

# 2022-2023 Annual Report

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**Prepared by**  
Katie Green



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## A Message from our Executive Director

Shari Weiss, Ph.D., MPA, Master CASAC



The last year for CCHN has been one of renewal and growth. Over the 2022-2023 fiscal year, we have seen our community emerge from the pandemic and begin to connect again with each other. Community events and activities are once again happening and we are all getting the chance to participate. During the last year, CCHN celebrated 25 years of service to community health. We had a very successful Health Fair that was a wonderful opportunity to share information from our agency and many of our community partners with Cayuga County. We also had a great time with our Rock Your Health concert, that helped us celebrate our organization and celebrate this community.

We have been incredibly fortunate to receive a number of grants and opportunities that significantly contributed to our growth. We are very grateful for our ongoing partnership with the Cayuga County Health Department, and we were able to provide support for the Healthy Neighborhoods program and the Public Health Fellows program. We started our Perinatal/Infant/Child Health Collaborative program, which focuses on maternal/child and reproductive health. We were able to continue our Doula Services program. We received continued support from the City of Auburn and the Cayuga County Legislature for our Street Outreach and Advocacy Program. We started our Mental Health First Aid Training program for human service providers, first responders, and school personnel. We began a partnership with East Hill Medical Center that will provide support for the health and wellness of their patients.

Looking toward the next year, we were successful in obtaining a Empire State Supportive Housing Initiative grant, and we are working with Housing Visions and The Rescue Mission to develop 30 units of permanent supportive housing for homeless individuals and families. We have several other grants focusing on housing and other health and wellness services that we have applied for and are awaiting funding decisions. We are looking at developing and implementing more health and wellness programs and services through our community collaborations and partnerships.

Everything that CCHN has accomplished would not be possible without the incredible talent and efforts of our dedicated staff and the amazing support and time given to us by our Board of Directors. We are truly fortunate to have an amazing team of professionals who deliver our programs and services, develop our outreach, social media, and events, and ensure our financial compliance and integrity.

The future looks bright and exciting for CCHN, as we look toward new opportunities to create partnerships for a healthier Cayuga County and make health and wellness programs and services accessible to all.



