



Community Benefit Report 2025

for

Goleta Valley Cottage Hospital

Santa Barbara Cottage Hospital

Santa Ynez Valley Cottage Hospital

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EXECUTIVE SUMMARY

Cottage Health (Cottage) is a not-for-profit organization, comprised of Goleta Valley Cottage Hospital (GVCH), Santa Barbara Cottage Hospital (SBCH), including Cottage Rehabilitation Hospital (CRH) and Cottage Children's Medical Center, and Santa Ynez Valley Cottage Hospital (SYVCH). As a leader in providing advanced medical care to the Central Coast region, Cottage Health's mission is to provide superior health care for and improve the health of our communities through a commitment to our core values of excellence, integrity, and compassion. This document provides an update on Cottage Health's community benefit programs and results in 2025.

Cottage Health completed a tri-annual Community Health Needs Assessment in 2025, which is detailed later in this report and available at <https://www.cottagehealth.org/chna>. The assessment identified six priority health areas:

- Access to Care
- Behavioral Health
- Chronic Conditions
- Maternal Health
- Resiliency
- Social Needs

Community benefit includes charity care, government shortfalls, health education and research, and benefits for vulnerable populations and the broader community, which totaled more than \$260 million in 2025.

Medical Care Services

Cottage Health has provided outstanding medical care to the communities we serve for more than 130 years. Together our hospitals — in Santa Barbara, Goleta, and the Santa Ynez Valley — provide a range and quality of services found only in the best hospitals in the country. Because there is no Santa Barbara County public hospital, Cottage Health provides the majority of acute care to the region's financially vulnerable population, for which reimbursement does not cover the costs. These programs go beyond the legal requirements for providing emergency care and include a commitment to provide medically necessary, non-emergent services to patients who are unable to afford needed hospital care.

Benefits for Vulnerable Populations & the Broader Community

Cottage Health addresses the priority health needs identified in the 2025 Community Health Needs Assessment through programs, collaborations with community organizations, and a commitment to health education and research.

Future Direction

With a focus on population health, Cottage Health will continue to serve the community through these long-standing community benefit strategies, while seeking opportunities to align efforts with broader initiatives addressing priority areas identified in the Community Health Needs Assessment. Through this approach, Cottage Health will prioritize, select, implement, and evaluate interventions addressing root causes and improving the health of the community in sustainable ways.

OVERVIEW OF THE COMMUNITY & COTTAGE HEALTH

About Cottage Health

Founded by 50 women determined to provide a healthcare facility for their growing community, the not-for-profit Santa Barbara Cottage Hospital was licensed in 1888 and opened its doors in 1891. Today, it is the most comprehensive medical center and safety-net provider on the South and Central Coasts.

The 519-bed SBCH is known for its comprehensive maternal-child and pediatric services (Cottage Children's Medical Center, Grotenhuis Pediatric Clinics), neuroscience programs (Cottage Neuroscience Institute, Comprehensive Stroke Center), cardiac programs (Heart and Vascular Center), emergency and trauma services (Level I Trauma Center, Level II Pediatric Trauma Center), oncology programs, outpatient surgery, eye center, and inpatient and outpatient rehabilitation services (Cottage Rehabilitation Hospital). Its medical staff of more than 700 includes specialists in all major clinical areas, many of whom are involved in the training and education of new physicians in the hospital's internal medicine, general surgery, pediatric and radiology residency programs.

In the mid-1990's two smaller hospitals in the neighboring communities of Goleta and the Santa Ynez Valley joined with SBCH to form Cottage Health. The 52-bed Goleta Valley Cottage Hospital's advanced services include the Ridley-Tree Center for Wound Management, the Breast Imaging Center, and a Maxillofacial Surgery Program. The 11-bed Santa Ynez Valley Cottage Hospital is a federally designated Critical Access Hospital serving the rural communities of the Santa Ynez Valley. It offers inpatient care, emergency services, and multiple outpatient services, including advanced imaging, surgical services, onsite physicians' clinic providing appointments with specialists, an outpatient infusion suite, laboratory services and a cardiopulmonary rehabilitation program.

To meet the region's need for timely and accessible lower acuity care, Cottage offers thirteen Urgent Care Centers from San Luis Obispo to Ventura, five Primary Cares in Goleta, Santa Barbara, and Santa Ynez Valley, sixteen specialty clinics, and Cottage Virtual Care telehealth service in both English and Spanish.

