

Community Needs Assessment Summary

The following summary highlights where CANV meets the needs of the community as expressed in the survey. I have also provided some information on our greatest community challenge: affordability.

The surveys went out through our programs, our nonprofit partners, we also posted the survey on our Facebook and website.

1. Affordable Housing
2. Health Insurance
3. Assistance with Social Security
4. Mental Health Services
5. Affordable Legal Services
6. Caregiver support*
7. Reliable private transportation
8. Food Assistance
9. Climate Change/Environment
10. Payment assistance with water bills

Yellow highlight is to indicate where our services address the needs expressed in the survey. Mental Health reflects our new partnership between **Wellness on Wheels** and Mentis' mental health programs and services. Caregiver support is highlighted due to the addition of Wellness to Meals on Wheels. By adding Wellness to the continuum of care for each senior, the implementation of assessment and follow-up creates a level of comfort and trust for both the senior and the caregiver.

Affordable Housing:

Rents have decreased by 4% over the last couple of years.¹ However, that still leaves us as one of the most expensive places to live in the county. The cost of living in Napa is pricey, coming in at 20.8% more than the U.S. average. Housing is 66% more than the average, making it the eighth most expensive in the state.² Jan 29, 2021

Average Rent in Napa, CA

Last updated May 2021

Average Rent	Y-o-Y Change	Average Apartment Size
\$2,131	-4%	906 sq. ft.

Napa, CA Apartment Rent Ranges

- \$1,001-\$1,500 3%
- \$1,501-\$2,000 34%
- > \$2,000 62%

¹ <https://www.rentcafe.com/average-rent-market-trends/us/ca/napa-county/napa/>

² <https://www.pressdemocrat.com/article/news/where-are-the-cheapest-places-to-live-in-california/?sba=AAS&artslide=22>

Cost of Living

	1 ADULT				2 ADULTS (1 WORKING)				2 ADULTS (BOTH WORKING)			
	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children
Living Wage	\$18.96	\$42.26	\$52.19	\$69.54	\$31.41	\$38.48	\$42.46	\$49.17	\$15.70	\$22.71	\$28.18	\$35.00
Poverty Wage	\$6.13	\$8.29	\$10.44	\$12.60	\$8.29	\$10.44	\$12.60	\$14.75	\$4.14	\$5.22	\$6.30	\$7.38
Minimum Wage	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00	\$12.00

<https://livingwage.mit.edu/counties/06055>

	1 ADULT				2 ADULTS (1 WORKING)				2 ADULTS (BOTH WORKING)			
	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children
Food	\$3,792	\$5,574	\$8,343	\$11,093	\$6,952	\$8,639	\$11,106	\$13,540	\$6,952	\$8,639	\$11,106	\$13,540
Child Care	\$0	\$11,085	\$22,170	\$33,255	\$0	\$0	\$0	\$0	\$0	\$11,085	\$22,170	\$33,255
Medical	\$2,545	\$8,323	\$8,011	\$8,150	\$6,143	\$8,011	\$8,150	\$7,804	\$6,143	\$8,011	\$8,150	\$7,804
Housing	\$14,700	\$22,560	\$22,560	\$32,544	\$17,124	\$22,560	\$22,560	\$32,544	\$17,124	\$22,560	\$22,560	\$32,544
Transportation	\$4,900	\$8,987	\$11,186	\$13,317	\$8,987	\$11,186	\$13,317	\$12,085	\$8,987	\$11,186	\$13,317	\$12,085
Civic	\$1,811	\$3,889	\$3,554	\$4,127	\$3,889	\$3,554	\$4,127	\$3,982	\$3,889	\$3,554	\$4,127	\$3,982
Other	\$2,794	\$4,553	\$4,996	\$6,037	\$4,553	\$4,996	\$6,037	\$6,055	\$4,553	\$4,996	\$6,037	\$6,055
Required annual income after taxes	\$30,543	\$64,971	\$80,820	\$108,523	\$47,648	\$58,946	\$65,298	\$76,010	\$47,648	\$70,031	\$87,468	\$109,265
Annual taxes	\$8,892	\$22,927	\$27,729	\$36,121	\$17,680	\$21,102	\$23,026	\$26,272	\$17,680	\$24,460	\$29,742	\$36,346

	1 ADULT				2 ADULTS (1 WORKING)				2 ADULTS (BOTH WORKING)			
	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children	0 Children	1 Child	2 Children	3 Children
Required annual income before taxes	\$39,435	\$87,898	\$108,549	\$144,644	\$65,327	\$80,049	\$88,324	\$102,282	\$65,327	\$94,492	\$117,210	\$145,611

<https://livingwage.mit.edu/counties/06055>

The affordability issue runs through the entirety of this assessment and the survey we administered.

