

2021-2023



# Rural Covid-19 Equity: Empowering Connections & Encouraging Resilience

Author: Cambron Walker



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Sections in this report are modeled after the Rural Health Information Hub (RHIhub) Rural Health Equity Toolkit. Which includes evidence-based frameworks and strategies to support working towards health equity in rural communities.



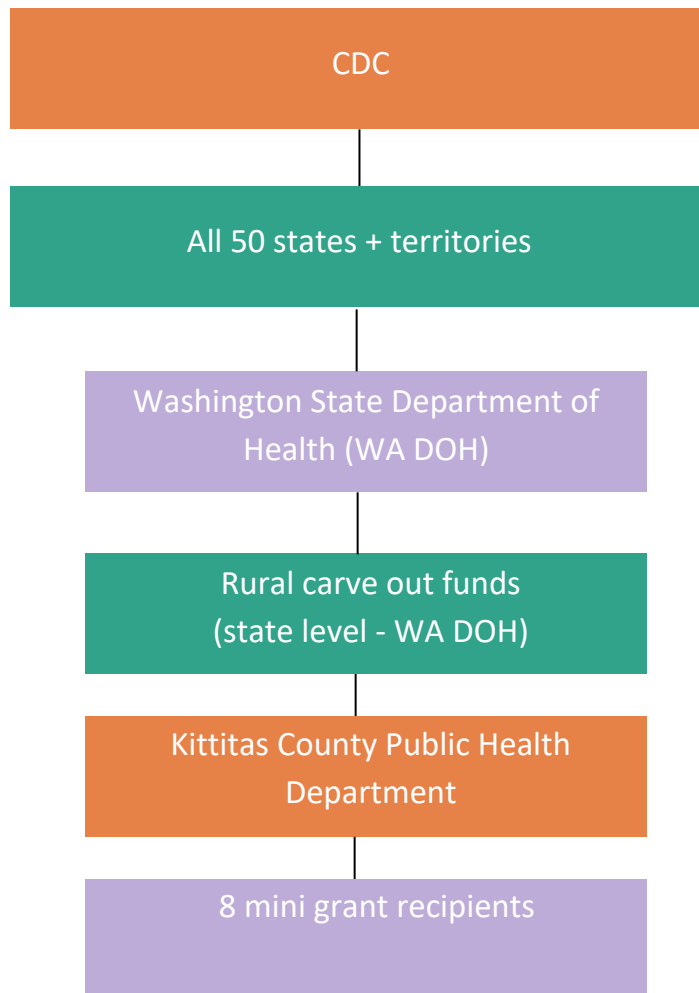
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## Funding Overview

According to the Centers for Disease Control and Prevention (CDC) (2024a), all 50 U.S. states, as well as territories, received this CDC funding.. The program was called the, *National Initiative to Address COVID-19 Health Disparities Among Populations at High-Risk and Underserved, Including Racial and Ethnic Minority Populations and Rural Communities*.

This was the first time the CDC dedicated funding specific to rural areas.



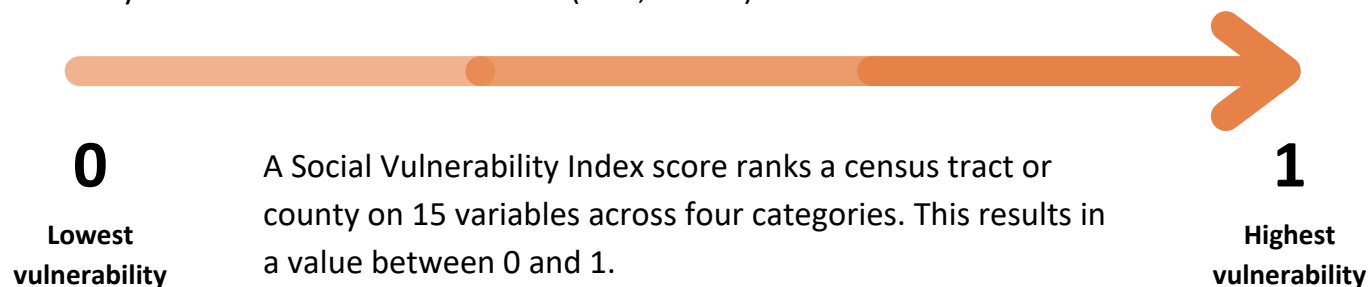
In October 2021, Kittitas County Public Health Department (KCPHD) received \$300,000 from the Washington State Department of Health. The project ended May 31, 2024.

This funding required a Rural Equity Advisory Team (REAT) to make decisions. Nearly \$200,000 of KCPHD's \$300,000 was allocated to the REAT (coalition).

# Social Vulnerability Index

The Social Vulnerability Index uses U.S. Census data to objectively rank areas, through census tracts and counties, on their overall social vulnerability. These social factors include (and are not limited to), poverty, access to transportation, and housing cost burden.

It was originally developed to help emergency management and public health officials quickly and efficiently distribute resources in a crisis (CDC, 2024b).



## COVID-19 Pandemic Vulnerability Index

2021 Kittitas County Pandemic Vulnerability Index (PVI) = 0.41

Pandemic Vulnerability	Infection Rate	Transmissible Cases Disease Spread
	Population Concentration	Daytime Population Density Baseline Traffic Residential Density
	Intervention Measures	Vaccines Social Distancing Testing
	Health & Environment	Hospital Beds & Ventilators Population Demographics & Age Distribution Air Pollution Co-morbidities & Health Disparities

*National Institute of Environmental Health Sciences (2021)*

# Kittitas County Data

## Population

- 47,000
- 19 people per square mile
- 14.4% living in poverty
- 9.6% identify as Hispanic/Latino

*United States Census Bureau (2022)*

## Health Professional Shortage Areas



Medical



Dental



Mental health

*Rural Health Information Hub (RHlhub) (2022)*

## Healthy Youth Survey - Kittitas County

### RESILIENCE

67% of students said they felt moderately or highly hopeful

75% of students said they could discuss problems with parents

### SUICIDE

24% of 10th grade students had considered attempting suicide

10% of 10th grade students actually attempted suicide

### DEPRESSION

41% of 10th grade students reported feeling sad/hopeless for at least two weeks in the past year

*Washington Healthy Youth Survey Data (2021)*

# Kittitas County Covid-19 Data

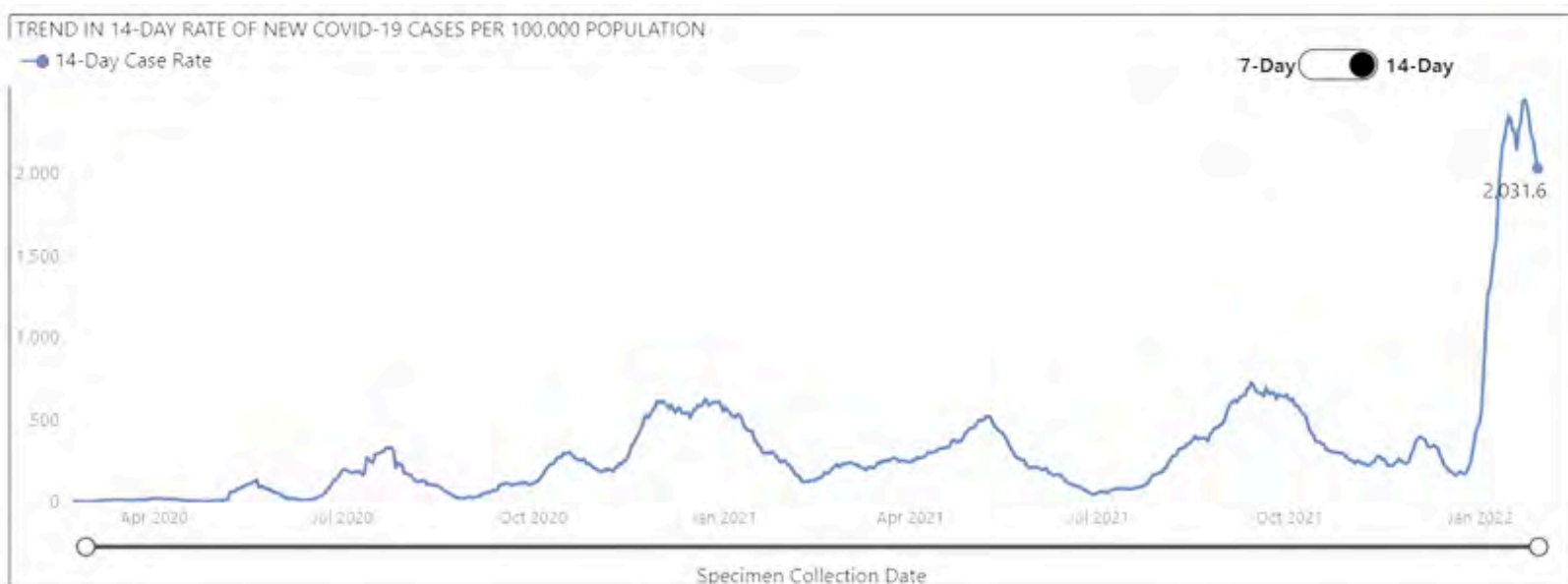
## January 2022 COVID-19 Vaccination Rates

Percent of Total Population Initiating Vaccination	55.8%
Percent of Total Population Fully Vaccinated	50.4%
Number of People Who Received an Additional Dose	11,858

*Washington State Department of Health (2022a)*

## Kittitas County COVID-19 Infections

Apr 2020 - Jan 2022



3,213 of 1,410,596 cases do not have an assigned county. Cases from the last 12 days may yet not be reported.

*Washington State Department of Health (2022b)*





## PROGRAM MODELS

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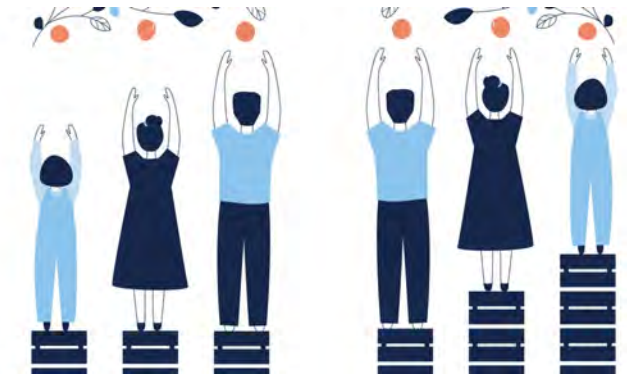
# Framing Health Equity

## Health Equity

According to the CDC (2022), health equity means that everyone has the opportunity to achieve their healthiest potential.

## Health Disparities

According to the CDC (2023), health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health, experienced by socially disadvantaged populations.