# Mission and Vision

## Mission

**Building partnerships for a  
healthier Cayuga County.**

## Vision

**Making health and wellness  
programs and services  
accessible to all.**

# Meet Our Team



**SHARI WEISS**  
EXECUTIVE DIRECTOR



**AMY DICKMAN**  
ASSISTANT DIRECTOR



**HOLLY BEAUCHINE**  
PROGRAM COORDINATOR



**NICOLE GEE**  
STREET OUTREACH COORDINATOR

# Meet Our Team



**KARI SAWRAN**  
COMMUNITY HEALTH WORKER



**ELIZABETH STEWART**  
MENTAL HEALTH FIRST AID  
COORDINATOR



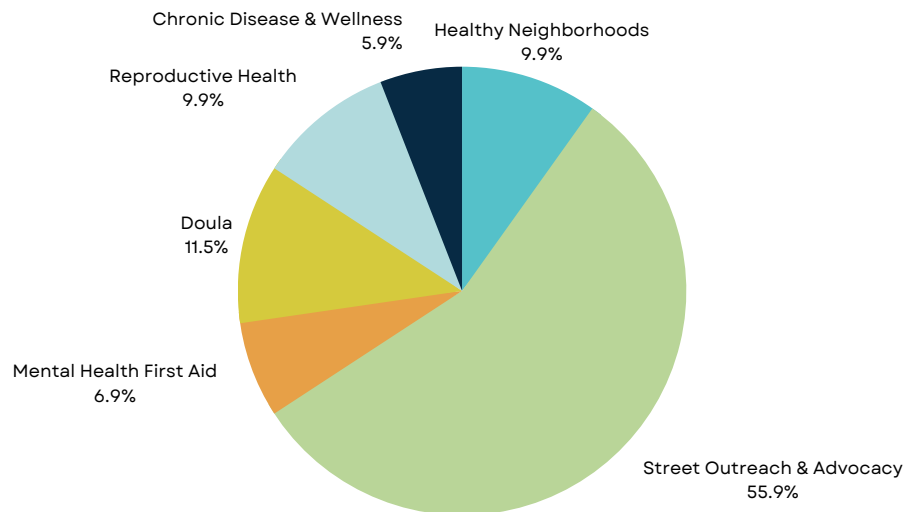
**CHRISTINE WALKER**  
CHRONIC DISEASE AND WELLNESS  
PROGRAM COORDINATOR



**KATIE GREEN**  
DEVELOPMENT COORDINATOR

# Community Members Served

The team at Cayuga Community Health Network works every day to improve the whole community health of Cayuga County. We realize that health is not defined in one specific way for every person. Thus, we bring a number of diverse programs to the county to assist our neighbors in meeting their **health** and **wellness** goals.



When thinking about our community health, we focus on addressing the social determinants of health as established by the United States Department of Human & Health Services:

- Economic Stability
- Education Access and Quality
- Health Care Access and Quality
- Neighborhood and Built Environment
- Social and Community Context

<https://health.gov/healthypeople/priority-areas/social-determinants-health>

Over the years we have expanded programming to meet the ever changing and growing needs of our community. This year has been no different for us. We began to offer Reproductive Health services and Mental Health First Aid Training. Community health begins with individual health and thus, our programs are diverse enough to meet as many individual community members as we can where they are at and assist them in their health goals.

# Programs Overview



## **Doula Partnership**

Provides pregnant women residing in Cayuga County with a FREE Doula. This program is also offered in Cortland, Madison, and Herkimer counties.

## **Street Outreach & Advocacy**

Available to residents at-risk for and experiencing homelessness in Cayuga County to create a residency plan and connect them with local services to meet these goals.



## **Reproductive Health**

Works with women in Cayuga County to assist them in creating a reproductive health plan and assisting them in accessing local resources to support their plan.





## Mental Health First Aid

Trains first responders, educators, and adults living in Cayuga County to assist someone experiencing a mental health challenge, assist someone in crisis, and apply the MHFA action plan effectively.

## Chronic Disease & Wellness

Eat Healthy Be Active (EHBA) and National Diabetes Prevention Program (NDPP) educate Cayuga County residents in making manageable lifestyle changes that have a lasting impact on their overall health.



## Circle of Security Parenting

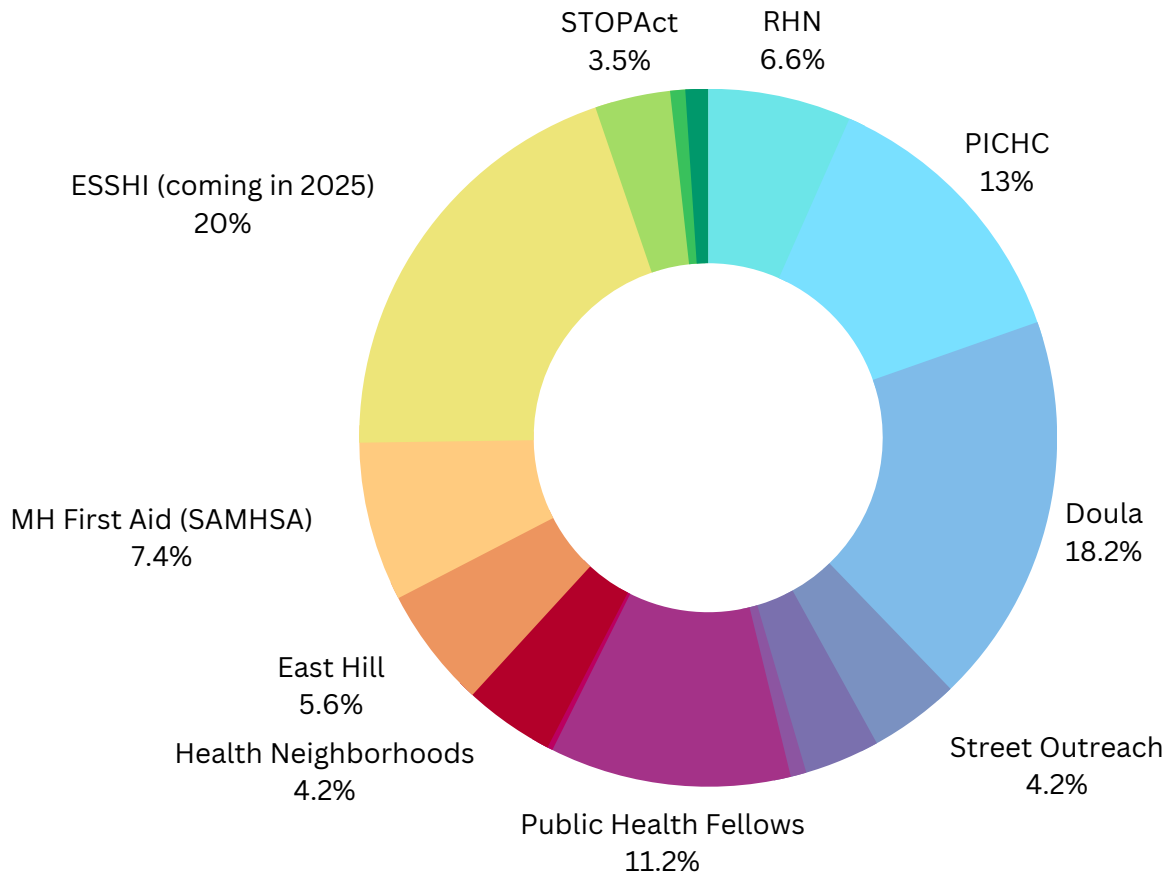
Parents, grandparents, caregivers and caretakers of children will learn to meet the children in their care at their emotional level. This assists in creating a stronger connection.

