

BARNAAMIJKA SINAANTA FAYO QABKA WAXAA WEEYE MASHAARIIC

XOOJIN AH OO BULSHADA WADO

Arjiyada Waxaa La aqbalayaa horaanta Juulay 15, 2023

Mudada codsiga:

- Wareega 1: Taariikhda codsiga ku eeg yahay 8/29/23 - taariikhda qiyaasta bilawga: 9/ 29, 2023
- Wareega 2: Taariikhda codsiga ku eeg yahay 10/15/23 - taariikhda qiyaasta bilawga: 11/15, 2023
- Wareega 3: Taariikhda codsiga ku eeg yahay 12/15/23 - taariikhda qiyaasta bilawga: 1/15, 2024

Guudmarka

Barnaamijka Sinaanta Fayo qabkaa waxaa lagu maalgeliyaa mashaariicda hormarinta bulshada ee kor u qaada kasoo kabashada bulsho ama dhaqaale ee safmarka COVID-19. Dadka qaada waxay u adeegaan bulshooyinka sida aan sinayn uu u saameeyay safmarku, ku jira khatarta sare ee kala saraynta caafimaadka, iyo/ama hore looga sadbursaday. Tan waxa kamid ah laakiin kuma xadidna: Madawga/Maraykan Madaw, Hisbaanig/Latinx, Aasiyaan Maraykan ah, Dhalad Hawaii Jasiirada Baasifiga, iyo bulshooyinka Dhalad Maraykan; bulshooyinka caafimaadka laga sad bursaday; iyo dadka ku nool bulshooyinka miyiyada.

Tusaalayaasha mashaariicda macquulka ah waxaa kamid noqon kara, laakiin kuma xadidna:

- Mashaariicda qaybinta cuntada
- Waxbarashada iyo wacyi gelinta COVID-19
- Beeraha bulshada
- Gadiidka shaqeeya
- Dadaalada sawirada gidaarada iyo qurxinta kale
- Mashaariicda dejinta socodka gaadiidka
- Mashaariida lagaga jawaabo go'doonta bulshada
- Wixii kale ee ay bulshadaadu u baahan tahay ee waafaqsan yhadafyadooda

Waxa aanu raadinaynaa mashaariic bixiya xalal hal abuur ah oo lagu hormariyo tayada caafimaadka, leh saamayn wayn oo bulshada ah, kor u qaada kasoo kabashada safmarka, oo caadiyan, sii jiri wixii ka danbeeya maalgelinta hore.

Hordhac

Maay 27, 2021, waaxda Adeegyada Caafimaadka Shacabka (Public Health Services, PHS), Hay'ada Adeegyada Bilaa Aadanka iyo Caafimadaka Degmada San Diego (Health and Human Services Agency, HHSA) waxaa la siiyay deeqda Xarumaha Xanuunka Xakamaynta iyo Kahortaga (Centers for Disease Control and Prevention, CDC) Mashruuca Sadbursiga Caafimaadka COVID-19. Hadafka deeqdan waxaa in lagaga jawaabo sad bursiga caafimaadka ee COVID-19 ee shacabka ku jira khatarta sare iyo kuwa laga sadbursaday, oo waxaa kamid ah shacabka qoomiyad iyo isir ahaan laga tiro badan yahay iyo bulshooyinka miyiga.

Ka qayb ahaan deeqdan, Caafimaadka Maskaxda Maraykanka ee San Diego (Mental Health America San Diego) waxay heshiis u bixisay Sanad Xisaabeedka 2023-2024 deeqda \$1.5 milyan hay'ado bulshada ku salaysan oo loogu talo geley Mashaariicda Xoojinta ee Bulshada Ku Wajahan

si looga jawaabo sadbursiga caafimaadka.

Barnaamijka Sinaanta Fayo qabka, barnaamijka PHS, oo lagala shaqeeyo Caafimaadka Maskaxda Maraykanka ee San Diego, waxay siin doontaa maalgelin hay'ado bulshada ah si ay qandaraas hoosaad ugu qaataan oo ay diirada u saaraan u ololaynta caafimaadka ama hawlaha lagu yaraynayo sadbursiga caafimaadka ee qoomiyada iyo isirka ku salaysan ee bulshooyinka. Waxay helaan taageero ilaa \$25,000 ah oo mashruucaaga ama barnaamijkaaga ah.

Waxa aad ku haboon tahay inaad hesho Barnaamijka Deeqda Qandaraas Hoosaadlaha Barnaamijka Sinaanta Fayo qabka haddii aad tahay...

