Established in 2016, Mendonoma Health Alliance (MHA) is an integrated rural health network with a mission to improve local access to wellness education, prevention services and quality healthcare through creative solutions in collaboration with our community. Our network is tasked with identifying what services are missing in order to fill gaps in access to care. MHA’s core values include person-focused decisions, integrity, collaboration, excellence, accountability and stewardship. These values guide our actions as we work together with partner organizations to provide health care services to our community.

MHA serves rural communities strung along more than 60 miles of rugged, isolated Northern California coastline in northern Sonoma County and southern Mendocino County. MHA works hard to bring existing resources together in an intentional, coordinated effort for the promotion of optimal health and wellness. Community Health Education Workshops, Chronic Care Self-Management Support Networks, mobile non-diagnostic health screenings, community outreach & referral services, as well as providing a Care Transitions program based on the Eric Coleman model, are among the programs that MHA provides.

Through our community coalition, Mendonoma Opioid Alliance, MHA is also able to provide Opioid Education, Prevention & Wellness to the community. MHA is dedicated to addressing the shortage of recovery resources for people with opioid use disorder (OUD) or substance use disorder (SUD), as well as harm reduction in our remote location. The inception of Mendonoma Opioid Alliance began with several community leaders and heads of public organizations joining in consensus to collaborate for the purpose of addressing OUD and the misfortune experienced by our residents.

Over the past year, the work completed by MHA’s Community Health Workers, through the planning and efforts of the Mendonoma Opioid Alliance, involve introducing opioid prevention education curriculum to all freshman students at the local high school and continuation school, and to sixth through eighth grade students across five local elementary schools. MHA’s Community Health Workers have also distributed 200 prescription lock bags to the local pharmacy, medical clinic, senior center, and local veterinarian office. Additionally, our team conducted two prescription take-back events in collaboration with Mendocino County Sheriff’s Office and Sonoma County Sheriff’s Office, respectively, totaling a disposal of 2,556 pills from our community.

Currently, MHA is in the beginning stages of planning new activities and programs with a group of five consortium partners to address harm reduction strategies, with a focus on reducing the spread of infectious diseases, and expanding prevention and recovery resources for people with OUD and/or SUD.

With a staff of four, an encouraging Board of Directors and with the backing of several large partner organizations, Mendonoma Health Alliance pledges its support to the National Academy of Medicine’s Action Collaborative on Countering the U.S. Opioid Epidemic.