*Copenhagen Institute for Future Studies (2022)*

## KCPHD Health Equity Statement

KCPHD recognizes we have a responsibility to promote equity and undo inequity through population health work. Prioritizing equity, diversity, and inclusiveness is critical to creating and supporting healthy individuals and communities.

We are dedicated to building an internal organizational infrastructure and workforce that promotes and supports health equity, diversity, and inclusion. Outside our agency, we are dedicated to investing in local and regional partnerships that dismantle disparities and allow those most impacted by inequities to be heard, and lead community change.

## Social Determinants (Drivers) of Health

According to the U.S. Department of Health and Human Services (n.d.), social determinants (drivers) of health are the conditions in environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.



# Multi-Sector Collaboration

## COVID-19 Health Equity Coalition (CHEC) or Rural Equity Advisory Team (REAT)



Alice Nelson/Joshua Hackney  
**Youth Services Kittitas County**



Amy McGuffin  
**Kittitas County Chamber of Commerce**



Audelia Martinez  
**Kittitas County Public Health Department**



Austin Adkinson  
**First United Methodist Church**



Betsy Dunbar  
**City of Ellensburg**



Brett Wachsmith  
**Kittitas County**



Carleigh Sundby  
**Comprehensive Healthcare**



Jesus Erasto-Garcia  
**APOYO Food Pantry**



Jinger Harberer  
**Ellensburg School District**



Laura Villegas-Chouinard  
**WorkSource**



Mayra Colazo  
**Central Washington Disabilities Resources**



Michele Wurl  
**Kittitas Valley Healthcare**



Nicole Matthews, Teodora Moreno Guzmán, Fatima Andraca  
**Kittitas County Health Network**



Rachel Baxter  
**HopeSource**



Teo Bicchieri  
**FISH Community Food Bank**

# CHEC: Multi-Sector Collaboration

## Social Determinants (Drivers) of Health Representation



### Healthcare & Quality

- Kittitas Valley Healthcare (clinical care)
- Comprehensive Healthcare (behavioral health)
- Kittitas County Public Health Department (public health)
- Kittitas County Health Network (community health)



### Education Access & Quality

- Ellensburg School District (school district)



### Neighborhood & Built Environment

- City of Ellensburg (transportation)
- HopeSource (housing)



### Social & Community Context

- Youth Services of Kittitas County (youth)
- Kittitas County Commissioner (government)
- Kittitas County Health Network (Spanish-speaking)
- First United Methodist Church (faith-based organization)
- Central Washington Disability Resources (persons with disabilities)



### Economic Stability

- Kittitas County Chamber of Commerce (business)
- FISH Community Food Bank (food security)
- WorkSource (income & employment)

# CHEC: Creating a Shared Vision

## Facilitators

Cambron Walker, KCPHD

MacKenzie Carter, KCPHD

## Vision

To advance health equity in Kittitas County and work collaboratively to reduce COVID-19 related health disparities among rural and underserved populations.

## Mission

Build community capacity to reach disproportionately affected populations with effective culturally and linguistically tailored programs.

## Potential Prioritized Strategies:

Increase behavioral health access in rural communities

Design improvements to address rural residents who already face barriers to care exacerbated by COVID-19.

Recovery from the COVID-19 impacts on healthcare, behavioral health, and public health workforce.

Recovery from the COVID-19 impacts on key community assets integral to the health of the community.

Youth strategies, such as structured activities or opportunities meant to assist recovery from the social isolation, depression, and anxiety during the pandemic.

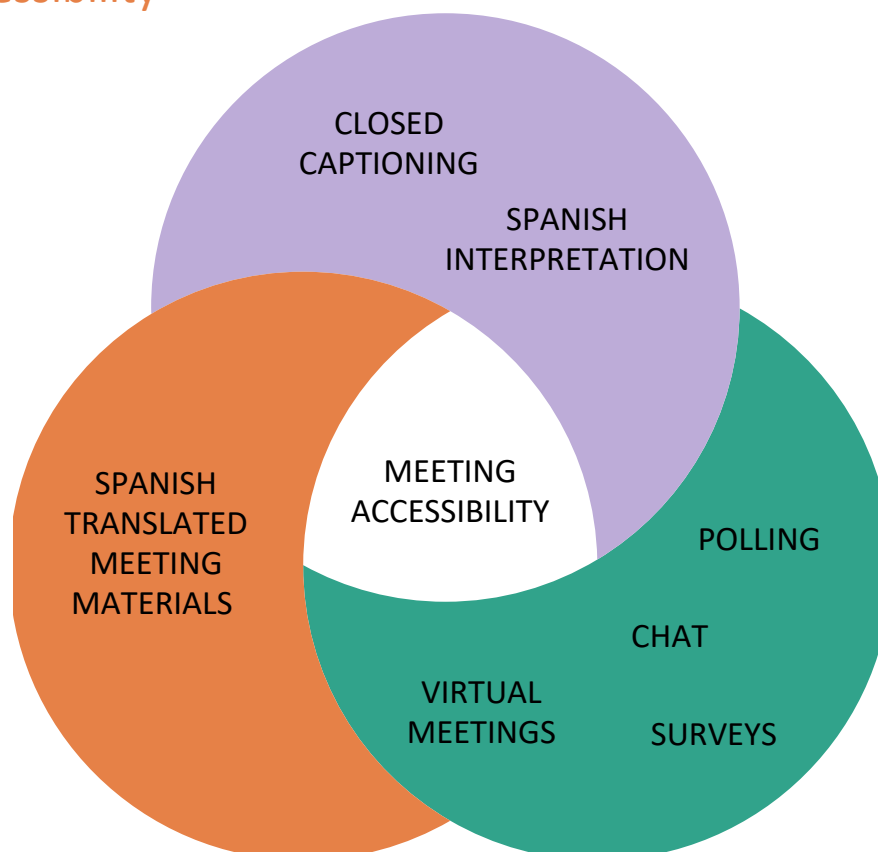
# CHEC: Creating a Shared Vision

## CHEC Decisions

We collected coalition member feedback throughout the grant period.

- 1 INTRODUCTION SURVEY**  
What was needed in terms of COVID-19 testing, vaccination, and assistance. Behavioral health was a big concern.
- 2 MINI GRANT PROGRAM**  
CHEC members voted “yes”, to moving forward with a mini grant program.
- 3 PROCESS FEEDBACK**  
When did the application open, how long was it open, how was bias reduced.
- 4 FUTURE MEETINGS - AFTER REQUEST FOR PROPOSALS (RFP)**  
Voted to determine what future meetings look like (after mini grant process). CHEC member decision was every other month.
- 5 CLOSING SURVEY**  
Overall Coalition satisfaction, success of advancing health equity, and the success of addressing recovery and resiliency from the pandemic.

## Meeting Accessibility



# CHEC: Building Community Capacity

Before making any group decisions, the Coalition discussed:

1. What is the readiness of community members/organizations to engage in work related to COVID-19 health disparities?
2. What is needed in the community?

The coalition came to a consensus that recovery and resiliency from the COVID-19 pandemic were key outcomes they wanted to address. In addition, they voted to use a mini grant process to distribute funds to the community.

## What did the mini grant program look like?

- Small grants (\$10,000 - \$25,000) awarded to coalition and/or community members/organizations.
- Short-term projects to be completed by end of grant (December 2023).
- Awarded based on application and review process. Scored, discussed, and voted on by coalition, with majority as consensus.

## What were the benefits of a mini grant program?

- Supported using grant funds for a wider range of projects and topics.
- Promoted equity by enabling organizations of different sizes and capacities to participate.
- Invited engagement and buy-in from the community.

## What were the roles of Coalition members?

- Established guidelines (award amount, number of awards, etc.).
- Publicized mini grant program through organization.
- Reviewed and scored applications.
- Discussed scores and voted on recipients of mini-grants.