In support of its core responsibilities within the region's healthcare continuum, Cottage maintains cooperative relationships with County of Santa Barbara Health Department, Lompoc Healthcare District, Marian Regional Medical Center, Sutter Health (formerly Sansum Clinic), Santa Barbara Neighborhood Clinics, physician practices, government agencies, home health agencies, hospice services, long-term care providers, and community-based organizations. Research and research partnerships are overseen by the Cottage Health Research Institute.

About Santa Barbara County

Geography & Population

Along with the counties of Monterey (pop. 430,906), San Benito (pop. 64,055), San Luis Obispo (pop. 282,249), and Santa Cruz (pop. 269,925), the State of California places Santa Barbara County (pop. 448,229) in its Central Coast Region. The Southern California Region begins with Ventura County (pop. 841,347) to the east, and the Bay Area begins with Santa Clara County (pop. 1,685,000) to the north.

Santa Barbara County (SBC) comprises nearly 2,750 square miles of land and inland water area. It is bordered on the north by San Luis Obispo County, to the east by Ventura County, and to the south and west by 107 miles of Pacific coastline. Much of the county is mountainous. The Santa Ynez, San Rafael and Sierra Madre mountains extend in a predominately east-west direction. Los Padres National Forest, in the eastern part of the county, covers approximately 44% of the total county area.

In SBC there are numerous fertile agricultural areas, including the Santa Maria, Cuyama, Lompoc, and Santa Ynez Valleys, and the southeast coastal plain. These areas, which include most of the developed land, also accommodate the majority of the county's residents.

The county's population is distributed among six county census districts (CCDs), the largest being the Santa Barbara and Santa Maria CCDs. Except for the Cuyama Valley, each district comprises at least one city surrounded by unincorporated areas. Sixty-nine percent of the population resides in cities, and 31% live in unincorporated areas.

With a combined population of 336,172 (75% of the county's population), the Santa Barbara and Santa Maria CCDs are generally considered the county's two urban areas. The Lompoc Valley is considered semi-rural, and the Solvang, Guadalupe, and Cuyama CCDs are considered rural areas.

Although each of these CCDs has a distinct cultural, linguistic, and socioeconomic profile, state-level data offers county-level or city-level statistics. At the county level, available data are often aggregated into two regions divided by the Santa Ynez mountains. They are commonly known as South County and North County. South County consists of the Santa Barbara and Carpinteria CCDs and North County comprises the Lompoc, Solvang, Santa Maria, Guadalupe, and Cuyama CCDs. The population is roughly divided in half, with 47% of the county's population living in South County, and 53% in North County.

Between 2010 and 2020, the North County population grew more than the South County population. With an increase of 10,154 persons, the City of Santa Maria showed the largest population growth. By way of comparison, the City of Goleta experienced the South County's largest population growth in the South County with a 2,802 person increase.

Growth in all jurisdictions will exceed seven percent over the 30-year plus forecast horizon, with North County cities experiencing the highest percentage change and South County cities experiencing the lowest percentage change. The City of Santa Maria is forecast over the 2017-2050 period to have the largest population increase in the county with 34,600 persons, or a total increase in population of 32%.

The City of Lompoc follows with the second highest numerical growth of 8,600, and the City of Buellton with second highest percentage growth of 24%.¹

Demographics

Age

- At 56.5%, residents at the ages of 18-64 represent the majority of the population.²
- At 27%, almost one-third of the population is under the age of 18.
- The final 16.6% of the population is 65+. Of note for this population is its forecasted growth rate. Long-term growth forecasts to year 2060 indicate that the population aged 65+ will grow over 100%, compared to a 28% growth overall.³

Ethnicity/Race

At 89.6%, just under 90% of the population self-identifies by ethnicity, with 49.3% as Hispanic/Latino and 40.3% as not Hispanic/Latino.⁴

By race, 84.7% self-identify as White alone and 14.9% as racial minorities.

- 84.7% as White alone.
- 6.4% as Asian alone.
- 4.1% as two or more races.
- 2.3% Black or African American alone.
- 2.2% American Indian and Alaska Native alone.
- 0.3% Native Hawaiian and Pacific Islander alone.

