

Contra Costa Health Plan

Health Education Resource Guide

**FREE HEALTH EDUCATION PROGRAMS, SERVICES AND COMMUNITY
RESOURCES FOR CCHP MEMBERS**

Asthma

American Lung Association (510) 638- 5864 or 1-800-LUNGSUSA: Provides counseling sessions, interactive classes, support groups and materials regarding asthma. [Asthma American Lung Association](#)

Childhood Asthma Resources: Offers information and educational resources and videos on childhood asthma: cchealth.org/asthma/childhood.php

CCHP Asthma Program

CCHP's Asthma Program serves members with moderate to severe asthma. The program includes asthma education, in-home assessment, referrals to programs, and follow-ups. Free supplies are provided, as well as additional resources if needed. All adult patients must be free of severe mental health conditions. All patients must be living in a dwelling. For more information, please contact our Registered Nurse, Kathie Phun at Kathie.Phun@cchealth.org

Alcohol and Other Drugs

Prevention & Youth Treatment services: Provides videos, guidelines, resources and more for prevention of drug and alcohol use among the youth: www.cchealth.org/aod/prevention.php

Alcohol & Other Drug Services: Provides screening for treatment and referrals to counseling: www.cchealth.org/aod

Seeking Safety Skills Group - West County Health Center FROM TRAUMA TO RESILIENCY

Seeking Safety is a cognitive-behavioral group therapy that specifically targets the unique problems that result from the overlapping struggles of alcohol and/or drug use and PTSD. This group teaches skills for managing trauma symptoms and incorporates relaxation techniques.

Address: 13601 San Pablo Avenue, San Pablo, CA 94806

Dr. Franca Niameh, Group Facilitator (510) 231-9572 Tuesdays, 1 pm – 2:30 pm Telehealth video zoom Group, First Floor, Group Room A

Choosing Change Group

The Choosing Change clinic provides effective treatment for people who want to stop using opioids such as heroin, prescription painkillers like oxycodone, and similar drugs.

<https://cchealth.org/choosing-change/>

Behavioral Health

CCHP Access Line: 888-678-7277

Mental Health Access: 1-888-678-7277

Suicide Crisis Hotline: 1-800-233-2900

Homeless Hotline: 1-800-799-6599

Anxiety

Managing Anxiety Naturally – Contra Costa Health Plan

This cutting edge 4-session recorded course helps participants to understand root causes of anxiety and how using Food as Medicine can improve anxiety. Offers delicious recipes, breathing techniques, beginners' yoga, and effective mindfulness exercises. It also discusses the benefits of spending time in nature and gives 7 Hacks (shortcuts) our members can try to improve their anxiety. Find the video recordings and all the class materials at this link. <https://cchealth.org/healthplan/health-ed-anxiety.php>

Finding Ease in a Stressful World – West County Health Center

Finding Ease in a Stressful World is a cognitive-behavioral therapy group that seeks to enhance recovery from stressful situations, leading to more experiences of ease and relaxation. This group incorporates mindfulness skills and how to manage stress in the future.

Tuesdays 3 pm – 4:30 pm, First Floor, Group Room A

Address: 13601 San Pablo Avenue, San Pablo, CA 94806,

Dr. Franca Niameh, Group Facilitator (510) 231-9572

Loss, Grief, Change, and Transformation - West County Health Center

Change and Transformation is a support and skills group for those dealing with difficult emotions associated with grief, loss, and change in their lives.

Thursdays 11:30 am – 1:00 pm, First Floor, Group Room A

Address: 13601 San Pablo Avenue, San Pablo, CA 94806

Dr. Franca Niameh, Group Facilitator (510) 231-9572

Breastfeeding

WIC: Provides videos, classes, and material on breastfeeding and more:

www.cchealth.org/wic/breastfeeding/

Breastfeeding Resources

Support groups, phone support, videos, milk donations, Breastfeeding and CA law.

<https://cchealth.org/wic/breastfeeding/pdf/breastfeeding-resources.pdf>

La Leche League: Offers online classes, online support resources for lactation and relactation moms, twins/multiples, special needs: www.llli.org/la-leche-league-online-support-resources

John Muir: Provides breastfeeding newborn support sessions via zoom with no cost. Check website for times and availability: www.johnmuirhealth.com/event-list/breastfeeding-your-newborn-support-session.html

Case and Disease Management

Case Management Department (CCHP): [Information on benefits of a case manager and how to request one: www.cchealth.org/healthplan/case-management.php](http://www.cchealth.org/healthplan/case-management.php)

Diabetes

Inspiring Communities: Provides Diabetes Prevention and Diabetes Self-Management, Education and Support (DSMES): www.wellocity.health/inspiring-communities or call Coordinator at: (510)-609-6875.