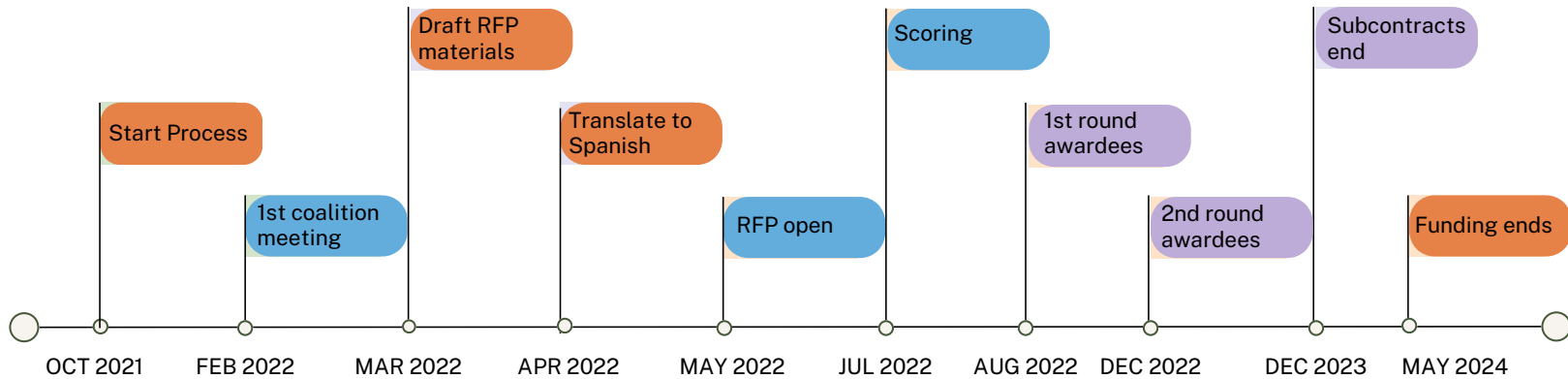




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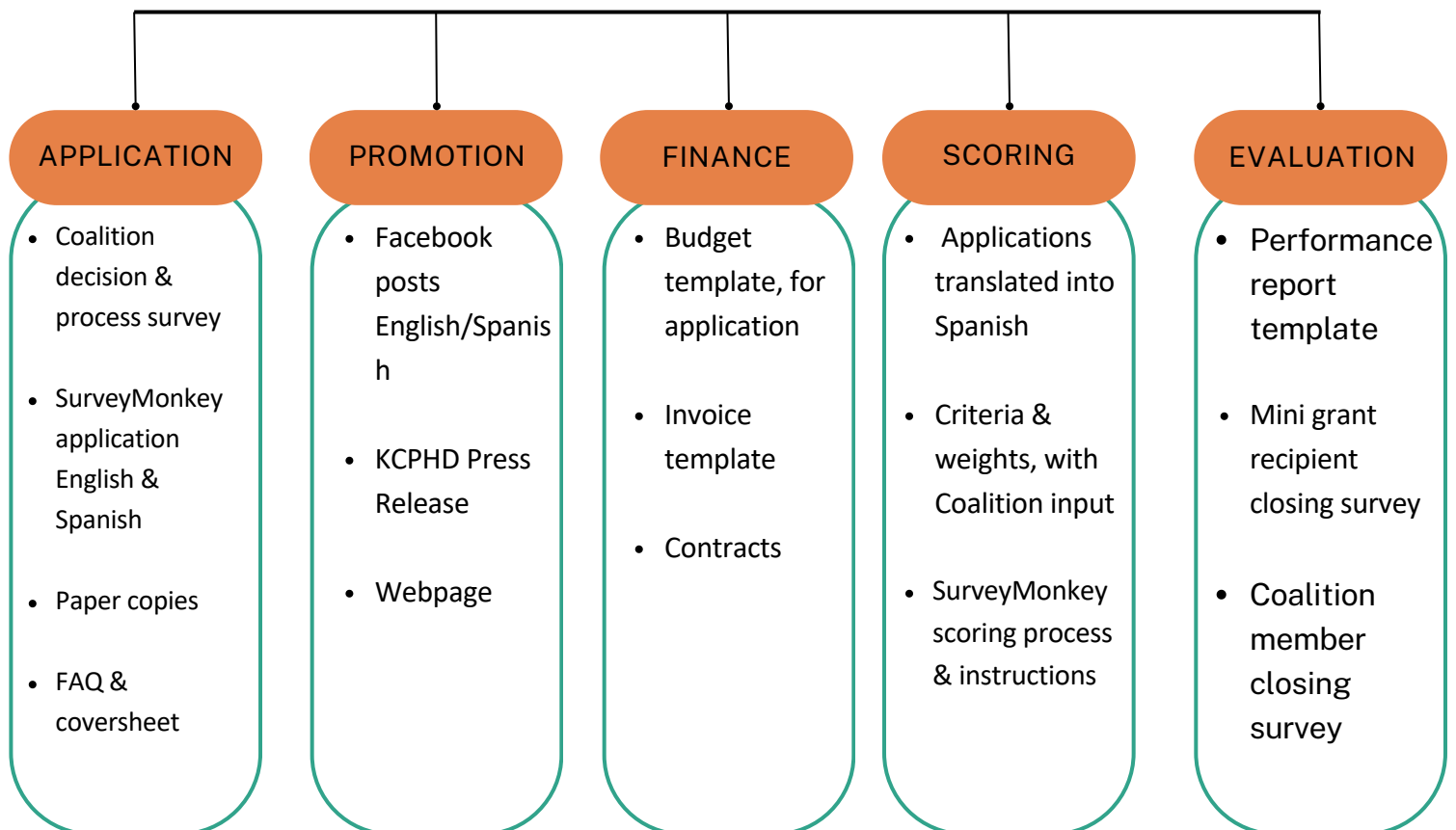
# Project Timeline



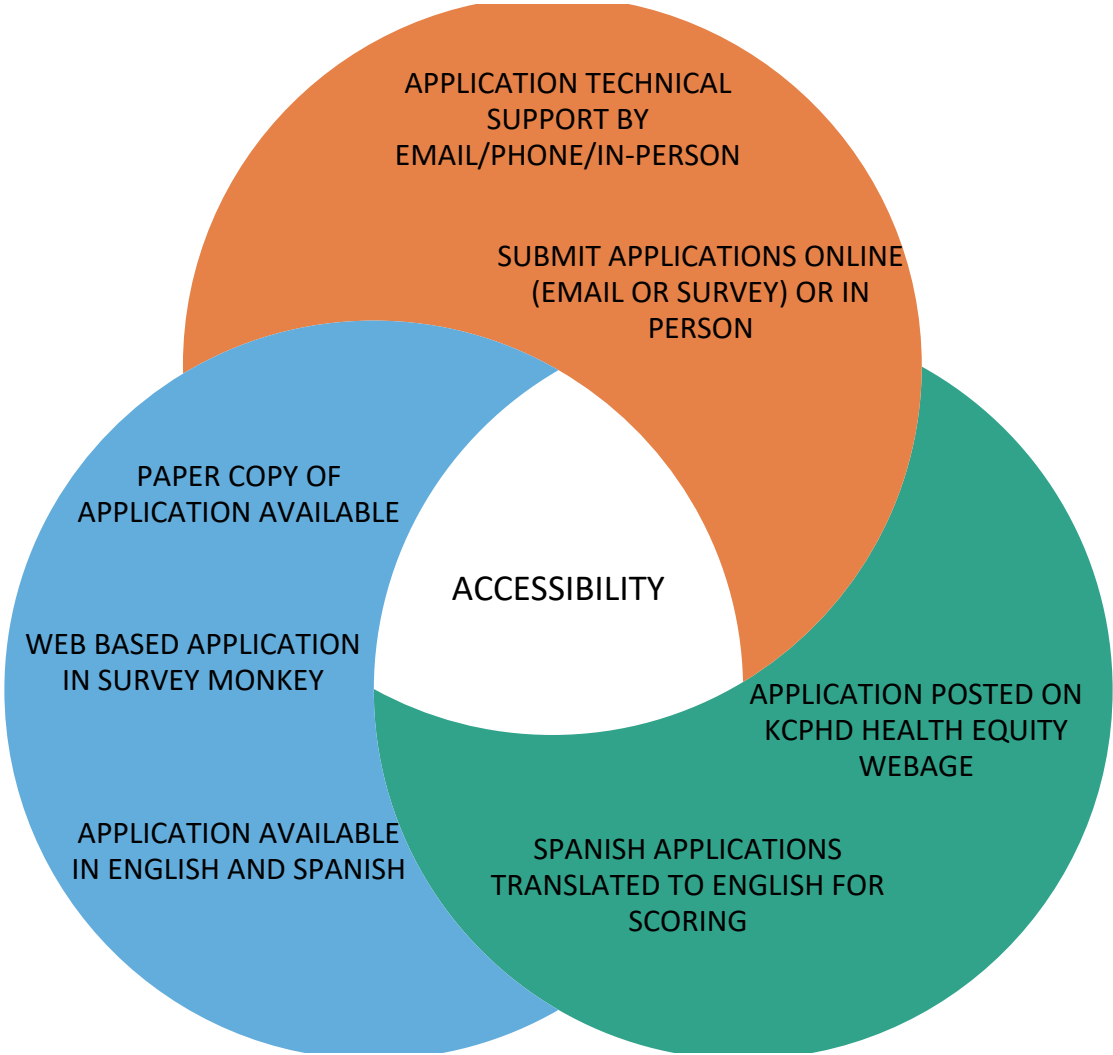
## LEGEND:

■ KCPHD 
 ■ Coalition 
 ■ Subcontracts

# KCPHD Developed Materials

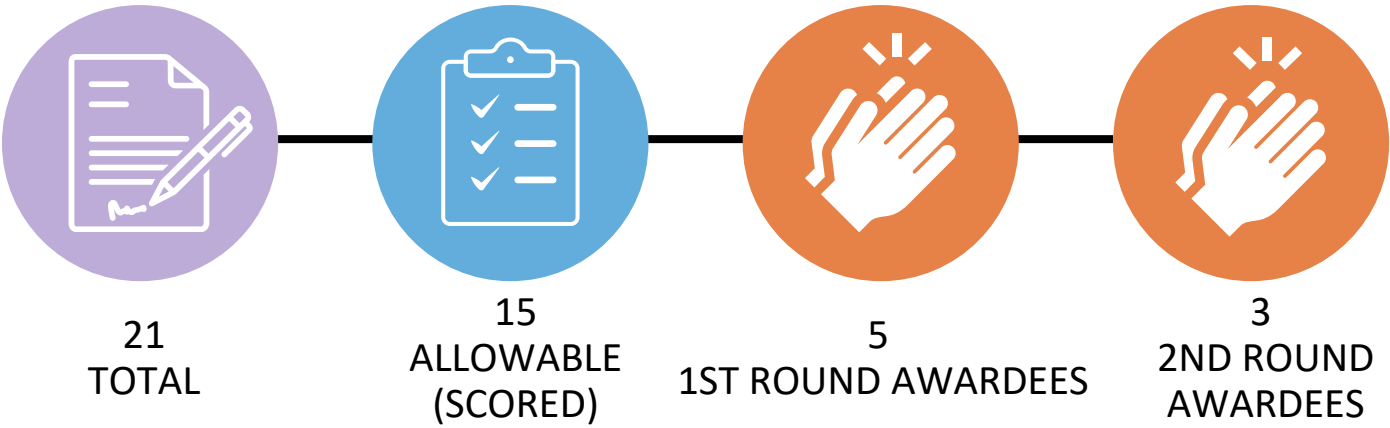


# Application & Scoring Accessibility



## Applications & Awards

CHEC members scored applications, and awarded funding to five applications. CHEC later awarded funding to three more applicants.



## Project Durations & Funding

	2022			2023					
ORGANIZATION	Aug Sep	Oct Nov	Dec	Jan Feb	Mar Apr	May Jun	Jul Aug	Sep Oct	Nov Dec
APOYO									
Comprehensive Healthcare									
Ellensburg School District									
Gallery One Visual Arts Center									
Kittitas County Early Learning Coalition									
Kittitas County Health Network									
Quiet Cadence									
Thorp School District									

ORGANIZATIONS	AWARDED	REMAINDER
APOYO	\$22,500	\$0.67*
COMPREHENSIVE HEALTHCARE	\$25,000	\$4,329.67*
ELLENSBURG SCHOOL DISTRICT	\$25,000	\$0.00
GALLERY ONE VISUAL ARTS CENTER	\$25,000	\$0.00
KITTITAS COUNTY EARLY LEARNING COALITION	\$18,915	\$0.00
KITTITAS COUNTY HEALTH NETWORK	\$24,964	\$0.00
QUIET CADENCE	\$25,000	\$16.79*
THORP SCHOOL DISTRICT	\$25,000	\$0.00

\*Any funds remaining at the end of the contract stayed with KCPHD.

Amigos Atléticos was a new program as a result of this funding. They provided various physical activity opportunities to all youth completely free of charge. Their focus was on physical movement and social connection as resiliency support for the Latino community. Latino is the preferred language for Amigos Atlético's community.

They met a few times a week at various locations including the university and gyms. This gave participating youth the opportunity to learn a new sport or how to use gym equipment in an accepting, group environment.