- Cid degan Degmada San Diego.
- Hay'ad ama koox u adeegta marka kowaad dadka degan Degmada San Diego oo kasoo jeeda bulshooyinka saamaynta xun uu ku yeeshay safmarka COVID-19. Tan waxa kamid ah laakiin kuma xadidna: Madawga/Maraykan Madaw, Hisbaanig/Latinx, Aasiyaan Maraykan ah, Dhalad Hawaii Jasiirada Baasifiga, iyo bulshooyinka Dhalad Maraykan; bulshooyinka caafimaadka laga sad bursaday; bulshooyinka LGBTQIA+; iyo dadka ku nool bulshooyinka miyiyada.
- Qaybta muhiimka ah oo kamid ah bulshadaadu waxaa weeye inay wadaagto aqoonta iyo macluumaadka la xidhiidha yaraynta sadbursiga caafimaadka iyo kor u qaadida aqoonta ku saabsan badqabka.
- In fikir cad laga hayo mashruuc oo hay'adaadu ay diyaar u tahay inay talaabada qaado.
- Doonayso inay abuurto isbedel bulshadaada ah.

Macluumaadka Deeqda Qandaraasle Hoosaadlaha

Taariikhaha iyo Mudada Ay Ku Eeg Tahay

- Si aad u dalbato, fadlan kusoo gudbi mid kamid ah qaababka soo socda **Inta u dhaxaysa Julaay 15 keeda, 2023 – Diseember 15, 2023**:
 1. Si toos ah linkigan: <https://www.mhasd.org/wellnessequity>
 2. Arjiga iimeelka u dir bbanks@mhasd.org
 3. Boosta u dir 4069 30th St, San Diego, CA 92104, USA

Nidaamka Arjiga

Dhamaan arjiyada waa in la eegaa oo ay qiimeeyaan Gudida Latalinta Barnaamijka Sinaanta Fayo qabkuu (WEP), oo waxaa fududaynaya Caafimaadka Maskaxda Maraykanka ee San Diego. Shaqaalaha Caafimaadka Maskaxda Maraykanka ee San Diego (Wellness Equity Program, WEP) ayaa iska leh go'aanka ugu danbeeya ee nidaamka xulashada.

U Qalmida

- Mashruucu waa inuu noqdaa Degmada San Diego
- Waa inuu sare u qaadaa kasoo kabashada bulsho ama dhaqaale ee bulshooyinka u qalma.
- Awoodaa inuu buuxiyo shuruudaha heshiiska, sida eegitaanka taariikhda hore, ka tixraaca shuruudaha iyo xaaladaha kale.

Isticmaalka Deeqda

- Deeqaha waxaa loo isticmaali karaa kharashka shaqada ganacsi ee barnaamijka.
- Lacagta waa in lagu isticmaalaa Maay 21 keeda, 2024.

Shuruudaha iyo Xeerarka Kale

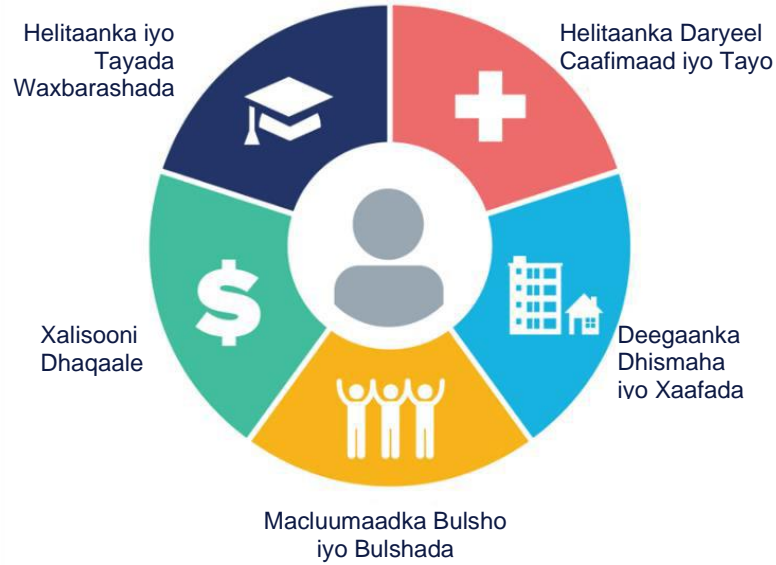
- Codsiyad loo ansixiyay waa inay u soo gudbiyaan warbixinta waxqabadka bishii isku duwaha barnaamijka WEP.
- Codsadayaasha loo ansixiyay waxaa looga baahan doonaa inau saxeexaan Heshiiska Qandaraasle Hoosaadka ee Caafimaadka Maskaxda Maraykanka ee San Diego (Mental Health America San Diego, MHASD) taas oo leh shuruudaha iyo xeerarka ay baahisay Degmada San Diego ee Mashaariicda Xoojinta Bulshada Ku Salaysan ee Sadbursiga Caafimaadka Lagaga Jawaabayo.
- Waa inay ka qayb galaan tabobarada taxanaha ah ee awoodooda kor loogu qaadayo iyo aqoon korodhsiga hormarka hay'adeed oo kor u qaadi doonta sii jiritaanka oo siin doonta hormarka hogaamin.
- Waxaa dhici karta inay ka qayb galaan kulanka Gudida Latalinta WEP si ay u bixiyaan warbixinta waxqabadka ama bandhiga mashruucaaga la maalgeliyay.