Population clusters by ethnicity/race include:

- The North County cities of Santa Maria and Guadalupe have the highest proportion of Hispanic/Latino persons with 76.5% and 88.1%, respectively.
- University of California, Santa Barbara (UCSB), the City of Goleta, and Isla Vista have the highest proportions of persons identified as Asian with 37.7, 12.0, and 20.7 percent, respectively.
- Vandenberg AFB, located adjacent to the Lompoc Valley, has the highest proportion of Black or African American persons with 8.8 percent, followed by the City of Lompoc with 4.1%.
- The American Indian and Alaska Native population is most concentrated within the Santa Ynez Band of Chumash Indians' Reservation. Of the 264 persons living on the reservation, 65.5% fall into the American Indian racial group.⁵

¹ Regional Growth Forecast 2050 Santa Barbara County; https://www.sbcag.org/wp-content/uploads/2023/08/regional_growth_forecast_2050.pdf

² U.S. Census Bureau. American Community Survey 5-Year Estimates, 2024. Age and Sex Characteristics, Santa Barbara County, California; <https://data.census.gov/table/ACSST5Y2024.S0101?g=050XX00US06083>

³ Santa Barbara County Age Characteristics; <https://dof.ca.gov/forecasting/demographics/projections/>

⁴ U.S. Census Bureau. American Community Survey 5-Year Estimates, 2023. Hispanic or Latino Origin by Race, Santa Barbara County, California; <https://data.census.gov/table?q=ethnicity&t=White&g=050XX00US06083>

⁵ SBCAG Census 2020 Summary Report; <https://www.sbcag.org/wp-content/uploads/2023/08/Item-6-Census-2020-Summary.pdf>

Employment

The top five employment sectors represent 61.7% of the county's jobs: Government (17.5%), Leisure and Hospitality (12.5%), Educational and Health Services (12.4%), Farm (9.7%), Professional and Business Services (9.6%).⁶

- Of the county's top five sectors, the greatest variances when compared with the State's percentages are in Farm (CA at 2.3%) and Professional and Business Services (CA at 13.6%). Farm jobs, the largest low wage sector, are expected to remain steady, while Professional and Business Services will continue with above average growth trends. Even with above average growth, a lower share in the Professional and Business Services Sector is one of the factors restraining future job growth, as this sector is the largest high wage growth sector in the State.
- Education and Health Services will also see above average growth trends.
- Government jobs are projected to grow at a slower pace than population.

The ten remaining sectors are broadly aligned with the State's percentages. The following trends are projected.⁷

- Recent gains in Retail Trade (8.5%) and Finance (3.0%) are projected to end as a result of increased online business.
- The Self-Employed Sector (8.1%) will grow as a result of gig economy growth.
- Declines in manufacturing jobs (5.9%) will ease, but no growth is projected.
- Construction jobs (3.8%) are projected to increase as housing starts recovering and long-term infrastructure spending commences.
- Information jobs (2.2%) are projected to increase with increasing internet activities even as newspaper and telecommunication jobs decrease.
- Wholesale Trade (2.3%), Other Services (2.7%) and Transportation/Warehousing/Utilities (1.5%) will hold steady.
- Mining jobs (.4%) are projected to rebound due to intermittent recoveries in oil prices.⁷

Social Determinants of Health

Income and Housing Insecurity

Although food insecurity and inadequate access to healthcare—including behavioral health and chronic disease management services—are also top identified social needs in the county, addressing income and housing insecurity would also have the benefit of increasing financial resources for food and healthcare services.

Income

⁶ Regional Growth Forecast 2050 Santa Barbara County; https://www.sbcag.org/wp-content/uploads/2023/08/regional_growth_forecast_2050.pdf

⁷ Regional Growth Forecast 2050 Santa Barbara County; https://www.sbcag.org/wp-content/uploads/2023/08/regional_growth_forecast_2050.pdf

The three measurement tools most used to calculate economic insecurity are the Federal Poverty Level (FPL), the Livable Wage, and Median Income.

1. **Federal Poverty Level/FPL** – Established by the Department of Health and Human Services, the FPL is the most conservative measurement of economic insecurity. It is used to identify residents who qualify for government assistance programs such as food stamps. Even using the conservative FPL measure, 15.9% of the county’s population is economically insecure. SBC’s population of persons living at or below FPL is ranked close to the midpoint (31st) of the State’s 58 counties.⁸
2. **Livable Wage** – Unlike the FPL, this measure allows for a comparison of income and employment opportunity. Santa Barbara County’s livable wage for two working adults and one child is \$63,072, while the minimum wage salary is at \$32,448.