**Build healthy habits and relationships with new amigos through fitness!**

**For students in grades 6-10.**

**No cost - just your commitment!**

# APOYO AMIGOS ATLÉTICOS

**REGISTRATION OPENS SEPTEMBER 9, 2022.**

### Sessions

- Tuesdays 3pm-4pm
- Wednesdays 1pm-2pm
- Thursdays 4pm-5pm

### Locations

- Morgan Middle School
- Garage Studio Fitness
- Ellensburg Parks CWU

### Activities

- Dodgeball
- Basketball
- Soccer
- Flag Football
- Ultimate Frisbee
- Pickleball
- And more...

**REGISTER ONLINE OR CONTACT US**

For more info:  
[apoyo-community.org/amigos-atleticos-2022](https://apoyo-community.org/amigos-atleticos-2022)  
Facebook: @apoyoellensburg  
Email: [jesus.erasto-garcia@apoyo-community.org](mailto:jesus.erasto-garcia@apoyo-community.org)  
(509) 201-1820

**Interested in volunteering?**  
Contact Jesus Erasto

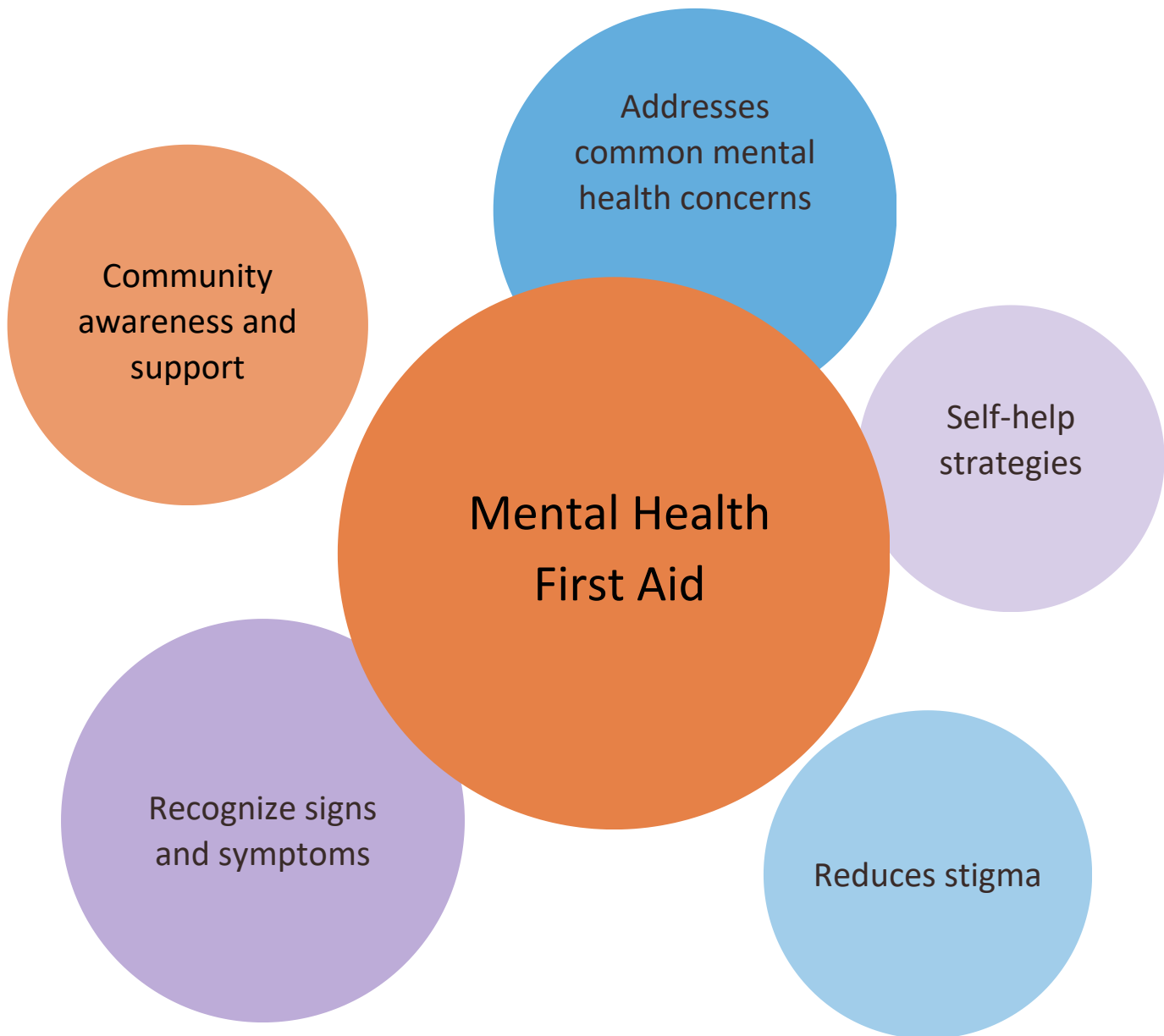
Program coordinators shared the program was an opportunity youth may not have had outside of this program, because of barriers with playing on a school team.

Growing up, the coordinators felt they were not represented in school sports, and that cost was a barrier to participating. They wanted to be a part of changing that.

# Mini Grant Program

## Mental Health First Aid

Mental Health First Aid is an eight-hour training program that prepares community members to identify, understand, and respond to people exhibiting signs of mental illness. It helps reduce stigma through community awareness and support.



With this funding, Comprehensive Healthcare expanded an existing program. Previously, Kittitas County did not have a Mental Health First Aid certified instructor. Instructors traveled from neighboring counties to host trainings in Kittitas County. This project certified a local staff member, and they began providing trainings to the Kittitas County community. There was focus on recruiting agricultural and hay production workers.





## Mini Grant Program

### Tiináwit Payúutmita

Sia Aronica, with the Ellensburg School District, designed Tiináwit Payúutmita, the Native American Culture Program. Sia Aronica is the granddaughter of an influential Kittitas band tribal elder, Ida Nason Aronica. She is fluent in the Ichishkíin language, mainly spoken by the Yakama Tribe.



The program provided students a place to connect socially and culturally, while gaining historical knowledge with Tribal Elder teachings. The intent was to strengthen and promote resiliency for Native American Culture after isolation from the pandemic.

The events Sia created provided youth and families opportunities to connect through social and cultural gatherings, while gaining historical knowledge with Tribal Elder teachings. All events and supplies were free of charge.

# Mini Grant Program

## Art to Go Kits



Art to Go Kits were created by Gallery One Visual Arts Center, a local community arts center. With this funding, they expanded on an existing project that originally started in early 2020, as a result of the pandemic. They supported resiliency and behavioral health in the form of Art to Go kits.

Each kit was unique to the local partner organizations. They worked closely with the people they were serving to develop culturally relevant art kits.

During the holidays they partnered with APOYO, a community food pantry serving a largely Latino population. Gallery One met with APOYO to discuss what would be important to their clients. They ended up with a nativity scene shadow box because it could be displayed, was meaningful, specific to their culture, and provided a way for families to spend time together.



# Mini Grant Program

## Kittitas County Early Learning Coalition



The Kittitas County Early Learning Coalition (KCELC) is a volunteer project that started in 2010. They host STREAM (science, technology, reading/writing, engineering, arts, and math) family-friendly events and distribute educational tools for ages birth to 5 years old.

With this funding, they focused on social emotional learning, diversity, and continued to offer developmental screening and referrals. Another part of their project was home delivery, which helped to reduce barriers by bringing the books and educational tools directly to families. Most of the books they provided were bilingual (English/Spanish).



One of their biggest successes was returning to in-person events after being paused due to the pandemic. KCELC shared that families were talking to them about their concerns, and were then connected with resources. The in-person events provided the opportunity to teach parents how to do play-based early learning activities to help children prepare for school success.

# Mini Grant Program

## Promotores de Salud

The program through Kittitas County Health Network was an expansion of an existing program. Community health workers, or promotores de salud, coordinated COVID-19 vaccine clinics. The focus was on connecting the Latinx population to services that addressed health disparities and social drivers of health.

They successfully built a rapport with the Latinx community in Kittitas County due to their focus on delivering culturally appropriate care. Clients reported feeling supported by the advocacy efforts and their warm connection, or warm handoffs, to services.



The poster is for a COVID-19 vaccine clinic. It features the Kittitas County Health Network logo at the top left and the website healthierkittitas.org at the top right. The main title 'COVID-19 VACCINE CLINIC' is in large, bold, white letters on a teal background, with the Spanish equivalent 'COVID-19 CLÍNICA DE VACUNAS' below it. A circular inset on the right shows a smiling man with a beard and a bandage on his shoulder. The date and time 'July | Julio 15th 11-3 PM' are listed on the left. The location 'APOYO Food Bank 1320 E. 18th Ave Ellensburg, WA 98926' is in the center. A QR code at the bottom right is labeled 'Scan to Register Escanear para Registrarse'. A teal box at the bottom contains text in English and Spanish about the vaccine and a \$50 gift card.

healthierkittitas.org

KITTITAS COUNTY  
Health  
Network

**COVID-19  
VACCINE  
CLINIC**

**COVID-19  
CLÍNICA DE  
VACUNAS**

**July | Julio  
15th  
11-3 PM**

**APOYO Food Bank**  
1320 E. 18th Ave  
Ellensburg, WA  
98926

**Scan to Register  
Escanear para  
Registrarse**

Available are all doses of the COVID-19 vaccine. Participants will receive a \$50 gift card.

Disponibles son todas las dosis de la vacuna COVID-19. Los participantes recibirán una tarjeta de regalo de \$50.

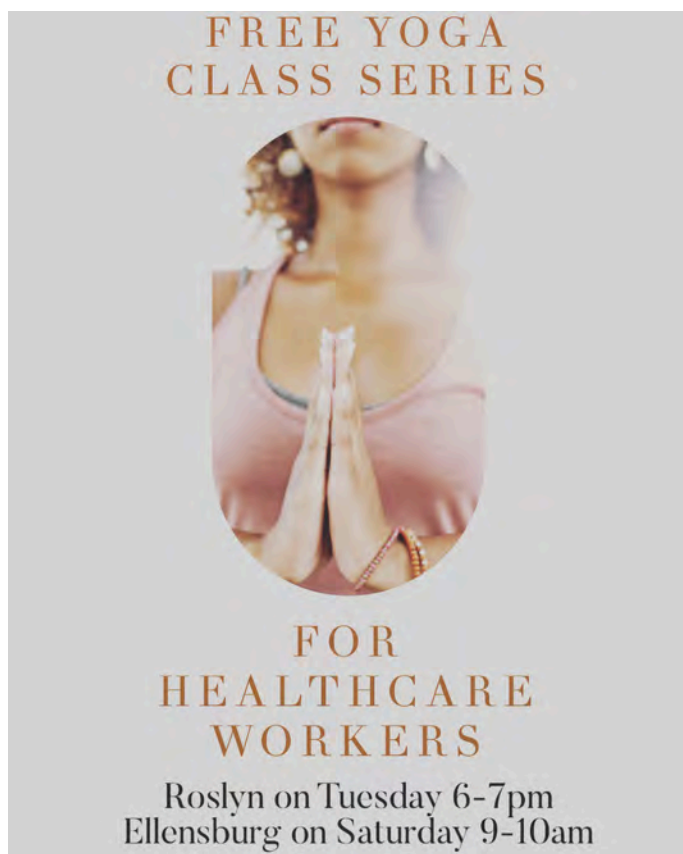


# Mini Grant Program

## Healthcare Worker Recovery

Quiet Cadence is a new, non-profit organization that focused efforts on improving the wellbeing of healthcare professionals affected by COVID-19.

