosted 50+ attendees and speakers, fostering discussions on healthcare innovations and challenges.

Special Initiatives & Programs

- ACEs Awareness & Education: SCMF provided monthly ACEs training and networking opportunities for providers, educators, parents, community organizations, and first responders.
- RX Drug Safety & Disposal: SCMF facilitated safe medication disposal initiatives and launched a speakers bureau to assist families navigating substance use challenges.
- Advocacy & Physician Leadership: The Sierra Foothills Medical Society engaged in discussions about healthcare disparities, advocating for improved health equity and access.

Looking ahead, SCMF remains committed to expanding its outreach, strengthening partnerships, and continuing to provide essential healthcare resources to underserved communities.

SCMF in the Community



21

Community Events
Attended by SCMF Staff

10

Presentations Conducted
in the Community

500

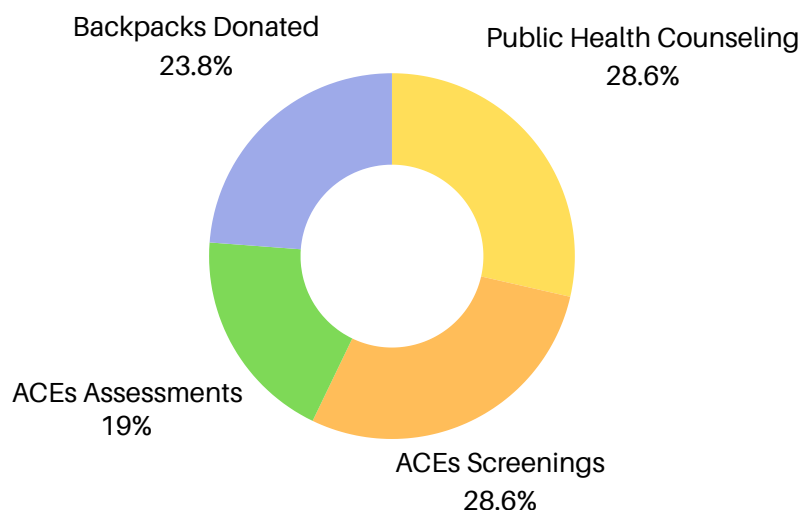
Narcan Kits Distributed

5000

Individuals reached through
outreach and education

SCMF staff engaged with the community through outreach efforts, providing educational materials, public health presentations, therapy services, school event participation, counseling, behavioral health appointments, and prevention resources to support overall well-being.

SCMF COMMUNITY IMPACT



Key Event: Taste of Amador

May 25, 2024
Amador, CA

This special Physician Wellness Trip to Amador County, brought together approximately 24 attendees, including medical students, physicians, and community members. The day was designed to foster connections, and support physician well-being.

The group enjoyed a variety of activities, including antiquing in Sutter Creek, a guided tour of the historic Chew Kee Store Museum, and a memorable lunch at Taste in Plymouth. The trip concluded with a private wine tasting in the caves of Helwig Winery, offering a unique and relaxing experience for all.

Physician wellness remains a top priority for the Sierra Community Medical Foundation. We are grateful for the opportunity to provide meaningful experiences that support the well-being of our medical community.

A Taste of Amador

Saturday May 25, 2024

Join local physicians on a trip to Amador County

 **Itinerary -**
La Bou
Blue Door Bakery
Sutter Creek -Antique Shops
Chew Kee Store Museum
Taste Restaurant
Helwig Winery

Departing at 6801 Five Star Blvd
Rocklin, CA 95677
Transportation Provided.

To RSVP, please contact Tina Mortebov
tina@pncms.org / 530.334.3490



PNCMS
Taste of Amador
2024

Key Event: Healthy Families Fitness Festival

August 3, 2024

The Grounds | Roseville, CA

The Healthy Families Fitness Festival was a huge success, bringing together **over 400 attendees** for a day of wellness, education, and community support. With the help of **30+ vendors**, we provided **vital health resources, fitness activities, and educational materials** to families.