## Healthy Neighborhoods

Offered in partnership with the Cayuga County Health Department and the Auburn Fire Department. Program offers FREE home assessments for health and safety hazards.

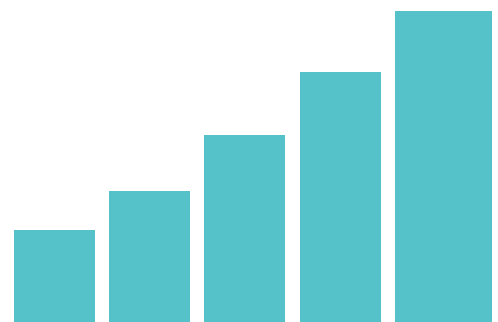


# Program Funding



Just as our programming is diverse, so too is our funding. We maintain our programs through a mix of federal, state, local and private grants as well as through corporate and individual donations.

As we expand our programming, we are also expanding our funding sources to ensure that we are able to continue to provide our neighbors with quality programs to meet their unique health goals. A healthy community is a thriving community. The health of the individuals impacts us all and we strive to ensure that every resident in Cayuga County has programs and services available to them that they need without facing barriers to access them.



# CCHN Annual Health Fair



On August 20th, 2022 we held our First Annual Community Health Fair at Falcon Park. We had a great day bringing health and wellness information to the local community along with a Family Fun Zone to reach community members of all ages.



## CCHN Rock Your Health

That same evening, CCHN was joined by local fan favorite band, Johnny Bender, to celebrate community health and wellness with a fundraising concert. The event raised over \$16,000.00 for the organization.

# Client Testimonials



Right away I had a call from [the program coordinator] and very soon after that she delivered all sorts of tools to help me get started and be successful with the program. My kit included a food scale, cookbook, recipes, exercise information, exercise bands, etc.!!!

~Chronic Disease Self-Management

Our labor and delivery went so smoothly with the calming, encouraging support of our doula.

~Doula Program

I love this forum! always a wonderful job done by all. really appreciate everyone's hard work and dedication.

~Landlord Workshop

It was an incredible experience for me to be able to support this woman in the development of a birth plan, and through the birth process.

~Doula Program

I truly feel blessed and am very grateful to have had the opportunity to be part of this program and I know I am a healthier person because of it.

~Chronic Disease Self-Management

Without doula support, I would have been alone.

~Doula Program

This is a great resource/ activity for the auburn area.

~Landlord Workshop



# Contact Us



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