Quiet Cadence provided programs in mind-body exercise (yoga), peer support groups, and equine therapy to care for those who provide healthcare to the community, so that they can continue to care for us all.



Quiet Cadence is a novel concept for essential worker wellbeing. The organization is not run through a particular hospital or employer, it was started by a passionate nurse practitioner who also has a day job.

They partner with local community resources with a goal of healing locally. There are not very many organizations nationally that are doing what they do.

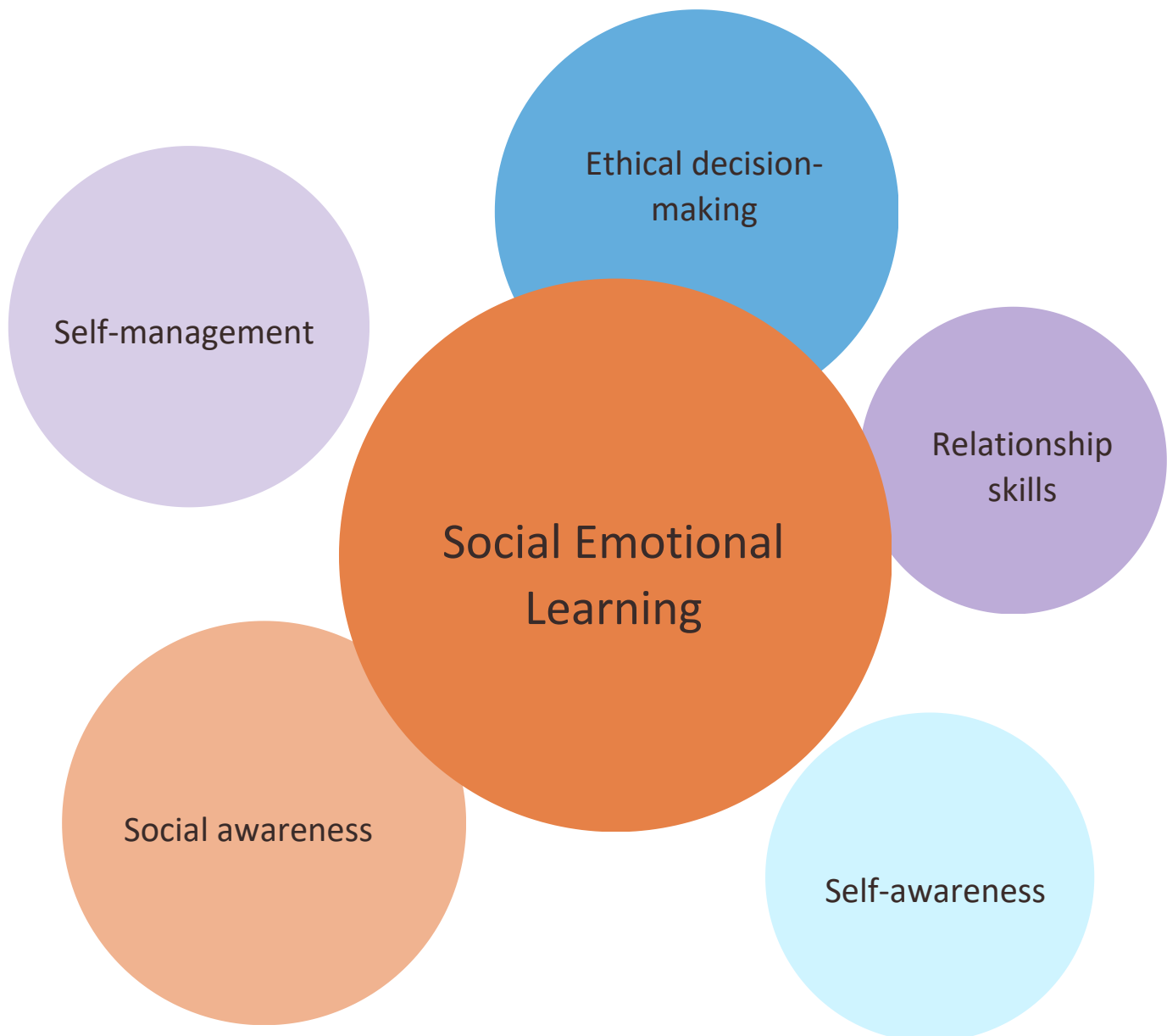
# Mini Grant Program

## Social Emotional Learning

Thorp School District has one school, with around 300 students in grades K-12. About one-third of their students are low income. With this funding, they offered well-being and resiliency programs, including peer support groups for students, as well as staff training.

Their staff were trained in Social Emotional Learning, which helps build social skills to help better address the needs of students. They saw a positive impact from this training. For example, students were more likely to come forward with their struggles, and were able to get the help they needed through group sessions.

Behavior office referrals decreased from 188 in 2022 to 60 in 2023.







## EVALUATION

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# CHEC - Closing Survey

At the time of this survey, the grant was wrapping up and Coalition participation had significantly decreased from during the RFP process approximately two years prior. The survey did not have high participation, receiving two English and two Spanish responses.

## How satisfied were you with the following?

### **COMMUNICATION** (i.e., emails, agendas, minutes, packets, etc.)

- 4/4 responses were satisfied or very satisfied

### **ACCESSIBILITY** (i.e., closed captioning, Spanish translations, interpreter, etc.)

- 4/4 responses were satisfied or very satisfied

### **MINI GRANT PROCESS** (i.e., call for applications, application itself, scoring, etc.)

- 4/4 responses were satisfied or very satisfied

### **Frequency and duration of meetings**

- 4/4 responses were satisfied or very satisfied

### **Mini Grant Recipient Presentations** (i.e., Gallery One, APOYO, etc.)

- 4/4 responses were satisfied or very satisfied

## How successful was the Coalition in addressing recovery and resiliency from the COVID-19 pandemic?

- 3/4 responses said very successful or extremely successful

### Response - Spanish

“Me siento muy satisfecha, por colaborar con el departamento de salud y por el apoyo recibido para la comunidad latina...En los momentos mas dificiles de la pandemia pudimos ser un pilar importante por llevar la vacuna a nuestra comunidad.”

### Response - English

“I feel very satisfied for collaborating with the health department and for the support received for the Latino community...In the most difficult moments of the pandemic we were able to be an important pillar for bringing the vaccine to our community.”

## Mini Grant Recipients - Closing Survey

Towards the end of their contract period, mini grant recipients were asked to fill out a survey anonymously. This survey included questions regarding program implementation, partnerships, populations and strategies, health equity, and overall program satisfaction.

Recipients were also encouraged to share an open ended response about what changes they observed in their organization and/or the population they served as a result of their program.

### Partnerships

Partnerships were a key component in the rural health equity grant. In Kittitas County, partnerships are an area we excel in.

Of the mini grant recipients that formed new partnerships through this funding, two of the programs formed 10 or more new partnerships. Between all eight of the recipients, over 60 unique partnerships were created.



“Getting to know each other because of this grant will continue to expand understanding.”