- Affordable housing came out as the number 1 need.
- Cost of living ranked number one when asked to identify the biggest problem facing adults.
- Primary cause of unemployment was identified as low wages

Napa County offers a narrow range of opportunities, especially for the young. Although our unemployment numbers have dropped to 6.6%³, the most available jobs are in the hospitality industry and often have a low wage structure.

Mental Health:

Due to stigma in some cultures or families, and affordability, many who desire or need mental health services do not receive them. Steps have been taken, and continue, to ensure the building of trust and offering culturally and linguistically appropriate services. With the onset of COVID-19, in concert with the stay-at-home order, the number of

³ [https://www.labormarketinfo.edd.ca.gov/file/lfmonth/napa\\$pds.pdf](https://www.labormarketinfo.edd.ca.gov/file/lfmonth/napa$pds.pdf)

adults suffering from anxiety has doubled to 34% from a baseline of 17% in 2013-2014. Our communities endured more and bigger fires to add to the stress and worry⁴. “Young adults have experienced a number of pandemic-related consequences, such as closures of universities and loss of income, that may contribute to poor mental health. During the pandemic, a larger than average share of young adults (ages 18-24) report symptoms of anxiety and/or depressive disorder (56%). Compared to all adults, young adults are more likely to report substance use (25% vs. 13%) and suicidal thoughts (26% vs. 11%). Prior to the pandemic, young adults were already at high risk of poor mental health and substance use disorder, though many did not receive treatment⁵.” Mentis has observed similar concerns here. They have started a prevention program for teens through adding Teens Connect to their programming.

Food Assistance:

In 2018, Live Healthy Napa Valley, a consortium of Kaiser, Napa County Health and Human Services, Gasser Foundation, and St. Joseph Health, completed a report on Napa County Emergency Food System Study. Through surveys they found, “...respondents shared that they appreciate the quality of food and the provision healthy food and fresh fruits and vegetables from food assistance programs”⁶. Deeper in, one conclusion is, “Vital food safety net providers like the **Food Bank** struggle to provide essential services with little-to-no Federal or State funding, diminishing donations, and shrinking volunteer pools.” This is after the 2017 fires but prior to our latest fires and the pandemic. Donations have been relatively strong during this time; volunteers have been hard to come by. In response to the conclusion above, the report made the following recommendation, “Expand food access location and minimize transportation barriers by leveraging existing place-based service locations and operations to include food distribution within the scope of services offered.” **CANV Food Bank** has already accomplished much of the recommendation. They expanded food distributions to Ole Health, Health and Human Services campus, Napa Valley College, and partnered with Napa Valley Unified School District schools for food distributions to students and their families. Responding to the emergencies of fire and pandemic, the **Food Bank** provided emergency food service throughout the county, primarily Pope Valley, Lake Berryessa, Calistoga and American Canyon. The emergency response was triggered by the fires, recovery and PSPS (public safety power shut offs). In all, the **Food Bank** operates pantries throughout Napa County for a total of 7 sites, USDA distribution sites for a total of 8 sites, and Free Markets, which added sites in rural remote areas including; Lake Berryessa, Angwin, and Pope Valley (for a total of 12). The need expanded as well. In prior years the average number served was 7,000. In 2020 the **Food Bank** served 151,000.