Contra Costa Health Plan Diabetes Program (CCHP): Pilot program using cellular enabled glucometer and Diabetes Management and Self-care Education for CCHP members with Medi-Cal in the East and West County who are obese and have an A1c 9 or greater. Diabetes management and education alone available for all others. Email: Disease.Management@cchealth.org or call: (925)-864-3189.

UCSF Education Online

Diabetes workshops and classes, individual counseling, learning library.
<https://dtc.ucsf.edu/workshops-and-classes/class-schedule/>

American Diabetes Association – Find a Diabetes Education in Your Area
<https://www.diabetes.org/tools-support/diabetes-education-program>

HIV/AIDS – Sexually Transmitted Diseases

HIV/AIDS & STD Program(CCHS): Provides free comprehensive services for people living with HIV/AIDS including education, testing and prevention services and medical case management, free condoms: www.cchealth.org/hiv and www.cchealth.org/hiv/prevention.php

Heart Health

American Heart Association: Provides information on heart health, how to have a healthy lifestyle, fitness, and cooking tips: www.heart.org

Heart Health (CCHP): Resources on conditions that affect the heart:
www.cchealth.org/healthplan/health-ed-heart.php

Nutrition: Resources on how to reduce your risk of heart disease. Find heart healthy eating tips to reduce fat in the diet and lower cholesterol levels: www.nutrition.gov/topics/diet-and-health-conditions/heart-health

Hypertension

Hypertension (CCHP): Information regarding hypertension and blood pressure: cchealth.org/healthplan/health-ed-hypertension.php

Injury Prevention

Car Seat fittings: National Highway Traffic Safety Administration: Provides free car fitting installations by certified seat technicians that help install seats in English and Spanish. Search by city at website: www.nhtsa.gov/equipment/car-seats-and-booster-seats

Public Health Nurses Car Seat Program: Provides car seat fittings with a grant from the Office of Traffic Safety, (Please note: Car seats are subject to availability based on grant funding). For more information contact Jessica Recinos at (925) 608-5325 or Jessica.recinos@cchealth.org

The Injury Prevention & Physical Activity Promotion Projects, Public Health: Brings a new vision and approach to creating safe and healthy environments for Contra Costa children and their families. Implementing health-promoting collaborations, safe routes to school and physical activity promotion. www.cchealth.org/injury-prevention

Integrative Health Program

Offers mindful movement exercises and food as medicine groups, as well as relaxation breathing, self-massage, meditation resources and other wellness tips.

<https://cchealth.org/centers/services-ih.php>

LGBTQ Local and National Resources

Counseling, Gender Clinic, National Help Center, Rights and Advocacy

<https://cchealth.org/healthplan/health-ed-lgbtq.php>

Nutrition, Exercise and Healthy Weight

Brighter Beginnings – Online Cooking Demonstrations

Free on-line nutrition classes every Wednesday at 5:30 p.m. Learn to choose healthy options & earn food vouchers for fresh local produce at the Farmer's Market. <https://www.brighter-beginnings.org/free-online-nutrition-classes-local-produce-with-veggierx/>

Food Bank of Contra Costa and Solano Counties: Offers many different food resources along with programs and events. Provides information and resources on nutrition and healthy recipes: www.foodbankccs.org

Food and Mood Group - West County Health Center

Food and Mood is a skills and support group for those interested in losing weight, developing healthy diet/exercise habits, and managing difficult emotions related to eating.

Mondays 5:30 pm – 7 pm, First Floor, Group Room A, 13601 San Pablo Avenue
San Pablo, CA 94806 Dr. Franca Niameh, Group Facilitator (510) 231-9572

Fresh Approach: Low cost and free food through Cal-Fresh and Market-match farmers markets, offer on-line enrollment for nutrition workshops and resources. www.freshapproach.org

18 Reasons: Cooking and nutrition classes conducted on-line. www.18reasons.org

Short-Term Medically Tailored Meals (MTM) Intervention Program of 2021-22. It is a state program for Medi-Cal patients that is now implemented in Contra Costa by Project Open Hand providing free food for those with chronic conditions such as CHF, COPD, and diabetes. The project is taking referrals in Richmond immediately and will roll out to other cities in the county in the upcoming weeks. See details on website <https://cchealth.org/healthplan/pdf/provider/MTM-Referral-Packet.pdf>.

Monument Impact: Provides physical activity classes for adults and children:
<https://monumentimpact.org/en/healthy-community>

UC Cooperative Extension Expanded Food & Nutrition Education Program: Provides virtual classes regarding nutrition, food savings, and food access for adult and youth:
www.sacnutrition.ucanr.edu/Expanded_Food_and_Nutrition_Education_Program_EFNEP_306/

Pain and Wellness Group

Re-entry Health Conductors REMEDY Support Group and Transition clinic -
<https://cchealth.org/rhd/remedy.php>

Parenting

Coco Kids Childhood Champions: Provides free or low-cost parenting services and childcare:
www.cocokids.org

First 5: Program with Contra Costa that helps young children within the first 5 years of their life to start school healthy and ready to learn: www.first5coco.org

Family, Maternal & Child Health (FMCH): Program dedicated to promoting the health and well-being of families and children: www.cchealth.org/fmch/

For assistance in obtaining health services for you and/or your children, please call the Family Health Toll-Free Line at 1-800-696-9644.