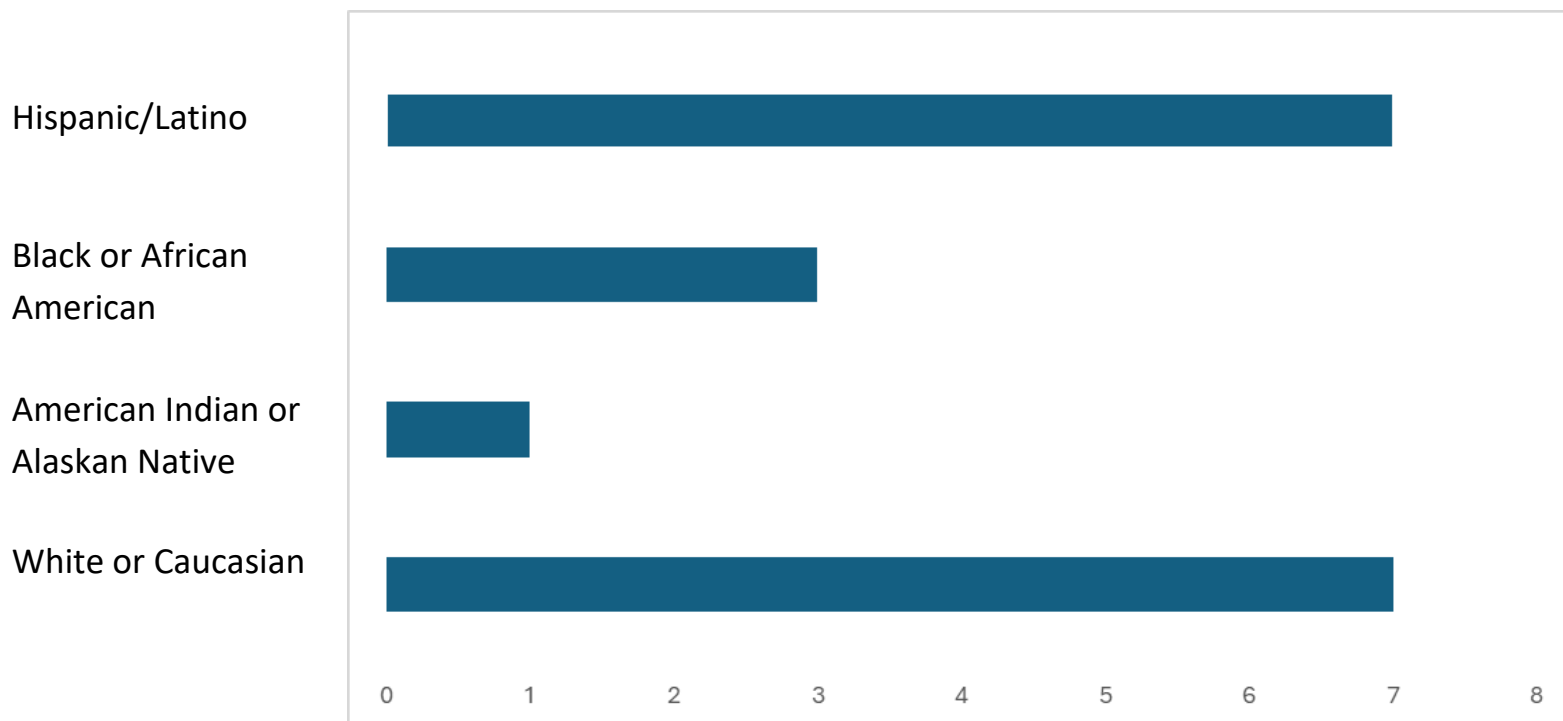
75%

of recipients  
made new  
partnerships

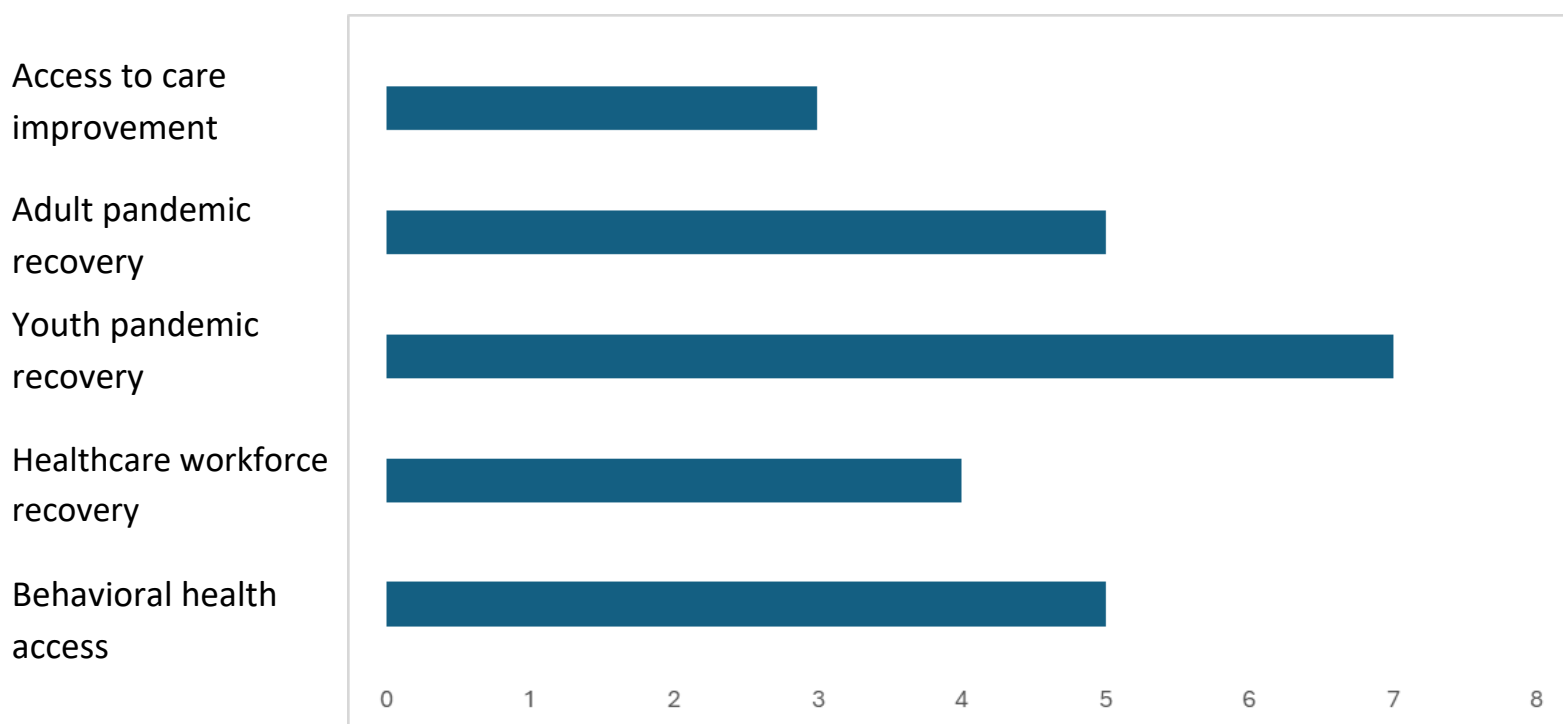
“We...made...new connections in the Kittitas area that will contribute to us being more successful in the future.”

# Mini Grant Recipients - Closing Survey

Which **populations** did your program successfully reach?



Which **strategies** were used to positively impact the population(s)?



# Mini Grant Recipients - Closing Survey

How effective was the program at advancing health equity in your community? (Health equity: the state in which everyone has a fair and just opportunity to attain their highest level of health.)

100%

Of mini grant recipients said their program was somewhat effective (3 programs) or very effective (5 programs) at advancing health equity in their community.

How satisfied are you with your program overall?

100%

Of mini grant recipients said they were satisfied (7 programs) or somewhat satisfied (1 program) their program overall.

What changes in your organization and/or the population you serve have you observed as a result of your program?

"All employees at the Gallery have been involved in some way with the grant...Many have shared how much their understanding has increased about the health equity possibilities for each agency's purpose, needs, and scope in Kittitas County." - Gallery One

"The connections between students, teachers and families has immensely increased both in school and out and about within our community. Our participants not only recognize each other, but they engage in meaningful conversations, share information and encourage each other. They seek each other out to share time together. It has been great to see the relationship building that has occurred." - Anonymous response

# Mini Grant Recipients - Closing Survey

## How satisfied were you with the following?

### **APPLICATION** (Ex. submitting application, templates provided, support offered)

6/8 responses were satisfied or very satisfied

2/8 responses were neutral\*

### **AWARD** (Ex. notification, initial contracts, provided materials, etc.)

- 6/8 responses were satisfied or very satisfied
- 1/8 response was neutral\*
- 1/8 unsatisfied (no further explanation)

### **CONTRACTS/AMENDMENTS**

- 7/8 responses were satisfied or very satisfied
- 1/8 response was neutral\*

### **INVOICES** (Ex. template, reimbursement, etc.)

- 6/8 responses were satisfied or very satisfied
- 1/8 response was neutral
- 1/8 response was unsatisfied (no further explanation)

### **REPORTING/DELIVERABLES** (Ex. quarterly reports, presentations)

- 7/8 responses were satisfied or very satisfied
- 1/8 response was neutral

### **COMMUNICATION** (Ex. reminders, promptness, questions addressed, etc.)

- 8/8 responses were satisfied or very satisfied

### **OVERALL EXPERIENCE** (working with the KCPHD)

- 7/8 responses were satisfied or very satisfied
- 1/8 response was neutral

\*Explanations for neutral responses included:

1. Not being involved with the project at the time.
2. Having to redo the contract process (i.e., changes to contracts).



## Mini Grant Recipient Quotes

“We built an entire program with this funding. The participants in our program were able to connect through activities, supplies, and teaching provided through...[this] funding.” - Anonymous response

“In creating and distributing the APOYO kits, we truly observed Health Equity developing for them in new, experiential ways. This grant has provided Gallery One and APOYO enduring ways to serve this community.” – Clay, Gallery One

“This funding allowed us to complete some amazing things that we would not have been able to complete without it. The amazing opportunities for our participants to connect with each other and the Native American culture has been incredible.” -Anonymous response

“Unfortunately, next year we do not have a funding source, so we will not be able to provide this level of support to our students.” -Anonymous response

“In creating and distributing the...[Art to Go] kits, we truly observed health equity developing...in new, experiential ways. This grant has provided Gallery One....enduring ways to serve this community.” -Gallery One

“Promotores de salud often meet people where they are at; such as their homes, neighborhoods, and environments that promote inclusion. Making appropriate referrals and reducing barriers to accessing appropriate care and services.” -Kittitas County Health Network

“We have seen the bond between parents and students grow as they work on projects together.” -Sia Aronica

“Working together has created a positive environment in which relationship building is thriving.” -Sia Aronica

# Successes

## Press

### **Amigos Atléticoos - APOYO**

1. **NBC Tri-Cities and Yakima:** “A non-profit now offering free youth sports through March in Ellensburg”
2. **The Observer CWU:** “Kittitas County Public Health Department supports APOYO with \$22,500 grant for after school sports program”
3. **The Daily Record:** “Amigos Atléticoos aims to offer role models in Latino community”

### **Tiináwit Payúutmita - Ellensburg School District**

1. **The Daily Record:** “Teacher uses language to connect students with Native American culture”

### **Healthcare Worker Recovery - Quiet Cadence**

1. **The Daily Record:** “Quiet Cadence offering stress reduction to healthcare workers”
2. **The Daily Record:** “Healthcare workers find respite in movement and horses”

## Conference Presentations

### **Washington State**

- **2022 Washington State Public Health Association Conference**
  - MacKenzie Carter, MPH & Cambron Walker, MS
- **2024 NW Rural Health Conference**
  - Audelia Martinez, MPH

### **National**

- **2023 National Rural Health Association Health Equity Conference**
  - Cambron Walker, MS

## Successes

### Total Number of People Reached

3,000

As a conservative estimate, the 8 programs directly served over 3,000 people in a 12-month period.

### Funding Distributed

98%

The percentage of distributed funds actually spent.

\$187,000 +

Spent in the community to support pandemic recovery.

60%

Of the funds KCPHD received were distributed through the RFP process.

### What worked well?

This funding was more flexible in nature, which helped support more innovative, start-up programs. The Coalition distributed almost \$200,000 to community partners serving different populations in Kittitas County. We continue to hear the positive impact this has had on the community.

The mini grant process as a whole worked well for each organization and their coalition members to agree on funding use. This mini grant process was more effective for Kittitas County.

## Challenges

- Outdated contract process.
  - Recipients anticipated being able to sign digitally, rather than by mail or in person.
- Lack of continued funding at the state and national level.



## FUNDING & SUSTAINABILITY

Funding

37

Sustainability

38

## Mini Grant Recipients - Funding

“Essentially, the entire program was created thanks to this funding.”

A purple hexagon containing the text 8/8.

8/8

The amount of recipients that would be interested in continuing their program if they received more funding.

A blue hexagon containing the text 5/8.

5/8

The amount of programs that will not continue after the contract date, unless additional funding is secured.

A teal hexagon containing the text 4/8.

4/8

The amount of programs that were completely new.

An orange hexagon containing the text 0/8.

0/8

The amount of programs that would have been fully implemented without this Covid-19 Rural Health Equity funding.