Over **250 backpacks** were distributed to children, ensuring they had the supplies needed for school, and the community was nourished with free meals throughout the event. This festival highlighted the power of collaboration in promoting healthy lifestyles and stronger families!



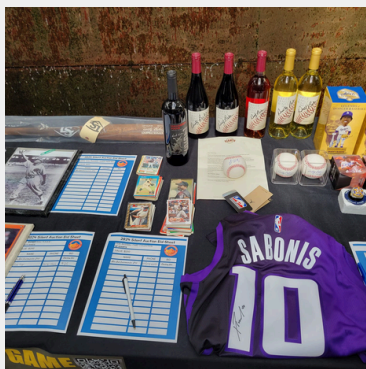
Key Event: Honorary Negro League Baseball Game

September 22, 2024

John Smith Field | Sacramento, CA

The 2024 Honorary Negro League Game was a dynamic celebration of Negro League Baseball history, community engagement, and youth athletic talent. The event featured an exciting high school baseball showcase, giving young athletes the opportunity to demonstrate their skills in front of fans and mentors. Special guests from the Negro Leagues Baseball Museum shared powerful stories and insights, honoring the rich legacy of Black baseball pioneers.

Beyond the game, the event served the community with a health fair, offering essential resources, wellness screenings, and support from local organizations. Attendees enjoyed a day filled with history, sportsmanship, and empowerment, reinforcing the connection between sports and community well-being.



**2024 HONORARY
NEGRO LEAGUE
GAME** & HEALTH FAIR

JOHN SMITH FIELD
SACRAMENTO STATE
7445-7457 COLLEGE TOWN DR.
SACRAMENTO, CA 95819

SUN. SEPT 22
1:00 - 5:00 PM
\$10 DONATION AT THE DOOR

FEATURING:
SACRAMENTO STATE BASEBALL
BASEBALL PLAYER SHOWCASE

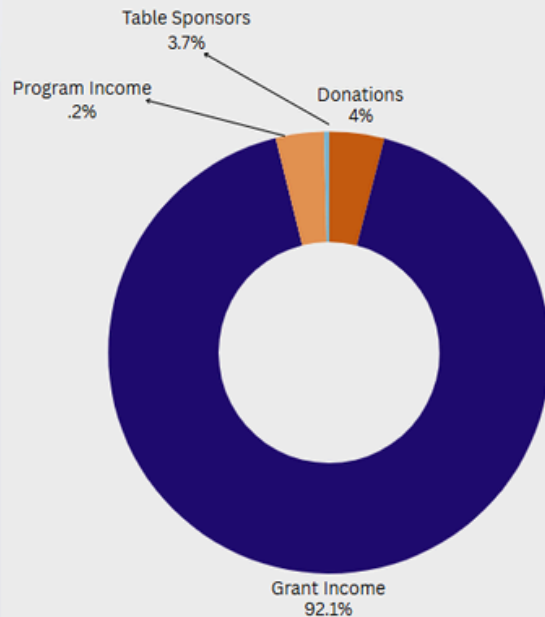
SPECIAL GUESTS:
BOB HENDRICK, NEGRO LEAGUES BASEBALL MUSEUM
DANNY WOOD, SOUTHWEST NEGRO LEAGUES
BASEBALL FOUNDATION, FORMER MLB PITCHER
DAVE STEWART & HARRY MOORE

QUESTIONS CONTACT JIMMY GREGORY
916.299.8554 | JGREGORY@SCMF.COM

ALL PROCEEDS BENEFIT THE
NEGRO LEAGUES BASEBALL
MUSEUM AND NEGRO LEAGUE
BASEBALL PLAYERS FOUNDATION

PRESENTED BY:

Our Financials

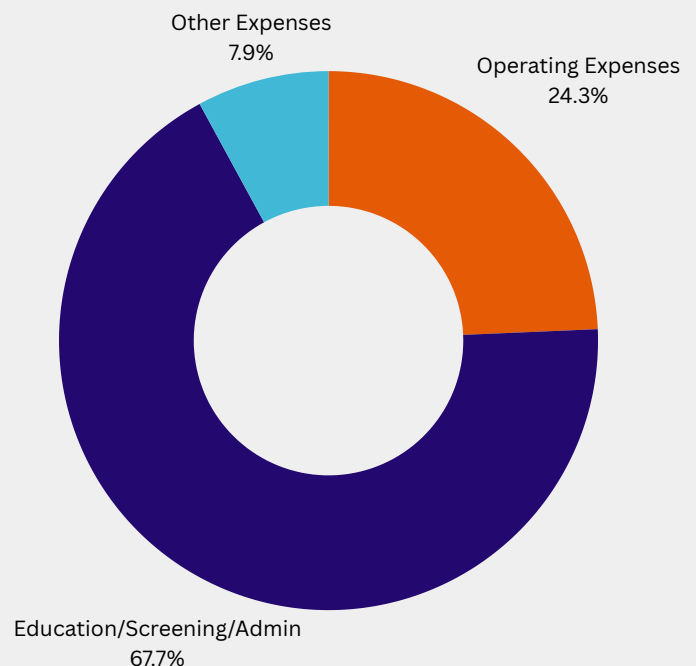


SCMF 2024 Income

Donations	\$7,386.01
Grant Income	\$159,100.00
Table Sponsors	\$6,467.00
Program Income	\$700.00

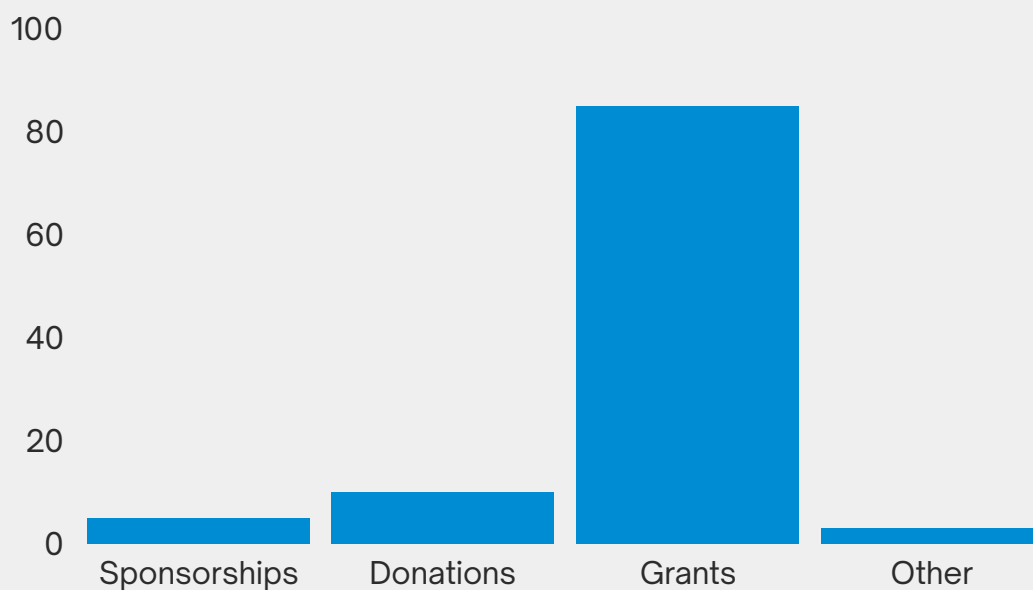
SCMF 2024 Expenses

Operating Expenses	\$43,625.28
Education/Screening/Admin	\$121,557.66
Other Expenses	\$14,239.52