For the purpose of understanding the population most impacted by economic insecurity, the lowest paying SBC jobs are in the Farm and Hospitality/Leisure Sectors. SBC sees a higher percentage of jobs in these sectors when compared with state percentages. The Farm Sector represents 9.7% of available jobs compared to CA’s statewide rate of 2.3%, and the Hospitality and Leisure Sector represents 12.5% of available jobs compared to CA’s statewide rate of 10.4%. Taken together, these two sectors represent 22.2% of available positions. The livable wage is about two times greater than the Farm Sector’s median annual income of \$40,480.⁹

3. **Median Income** – As reference point for the housing discussion below, median income levels are established by the Department of Housing and Urban Development to determine who qualifies for subsidized housing. For SBC, the 2017-2021 median household income was \$84,356.¹⁰

Using HUD requirements, all 22.2% of persons employed in the Farm and Leisure/Hospitality Sectors would qualify for subsidized housing.¹¹

Thus far, we have noted that 15.9% of the SBC population lives at or below the poverty level, and, using two of fifteen employment Sectors, almost 25% of the population does not earn a livable wage and would qualify for subsidized housing. When taken together, income data and data on the availability/cost of housing (below) show a much higher level of economic insecurity among the SBC population than indicated by FPL or median income data alone.

⁸ California Poverty Levels by County; <https://scdd.ca.gov/wp-content/uploads/sites/33/2020/03/7-Exhibit-A-California-Poverty-Levels-by-County.pdf>

⁹ Glasmeier, Amy K. Living Wage Calculator. 2026. Massachusetts Institute of Technology. <https://livingwage.mit.edu>.

¹⁰ Regional Growth Forecast 2050 Santa Barbara County; https://www.sbcag.org/wp-content/uploads/2023/08/regional_growth_forecast_2050.pdf

¹¹ FY 2023 Income Limits Documentation System; <https://www.huduser.gov/portal/datasets/il/il2020/2020summary.odn>

Housing

In terms of availability, the County of Santa Barbara's Regional Housing Needs Assessment indicates a need for 24,856 housing units. Using HUD's income requirements, 56% of these units are needed for very low to moderate income households.¹²

As for cost, in 2022 SBC was the fifth least affordable small metropolitan housing market in the nation. Only 10% of SBC households could afford the median priced single-family home of \$1,162,500. Renters have an even more difficult time in the county's housing market. SBC ranked fourth among all 58 California counties for having the most severe cost burden for renters. Sixty-two percent of renters paid over 30% of their income for housing, and 22.3% paid more than 50% of income for rent.¹³

Transportation

Even though housing across the county is expensive, North County is known for having more affordable housing while employment centers are clustered in South County. Sixty percent of the county's jobs are in South County, and the median housing price is \$2.16 million. Forty percent of county jobs are in North County, and (as an example) the City of Santa Maria's median housing price is \$600,000. The distance between employment centers and affordable housing helps to explain the large number of people who choose to reside far from their workplaces, increasing the lengths of their work trips.¹⁴

Community Health Needs Assessment (CHNA)

Cottage Health conducted a Community Health Needs Assessment in 2025 to analyze and describe Santa Barbara County's most pressing health needs. The 2025 CHNA describes the well-being of Santa Barbara County's residents and selected social determinants of their health, with comparisons to California's health profile as a whole. It also connects selected health indicators for Santa Barbara County to the goals or targets in *Healthy People 2030 (HP 2030)*, the national planning document created every 10 years by the U.S. Department of Health and Human Services.

The complete 2025 CHNA can be found at <https://www.cottagehealth.org/chna>.

Data Sources

The 2025 CHNA for Santa Barbara County includes primary data collected through a Listening Tour with more than 200 individuals who represent the broad interests of the community, including medically underserved, low-income, and minority populations. Additionally, secondary data were obtained from existing online sources. Three areas of focus were selected for the 2025 CHNA—maternal health, children's health, and chronic conditions—representing health and well-being across the life course.