# Sustainability

Partner Name	Partner's Current Role	Partner's Future Role
1. Youth Services of Kittitas County (coalition member)	A partnership expanded through this grant; they provided youth mentoring programs.	The organization no longer exists.
2. Kittitas County Chamber of Commerce (coalition member)	A partnership expanded through this grant; they connect and help grow local businesses.	Will continue to seek future partnership opportunities.
3. First United Methodist Church (coalition member)	A partnership expanded through this grant; faith-based organization.	We continue to lease space from the church for our Harm Reduction Syringe Service Program.
4. City of Ellensburg (coalition member)	A partnership expanded through this grant; provide services to Ellensburg residents.	Will continue to seek future partnership opportunities.
5. Kittitas County (coalition member)	KCPHD is a department within Kittitas County.	Will continue to seek future partnership opportunities.
6. Comprehensive Healthcare (coalition member & mini grant recipient)	A partnership expanded through this grant; provide mental health services to the community.	Will continue to seek future partnership opportunities.
7. Ellensburg School District (coalition member & mini grant recipient)	A partnership expanded through this grant; local school district.	Will continue to seek future partnership opportunities.
8. APOYO (coalition member & mini grant recipient)	A partnership expanded through this grant; local food pantry.	Will continue to seek future partnership opportunities.

# Sustainability

Partner Name	Partner's Current Role	Partner's Future Role
9. WorkSource	A partnership expanded through this grant; helps community members find jobs.	Will continue to seek future partnership opportunities.
10. Central Washington Disability Resources (coalition member)	A partnership expanded through this grant; advances inclusion of all persons through peer mentoring and advocacy.	Will continue to seek future partnership opportunities.
11. Kittitas Valley Healthcare (coalition member)	A partnership expanded through this grant; only hospital in Kittitas County.	Will continue to seek future partnership opportunities.
12. Kittitas County Health Network (coalition member & mini grant recipient)	A partnership expanded through this grant; rural health network organization providing care coordination.	Will continue to seek future partnership opportunities.
13. HopeSource (coalition member)	A partnership expanded through this grant; provides access to education, employment, economic development, and vital services.	Will continue to seek future partnership opportunities.



# Sustainability

Partner Name	Partner's Current Role	Partner's Future Role
14. FISH Community Foodbank (coalition member)	A partnership expanded through this grant; local food bank.	Will continue to seek future partnership opportunities.
15. Gallery One Visual Arts Center (mini grant recipient)	A partnership expanded through this grant; local art gallery.	Will continue to seek future partnership opportunities.
16. Kittitas County Early Learning Coalition (mini grant recipient)	A partnership expanded through this grant; on-going program for school readiness before kindergarten.	Will continue to seek future partnership opportunities.
17. Quiet Cadence (mini grant recipient)	New partnership through this grant; a nonprofit organization dedicated to the wellness of caregivers and frontline workers.	Will continue to seek future partnership opportunities.
18. Thorp School District (mini grant recipient)	A partnership expanded through this grant; local school district.	Will continue to seek future partnership opportunities.

# Sustainability

At KCPHD, we pride ourselves on having strong partnerships within the Kittitas County community. This funding has helped to strengthen existing partnerships and introduce new partnerships. We expect to continue work with each of these organizations in some capacity.

## **Organizations/programs no longer receiving Covid-19 Rural Health Equity funding from KCPHD:**

- APOYO/Amigos Atlético
- Comprehensive Healthcare/Mental Health First Aid
- Ellensburg School District/Native American Culture Program
- Gallery One Visual Arts Center/Art2Go Kits
- Kittitas County Early Learning Coalition
- Kittitas County Health Network/ Community health workers\*
- Quiet Cadence/Healthcare professional well-being
- Thorp School District/Social Emotional Learning & Peer Support

*\*The Kittitas County Health Network is receiving money from KCPHD to continue community health worker activities using a separate funding source.*

## **Organizations/programs continuing the work (without Covid-19 Rural Health Equity funding):**

- APOYO/Amigos Atlético [was a new program because of this funding]
- Comprehensive Healthcare/Mental Health First Aid
- Kittitas County Early Learning Coalition
- Kittitas County Health Network/Community health workers
- Quiet Cadence/Healthcare professional well-being [was a new program at the time of this funding]

## References

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<https://doh.wa.gov/data-and-statistical-reports/diseases-and-chronic-conditions/communicable-disease-surveillance-data/respiratory-illness-data-dashboard>

# Appendix

## Request for Proposals Process:

- Application
- Budget Template
- Frequently Asked Questions (FAQ)

## CHEC Scoring Process:

- Scoring Rubric
- Weights
- Things to Note

## Reporting

- Invoice Template
- Performance Report Template



*To Protect and Promote the Health and the Environment of the People of Kittitas County*

## Kittitas County COVID-19 Health Equity Coalition Mini-Grant Application

### Background Information

The COVID-19 Health Equity Coalition (CHEC) was created in response to a grant awarded to the Kittitas County Public Health Department (KCPHD) by the Washington State Department of Health (WA DOH).

The goal of the coalition and grant is to assist rural and underserved people affected by the COVID-19 pandemic, improving health equity in our community by addressing COVID-19 health impacts.

Common questions about the mini-grant program are answered in the [FAQ guide](#) on our website.

### What is Health Equity?

According to the Centers for Disease Control and Prevention (CDC), health equity is when every person can attain his or her full potential. This means that no one is disadvantaged because of his or her social position or other socially determined circumstances. Health inequities show up in several ways in a person's life. This could include differences in how long people live, how well they live, how often and how sick they get, and the level of treatment they can access.

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### Application

The application is open from May 6th through June 3rd @ 4pm. Organizations can complete multiple applications for different projects but are only eligible to receive one award.

If you need further assistance with the application, please contact MacKenzie Carter at [mackenzie.carter@co.kittitas.wa.us](mailto:mackenzie.carter@co.kittitas.wa.us) or (509) 933-8303.

To submit this paper version of your application, return the completed application and Project Budget Proposal to the Kittitas County Public Health Department, at: 507 N Nanum St Suite 102, Ellensburg, WA

### Application Requirements

In addition to **all** the questions below, a **complete** application requires a **Project Budget Proposal** using the provided template [here](#).



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## Organization Information

1. \*Please provide contact information for your organization:

Contact Person (Last, First)*	
Organization or Business*	
Organization Mailing Address*	
Organization Mailing Address 2	
City/Town*	
State/Province*	
ZIP/Postal Code*	
Email Address*	
Phone Number*	

2. Please provide the full legal name of your business, if different from above:

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3. \*Please provide the statewide vendor number or tax identification number for your organization. If you need to register for one of these numbers, please visit [this site](#) to complete the form.

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4. Does this project benefit the residents of Kittitas County?

- ☐ Yes
- ☐ No
- ☐ Other (please specify which communities will be impacted by your project):

### **Project Details**

5. \*Describe how the project will impact health equity or social determinants of health as related to COVID-19 (Maximum 1000 characters).

6. \*How does your project benefit marginalized communities specifically? (Maximum 1000 characters)

7. \*How many people do you expect the project to impact?

8. \*Please share examples of your organization's current and past collaboration with community partners (Maximum 1000 characters).

9. \*Please describe your organization's experience managing grants (if applicable) or budgeting projects (Maximum 1000 characters).



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10. \*Anticipated Project Start Date – *anticipated award announcements July 2022*

11. \*Anticipated Project End State –*must be completed by March 30, 2023*

### Project Sustainability

For more information about what a sustainability plan is, visit [this link](#).

12. \*Please describe continued plans towards collaboration with community partners, assuming this project will continue after this funding source ends (Maximum 1000 characters).

13. \*Briefly describe continued plans towards sustaining your organization long-term.

### Supplementary Documents

14. \*Please upload your completed **Project Budget Proposal**  
The template can be found [here](#)

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To submit a complete application, include the **required**:

1. Application (this document)
2. Project Budget Proposal

Return documents to the Kittitas County Public Health Department, at:  
507 N Nanum St Suite 102, Ellensburg, WA

## Project Budget Proposal

**Agency Name:**

### SALARIES & WAGES

Staff Name	Position/Title	Hourly Rate	Total Hours	Total Cost
<b>Total Salaries &amp; Wages</b>				

### BENEFITS

Total Salaries/Wages Costs	Benefit Rate	
<b>Total Benefits</b>		

### EQUIPMENT

Item	Quantity	Unit Cost	Total Cost
<b>Total Equipment</b>			

### SUB CONTRACTS

Contract Purpose	Contractor Name	Amount
<b>Total Contractual</b>		

### Indirect Costs Information

Approved Indirect Cost Rate (ICR)	
ICR Base	

**Total Budget Proposal**



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## **Frequently Asked Questions COVID-19 Health Equity Coalition (CHEC) Mini Grant**

*For accessibility questions or accommodations, please contact:  
MacKenzie Carter at [mackenzie.carter@co.kittitas.wa.us](mailto:mackenzie.carter@co.kittitas.wa.us) or (509) 933-8303.*

### **Does the applicant need to be a nonprofit or government agency to be eligible?**

*No. However, applicants must have a Tax ID or State Vendor number, and awardees will need to submit a copy of their W9.*

### **Can COVID-19 Health Equity Coalition (CHEC) members apply?**

*Yes.*

### **Can multiple organizations collaborate on a project?**

*Yes. However, only one organization is fiscally responsible, submits the application, and handles all documentation.*

### **What are examples of projects related to COVID-19 health equity impacts?**

*Projects should support COVID-19 prevention, mitigation and/or recovery for high-risk or underserved populations, including people living in rural areas, racial and ethnic minority groups and other disadvantaged populations.*

*Please note, this is not a complete list of possible projects.*

- *Increasing awareness and education on COVID-19 prevention, testing and vaccination for rural populations*
  - *Increasing testing in rural areas*
  - *Increasing contact tracing and follow-up*
  - *Improving emergency preparedness and response capacity in rural communities*
- *Rural Paramedicine for COVID-19 testing and vaccination. This approach can build community capacity to reach underserved groups such as home bound residents and other adults 65+ years.*
- *Increasing behavioral health access in rural communities.*
- *Increasing supports and services for rural residents with long-haul COVID-19 symptoms.*
- *Design improvements to address rural residents who already face barriers to care exacerbated by COVID-19 such as transportation issues, childcare needs to make healthcare visits, limited access to relevant specialists, or being uninsured or under-insured, lack of technology to participate in telehealth interactions from home.*
- *Recovery from the COVID-19 impacts on healthcare, behavioral health, and public health workforce.*

- *Recovery from the COVID-19 impacts on key community assets integral to the health of the community.*
- *Youth strategies, such as structured activities or opportunities meant to assist recovery from the social isolation, depression and anxiety suffered during the pandemic.*
- *Health promotion programs to address common risk factors for COVID-19, such as heart disease or obesity.*
- *Community resilience projects to reduce social isolation and strengthen community bonds.*
- *Outreach and engagement around deferred health care.*