Fatherhood Parenting Classes. For more information & registration details please contact

Fatherhood Program: Partners in Pregnancy • Group or one-on-one sessions on fathering skills, self-awareness, and self-care. Targeting new, expectant, and noncustodial fathers. Help with health, relationship, and financial goals. Armondo DePina, Father Engagement Specialist II 925.489.3762 adepina@aspiranet.org

Kaiser: Health education classes and resources on all aspects of new parenting: <https://healthy.kaiserpermanente.org/northern-california/health-wellness/maternity/find-hospital/walnut-creek/classes-resources>

WIC: [Provides resources and help for pregnant women or parents of young children regarding food programs, medical resources and more: www.cchealth.org/wic/](https://www.cchealth.org/wic/)

ZUMBA Classes – Virtual Zumba dance workouts for adults. <https://www.eventbrite.com/e/sitc-virtual-zumba-trium-fitness-aperia-mall-tickets-228184264277?aff=ebdssbeditorialcollection>

Yoga Classes – Virtual Yoga Classes - for all levels
<https://www.eventbrite.com/e/sunday-morning-yoga-all-levels-tickets-228462717137?aff=ebdssbeditorialcollection>

Pregnancy and Childbirth

Pregnancy: Provides links, videos and other resources to information on how your body changes during pregnancy and what you need to do to stay healthy: www.cchealth.org/healthplan/health-ed-pregnancy.php

Healthy Start: Pregnancy test, individual prenatal education, Genetic screening/testing, Prenatal vitamins, Breastfeeding education and support, Childbirth classes, Car seat education, Nutritional assessment, 24-hour-a-day advice nurse. Locations: Pittsburg 925-431-2345, Martinez 925-370-5495, San Pablo 510-231-9469.

Contra Costa Regional Medical Center Labor and Delivery Virtual Tour <https://cchealth.org/medicalcenter/maternity-care.php>

Black Infant Health Program: Social support and empowerment groups for pregnancy and post-partum, Nutrition, Breastfeeding, Infant Care, Prenatal Yoga, Meditation, Stress Reduction, Transportation to medical appointments and Parenting advice. <https://cchealth.org/fmch/bih.php> (925)-313-6254.

Teen Pregnancy Prevention: Contra Costa Health Services Teen Pregnancy Prevention Program engages the community in efforts to reduce teen birth rates and sexually transmitted infections: www.cchealth.org/teen-pregnancy-prevention/

Prenatal Care Guidance: Prenatal Care Guidance (PCG) aims to promote optimal pregnancy health and birth outcomes by providing brief intervention in-home support and educational services to low-income pregnant women residing in Contra Costa County: www.cchealth.org/fmch/prenatal.php

Family, Maternal & Child Health (FMCH): Program dedicated to promoting the health and well-being of families and children: www.cchealth.org/fmch/

For assistance in obtaining health services for you and/or your children, please call the Family Health Toll-Free Line at 1-800-696-9644.

WIC: Provides classes for new parents, newborns, and education for children at different ages: www.cchealth.org/wic/

Smoking Cessation

American Lung Association: Provides counseling sessions, interactive classes, support groups (Cancer, COPD, and Asthma) and materials on lung cancer: www.lung.org
American Lung Association Helpline: 1-800-LUNGUSA

California Smokers Help Line: Provides free multi-lingual telephone counseling services, smoking cessation materials, provider training and toolkits, and fact sheets: www.nobutts.org or 1-800-NO-BUTTS

California Smokers' Help Line

Phone Counseling for Smoking, Chewing Tobacco and Vaping.
Counseling available M-F 7 am. – 9 p.m. Sat. 9 a.m. – 5 p.m.

English	1-800-300-8086
Spanish	1-800-600-8191
Mandarin & Cantonese	1-800-838-8917
Vietnamese	1-800-778-8440
Korean	1-800-556-5564
Hearing Impaired	1-800-933-4833
Teens	1-800-843-5200

Nicotine Anonymous: On-line anonymous meetings and phone counseling for helping in ceasing to use any tobacco products: www.nicotine-anonymous.org

Violence Prevention

Violence Prevention: Offers many internet resources to rape crisis centers and violent prevention programs: www.cchealth.org/topics/violence/resources.php

Center for Human Development: Provides services to youth, young adults, and their families who have been victims of violence and trauma (Central Contra Costa 14-26 years of age): Contact (925) 687-8844.

For More Information go to: Website: www.cchealth.org/healthplan/health-ed.ph

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