⁴ https://napavalleyregister.com/community/star/news/covid-19-brings-mental-health-crisis-to-napa-county/article_c2a2c3e0-0535-5851-a18e-471a55bb5f35.html

⁵ <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

⁶ http://www.livehealthynapacounty.org/uploads/5/1/4/4/51449431/napa_county_emergency_food_system_study_exec_summary.pdf

In the midst of the fires and pandemic, the **Food Bank** had to find ways and places to serve. One very clear need is for the Food Bank to have a permanent home for its warehousing as well as its **Napa Pantry**. Some avenues identified to accomplish this would be a capital campaign, or create a consortium of funders such as Gasser, Community Foundation, St. Joseph, Vintners, and others to consolidate their funding to support this endeavor.

The **Meals on Wheels** program has continued to be a vital service to seniors in throughout the county. There were times during the fires and pandemic that they shot up from their normal of 350 clients, to 700. Things have settled a bit at 461. In response to the pandemic and fires, the system went from congregate meals to drive through hand-offs. Meal delivery continued as before, with less contact. Contact is essential to the wellbeing of those we serve. Many are already isolated. As the coronavirus disease 2019 (COVID-19) began to spread in the US in early 2020, older adults experienced disproportionately greater adverse effects from the pandemic including more severe complications, higher mortality, concerns about disruptions to their daily routines and access to care, difficulty in adapting to technologies like telemedicine, and concerns that isolation would exacerbate existing mental health conditions.⁷

In addition to the new method of distribution, **Meals on Wheels** recognized a greater need, or one that was at least equal to the food itself, mental health of those we serve. The first step was to create our **Wellness on Wheels** component. Health assessments and further “contact” even if by Zoom, phone or through the window, brought comfort and assurance to many. It became clear that there was, and is, a need for mental health assessments and follow-up as well as the physical. The isolation only deepened during the pandemic. **Wellness on Wheels** has partnered with Mentis, a mental health service provider, to add mental health assessment and follow up services to the wellness menu.

⁷ Older Adults and the Mental Health effects of COVID-19 <https://jamanetwork.com/journals/jama/fullarticle/2773479>

Child Care/Child Development:

During these times **CANV Kids** has been at its normal of 130 or so children and gone all the way down to 0, then to a few, then down, then back up. We are still nowhere near our normal but as things are opening up, folks are going back to work, and schools go back into session, the numbers will rise. As with our other programs, the staff have been resilient and innovative in delivering education and care in new ways.

“California has one childcare slot available for every four children requiring care, according to Lubensky, who says that affordable childcare in the Napa Valley is perhaps even less accessible because of the high cost of living. A number of Napa’s childcare providers closed following the Great Recession in 2008, and the county’s childcare landscape has not yet recovered from those losses”.⁸ This is a high area of need and something our history shows we do well. If there is discussion of expansion of services, this might be the best place to start.

Explanation of Summary:

I did not address all of the top 10 areas of concern in this summary. I felt it most important to touch on the very large issues, such as affordability, and all areas in which we have a role. In the full Community Needs Assessment, these other pieces will be added for a full scope perspective on our community, based on feedback of those we serve, partners in service, and funding partners.

⁸ https://napavalleyregister.com/news/local/even-as-demand-for-childcare-surges-napas-preschools-and-daycare-centers-struggle/article_84d77ca1-8209-53f5-b960-704cd7db9f10.html

Some take aways:

Unemployment rose to 15.9 (patch/May 22, 2020), and has fallen to 6.3 as of today.⁹ There are many jobs available in the county, but most are in the hospitality industry known for low wages. With the affordability issue, many move, or seek employment outside of the county.

With wine sales up by 16.6%¹⁰ the industry is looking at different models. Whether one of those models is increasing entry level wages, as Rancho Gordo recently did (to \$18 per hour), is yet to be seen.

You will notice that Health Insurance is one of the items listed as a high need. Out of 419 surveys, 340 said this is a high need. On into the survey, when asked, 381 of those surveyed have insurance. The issue may be one or both of the following: they simply think insurance is a high need, not that they don't have it, or they have insurance but the cost is exorbitant.

⁹<https://www.labormarketinfo.edd.ca.gov/cgi/databrowsing/localAreaProfileQSResults.asp?selectedarea=Napa+County&selectedindex=28&menuChoice=localareapro&state=true&geogArea=0604000055&countyName=&submit1=View+Local+Area+Profile>

¹⁰ <https://www.nytimes.com/2020/12/18/your-money/wine-liquor-sales-pandemic.html>