**What are examples of projects that increase behavioral health access in rural communities?**

*Activities could include, outreach campaigns aiming to increase awareness of existing services, or to destigmatize care, coordinating existing or new services, or training opportunities for current providers (on trauma informed care, for instance, or other emerging best practices). Additional projects could include translation of written resources, pay for local translators or on-demand translation resources, or to pay for staff at a partner organization to expand linkage to behavioral health care services (a CHW, or other staff coordinator, for instance).*

**How much total funding is available to distribute?**

*\$100,000*

**What are the minimum and maximum amounts awarded for this grant?**

*Minimum: \$10,000*

*Maximum: \$25,000*

**What expenses are not allowable?**

*Unallowable expenses include, but may not be limited to, clinical care (outside of wraparound services and COVID-19 testing), furniture and most equipment more than \$5,000, purchase of COVID-19 vaccine, food and beverages, cash incentives, research, political or legislative campaigns, and needle exchanges.*

**Are retroactive expenses allowable?**

*No. Costs incurred before the contract signing date are not allowed.*

**Are indirect costs allowable?**

*Yes. Staff time and other indirect costs can be paid through the grant funding. It is also allowable to use a third party to assist with locating and hiring staff.*

**Are COVID-19 vaccination incentives allowable?**

*Yes. Funding can be spent on incentives in the form of generic gift cards, store vouchers, fare cards for transportation, and/or gas cards. Incentives are allowable for any dose.*

**Can hard copy applications be submitted?**

*Yes. If you are unable to complete the application online contact:*  
[mackenzie.carter@co.kittitas.wa.us](mailto:mackenzie.carter@co.kittitas.wa.us)

**Can one organization complete the application for multiple projects?**

*Yes. One organization can apply for multiple projects. Each project needs to be a separate application. However, only one project per organization will be awarded.*

**How are applications being reviewed?**

*After closing, all applications will be initially reviewed by the Rural Health Equity Program Manager to ensure project expenses are allowable. Then, applications will be reviewed by members of CHEC using a scoring rubric. Members will be removed from reviewing their own application.*

**What kind of project updates will be required?**

*Monthly or quarterly billing reports and a monthly performance report.*

## CHEC Mini-Grant Scoring

1. What is your name?

\* 2. Which project are you reviewing?

\* 3. Do you have a conflict of interest that keeps you from reviewing this application?

☐ Yes

☐ No

\* 4. On a scale of 1-4, how much do you agree with the following statement?

The project clearly supports the coalition's goals to address health disparities and/or social determinants of health related to the COVID-19 pandemic.

- ☐ 4 - Clearly identifies how the project will support the health equity goals of the coalition as related to COVID-19.
- ☐ 3 - Some alignment between project and the health equity goals of the coalition as related to COVID-19.
- ☐ 2 - Health equity goals are mentioned, but it is unclear how the project will support it and only some relation to COVID-19.
- ☐ 1 - No mention of how project will support health equity goals of the coalition and no relation to COVID-19.

\* 5. On a scale of 1-4, how much do you agree with the following statement?

The project's funding need is clearly stated, supports the project, and it's clear funds will be used by March 30, 2023.

- ☐ 4 - Specific funding need provided, and the amount makes sense for the project. Knowledge of deadline is clear.
- ☐ 3 - Some connection to funding need to support the project, knowledge of deadline is clear.
- ☐ 2 - General statement of need, no supporting information, and no connection to deadline.
- ☐ 1 - No mention of need for funds, connection to the project, or knowledge of deadline.



\* 6. On a scale of 1-4, how much do you agree with the following statement?

The project's innovation is apparent. Project idea is creative and unique.

- ☐ 4 - Highly creative, unique and/or innovative. May establish a new model practice for others.
- ☐ 3 - Somewhat creative, unique and/or innovative. May be something done before but contains some originality.
- ☐ 2 - Few components are creative, unique, and or innovative.
- ☐ 1 - No creativity or innovation. Common request.

\* 7. On a scale of 1-4, how much do you agree with the following statement?

The project reach is measurable, and marginalized communities are benefiting.

*Projects should support COVID-19 prevention, mitigation and/or recovery for high-risk or underserved populations, including people living in rural areas, racial and ethnic minority groups and other disadvantaged populations.*

- ☐ 4 - Clearly describes a specific reach and clear benefit for marginalized communities.
- ☐ 3 - Some measurable reach and some benefit for marginalized communities.
- ☐ 2 - Measurable reach is unclear, minimal connection to marginalized communities.
- ☐ 1 - Reach is not measurable and marginalized communities are not benefitting

\* 8. On a scale of 1-4, how much do you agree with the following statement?

The project's overall proposal is clear and logical.

- ☐ 4 - Clearly written application and alignment with coalition's goals.
- ☐ 3 - Somewhat clear application and some alignment with coalition's goals.
- ☐ 2 - Parts of application are unclear, minimal alignment with coalition's goals.
- ☐ 1 - Application is unclear and no alignment with coalition's goals.

\* 9. Do you recommend funding this project?

- ☐ Yes, I recommend funding this project.
- ☐ No, I do not recommend funding this project.

10. Any additional comments or notes to share about this project? (Optional)



**Evaluator Name:**

**Application Number**

**Project Title**

**Requested Funding Amount**

Criteria	4	3	2	1	Score
Clearly supports the coalition's goals to address health disparities and/or social determinants of health related to the 19 pandemic. <b>x 4</b>	<b>Clearly</b> identifies how the project will support the health equity goals of the coalition as related to COVID-19. <b>16</b>	<b>Some</b> alignment between project and the health equity goals of the coalition as related to COVID-19. <b>12</b>	Health equity goals are mentioned, but it is <b>unclear</b> how the project will support it and only some COVID-19. <b>8</b>	<b>No mention</b> of how project will support health equity goals of the coalition and related to COVID-19. <b>4</b>	
Funding need is clearly stated, supports the project, and its clear funds used by March 30, <b>x 5</b>	<b>Specific</b> funding need provided, and the amount made for the project. Known deadline is <b>clear</b> . <b>20</b>	<b>Some</b> connection to funding need to support the knowledge of deadline. <b>15</b>	<b>General</b> statement of need, no supporting information and <b>no connection</b> to deadline. <b>10</b>	<b>No mention</b> of need for funds, connection to project, or known deadline. <b>5</b>	
Innovation is apparent. Project idea is creative and unique. <b>x 2</b>	<b>Highly</b> creative, unique and/or innovative. May establish model practice for community. <b>8</b>	<b>Somewhat</b> creative, unique and/or innovative. May establish something done before but contains some originality. <b>6</b>	<b>Few</b> components are creative, unique, and innovative. <b>4</b>	<b>No</b> creativity or innovation. Community request. <b>2</b>	
The project reach is measurable, and marginalized communities are benefiting. <b>x 3</b>	<b>Clearly</b> describes a specific reach and clear benefit for marginalized communities. <b>12</b>	<b>Some</b> measurable reach and some benefit for marginalized communities. <b>9</b>	Measurable reach is unclear, minimal connection to marginalized communities. <b>6</b>	Reach is <b>not</b> measurable and marginal benefit for communities benefitting. <b>3</b>	
Overall proposal is logical. <b>x 1</b>	<b>Clearly</b> written application with alignment with coalition goals. <b>4</b>	<b>Somewhat</b> clear application and some alignment with coalition's goals. <b>3</b>	<b>Parts</b> of application unclear, minimal alignment with coalition's goals. <b>2</b>	Application is no alignment with coalition's goals. <b>1</b>	

- ☐ I recommend funding this project
- ☐ I recommend partial funding
- ☐ I would not recommend funding this project

## Things to Note:

### Scoring & Review Process

#### Conflict of Interest

- If you or your organization applied, please **do not score** that application. **You may score the other applications.**
- If you **personally helped** another organization complete their application, please **do not score** that application. **You may score the other applications.**

How many applications are there to review and score?	15
How many Coalition members need to score each application?	5 (at minimum) <i>*Cambron and MacKenzie are not scoring</i>
How many times can I score each application?	1 (SurveyMonkey will not let you back in once completed)
Will SurveyMonkey save my progress?	No, that's why each application has a separate link.
Is scoring the only form of review?	No, there will also be discussion once scoring is completed and analyzed.

#### Packet

- Application/Budget Proposal Packets were emailed out as an alternative option for **review** if desired. All **scoring** needs to be completed in the SurveyMonkey links.
- All applications/budget proposals are available to review in the SurveyMonkey link as well.

<b>Agency Name:</b>				
Billing Month/Year (MM/YY):				
<b>SALARIES &amp; WAGES</b> (backup documentation required; Ex. timesheet, brief job description)				
Staff Name	Position/Title	Hourly Rate	Total Hours	Total Cost
<i>Ex. Jane Doe</i>	<i>Assistant</i>	<i>\$20</i>	<i>15.00</i>	<i>\$300</i>
Total Salaries & Wages				
<b>Purchases</b> (backup documentation required; Ex. receipts, invoices)				
Item(s)	Notes	Quantity	Unit Cost	Total Cost
<i>Ex. Magnets</i>	<i>To promote project</i>	<i>100</i>	<i>\$1</i>	<i>\$100</i>
Total Equipment				
<b>Professional Services</b> (backup documentation required; Ex. receipts, invoices)				
Service	Name	Notes	Total Cost	
<i>Ex. Graphic design</i>	<i>John Doe</i>	<i>Designed magnets</i>	<i>\$500</i>	
Total Professional Services				
Total Billing Amount:				
<b>Siganture and Date:</b>				



**Kittitas County Covid-19 Health Equity Coalition Mini-Grant**  
**Performance Report**  
**Reporting Period: April 1, 2023 – July 31, 2023**  
**Due Date: August 14, 2023**

<b>Name</b> <i>(Of person filling out report)</i>	
<b>Organization</b>	
<b>Contact Email</b>	

<b>1. Briefly describe project activities during the reporting period</b>  <i>*Please include the project's relation to COVID-19 health disparities and/or social determinants of health. I.e. youth activities meant to assist in recovery from social isolation during COVID-19</i>	
<b>2. Briefly discuss project successes during the reporting period.</b>	
<b>3. Briefly discuss project challenges during the reporting period.</b>	
<b>4. What marginalized communities have benefitted during the reporting period?</b>	
<b>5. How many people has your project reached during the reporting period?</b>	
<b>6. List all community partners involved during the reporting period (add additional #'s as needed)</b>	1. 2. 3. 4.

*\*Send any **project photos** as jpeg attachments*