(Qandaraasle hoosaadyadu waxay ogolaadeen inay u hogaansamayaan dhamaan shuruudaha arjiga, xeerarka, iyo shuruudaha Degmada San Diego marka loo ansixiyo deeqdan)

Codsiyada waxaa iimeel ugu diri karaan bbanks@mhasd.org ama toos ula hadli karaan (619) 727-1888 wixii su'aalo ah.

WEP waxay doonaysaa inay hormariso ka go'naanta bulsho ee caafimaadka, oo ay ku jiraan qaybaha hoose. **Wixii macluumaad dheeraad ah ee ku saabsan "Go'aamada Bulshada ee Caafimaadka" guji sawirka hoose ama booqo:** <https://health.gov/healthypeople/priority-areas/social-determinants-health>:

Go'aamada Bulshada ee Caafimaadka



Go'aamada Bulshada ee Caafimaadka
Xuquuqda dhawrsan malaha

 **Healthy People 2030**

Healthy People 2030, Waaxda Maraykanka ee Caafimaadka iyo Adeegyada Aadamaha, Xafiiska Ka hortagga Vudurka iyo Sare u qaadista Caafimaadka. Laga soo saaray Juun 22, 2023 <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>

Mental Health America of San Diego

Barnaamijka Sinaanta Fayo qabka – Mashaariicda Xoojinta Bulshada

Ku Jihaysan ee Lagaga Jawaabayo Sadbursiga Caafimaadka – Arjiga

Qandaraasle Hoosaadlaha

Magaca Hay'ada/Kooxda: _____

Cinwaanka: _____

Magaalada/Boosta: _____

Ruuxa Lala Xidhiidhayo/Shaqada: _____ **Taleefanka:** _____

limeel: _____ **Degmada Gobolka:** _____

Xadiga La Dalbaday (ilaa \$25,000): _____

Saxeexa: _____

Magaca Mashruuca: _____

Mashruuca oo Kooban: Fadlan waxa aad faahfaahin kooban naga siisaa mashruuca aad deeqda u doonayso:

Barnaamijka Sinaanata Fayo qabka- Mashaariicda Xoojinta Bulshada Ku Wajahan

QORAALKA MASHRUUCA

Fadlan kaga jawaab su'aalahan meesha lagu siiyay. Qoraalku waa in aanu ka badnayn laba bog (marka laga reebo miisaaniyada).

1. Si kooban u faafaahu ee hay'adaada iyo shaqadeeda.
2. Bulshadee ayuu mashruucan u adeegi doonaa (sheeg, oo waxaa aad ku dartaa macluumaadka deegaanka ee ku saabsan qoomiyada/isirka, cinwaanka, iwm.)?
3. Sidee ayaa bulshada ay hay'adaadu u adeegto uu u saameeyay safmarka COVID-19, oo sidee ayuu mashruucan u caawin doonaa kasoo kabashada bulshada ama dhaqaale?
4. Fadlan sharax sababta ay hay'adaadu ugu haboon tahay fulinta mashruucan.

5. **Noo sheeg waxa hay'adaadu u aragto waxa ay bulshooyinka ku xoogan yihiin iyo caqabadaha.**
6. **Baahiyo caafimaad oo gaar ah oo noocee ah ayuu mashruucan ka jawaabi doona?**
7. **Waa maxay sababta hay'adaadu ay u dareentaa in mashruucaaga la soo jeediyay inay muhiim u tahay bulshada?**
8. **Haddii lacagta lagu siiyo, waa maxay qorshaha hay'adaada ee ay ku joogtayn karo dheefaha mashruucan mustaqbalka?**
9. **Si kooban u wadaag sheekada mashruucaaha/hay'adaada. Waxa aad isticmaali kartaa ka jawaabid hal abuurad ah su'aashan, sida fiidyaw ama cod aad sheekada kaga waramayso (wax aan ka badnayn 2 daqiiqo).**
10. **Miisaaniyada - Fadlan waxa aad ku lifaaqdaa miisaaniyada lagu taliyay (1 bog ama wax ka yar) oo sheeg sida deeqda loo isticmaali doono.**

Waxaa taageertay Xarumaha Xanuunka Xakamaynta iyo Kahortaga ee Waaxda Adeegyada Bilaa Aadanka Maraykanka (CDC/HHS) taas oo qayb ka ah kaalmada dhaqaale oo ah isku gayn \$24,255,805 oo 100 boqol ay maalgelinayso CDC/HHS. Macluumaadku waxaa weeye ka qoraaga oo khasab maaha inay tahay aragtida rasmiga ah, oo sidoo kale ma amaanto, CDC/HHS, ama Dawlada Maraykanku. Shaqadan waxay taageertaa *Live Well San Diego*, himilada Degmada ee deegaan Dhisma Caafimaad Dhaama, Nolol Amaan ah, iyo Magoolid.



COUNTY OF SAN DIEGO
**HEALTH AND HUMAN
SERVICES AGENCY**