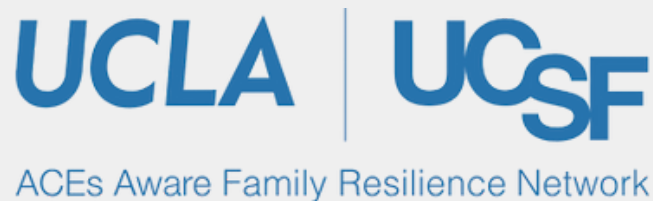


Our Financials

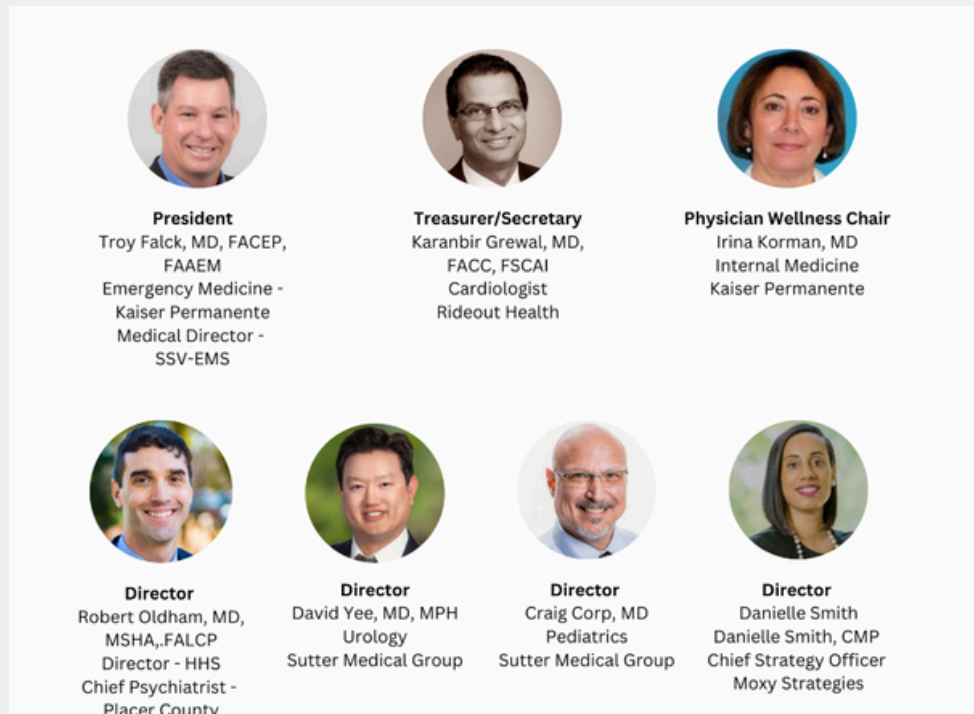
SCMF is 100% funded by grants, foundation support, sponsorships and individual donations.



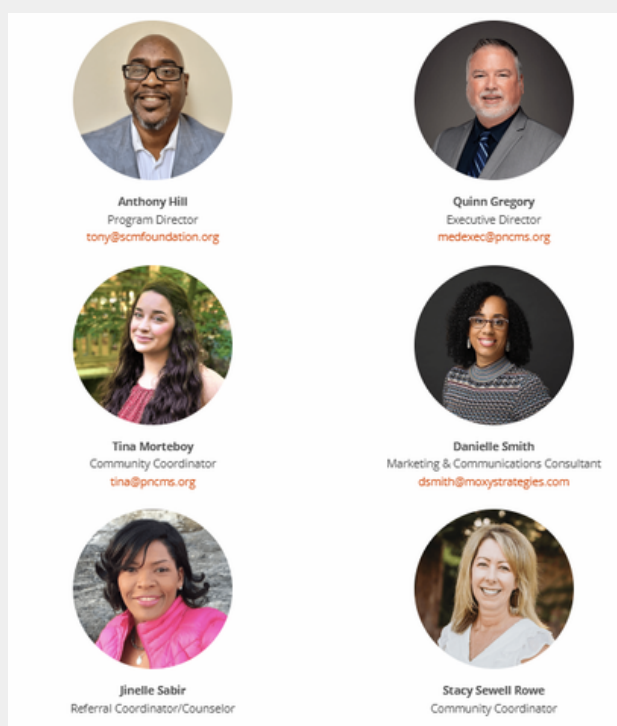
Our Community Collaborators



SCMF Board of Directors



SCMF Staff





Thank You



916-630-7030



4220 Rocklin Road, Suite 5, Rocklin, CA 95677



www.scmfoundation.org/