¹² Regional Housing Needs Allocation Plan; http://www.sbcag.org/uploads/2/4/5/4/24540302/item_5_attach_a_-_rhna_plan.pdf

¹³ Santa Barbara County Regional Housing Needs; <https://www.sbhousingtrust.org/community-need>

¹⁴ Regional Growth Forecast 2050 Santa Barbara County; http://www.sbcag.org/uploads/2/4/5/4/24540302/regional_growth_forecast_2050.pdf

Secondary Data

Secondary data analysis focused on the most recent available data (2019 or later) and was limited to measures published for Santa Barbara County and the state of California by authoritative public agencies. Data sources included, but were not limited to, the California Department of Public Health (CDPH), Centers for Disease Control and Prevention (CDC) programs, the California Health Interview Survey (CHIS), the U.S. Census Bureau, and the American Community Survey (ACS). Within each domain, indicators were selected based on the availability of clear definitions and units of measurement, published county-level estimates (with sub-county geographies included when available), and the ability to reliably stratify data by key demographic characteristics. Secondary data was used to assess health outcomes, health behaviors, access to care, and social and economic conditions across Santa Barbara County, with particular focus on maternal health, children's health, and chronic conditions. Cottage Health contracted with the Population Health Innovation Lab (PHIL), a program of the Public Health Institute, to lead the secondary data component of the report.

Community Perspectives: Listening Tour

The Listening Tour solicited input from a wide array of community members and leaders, including public health officials, health care and social service providers, nonprofit workers, Cottage Health employees, parents, and other key stakeholders. These participants represent the broad interests of the community, including medically underserved, low-income, and minority populations. The Listening Tour was designed to complement and expand upon findings from the secondary data analysis by uncovering the lived experiences behind quantitative trends and identifying barriers, gaps, and community assets related to priority health needs.

In total, more than 200 individuals participated in the Listening Tour through a series of in-person and virtual focus groups and interviews conducted from July through September 2025 with a focus on three topic areas: 1) maternal health, 2) children's health, and 3) chronic conditions. Interviews were offered in English, Spanish, and Mixteco. Community input (qualitative data) was combined with secondary data to better understand health priorities and support meaningful community engagement across Santa Barbara County.

Results

The 2025 CHNA for Santa Barbara County shows a clear throughline: maternal health, children's health, and chronic conditions are linked across the life course. Early advantages—or disadvantages—shape outcomes from birth to adulthood.

In Santa Barbara County, differences in income, English language proficiency, geography, and immigration status drive housing instability, food insecurity, workforce shortages, and fragmented systems of care. Yet the county's strengths—community health workers, navigators, school-based services, behavioral health partners, and committed health systems—offer a foundation for progress.

Priority Area Identification

Cottage Health conducted an external prioritization survey and an internal prioritization process using a scoresheet that ranked priorities based on community resources available, state and national benchmarks, the extent to which certain populations are disproportionately affected, and community input. Overall, six areas emerged as priority health areas in Santa Barbara County (alpha order):

- Access to Care
- Behavioral Health
- Chronic Conditions
- Maternal Health
- Resiliency
- Social Needs

Cottage Health is committed to taking action to improve the health and well-being of Santa Barbara County residents based on the findings in the 2025 Community Health Needs Assessment.

FINANCIAL CONTRIBUTION SUMMARY

Table 1. 2025 Community Benefit Financial Summary

Program	Total Benefit
Medical Care Services	
Santa Barbara Cottage Hospital Charity Care	\$ 11,020,100
Goleta Valley Cottage Hospital Charity Care	1,244,700
Santa Ynez Valley Cottage Hospital Charity Care	539,300
Santa Barbara Cottage Hospital Medicare short-fall	47,800,000
Santa Barbara Cottage Hospital Medi-Cal short-fall	116,200,000
Santa Barbara Cottage Hospital Children's Care Service	9,751,900
Goleta Valley Cottage Hospital Medicare short-fall	1,762,689
Goleta Valley Cottage Hospital Medi-Cal short-fall	8,026,600
Santa Ynez Valley Cottage Hospital Medicare short-fall	0
Santa Ynez Valley Cottage Hospital Medi-Cal short-fall	1,908,900
Subtotal for Medical Care Services	\$198,254,189
Other Benefits for Vulnerable Populations	
Santa Barbara Cottage Hospital	
American Indian Health and Services	30,720
California Health Care Foundation and Trust	190,524
CALM	82,647
Carpinteria Children's Project	62,411
DignityMoves	100,000
Eligibility Assistance at Admissions	586,902
Family Service Agency	187,479
Findhelp (Aunt Bertha)	6,000
Good Samaritan	201,000
OpenMinds Foundation	3,477
Parish Nursing	767,521
PATH	298,374
PathPoint	86,000
Patient Assistance at Discharge	30,122
Rehabilitation Recreational Therapy	205,600
Sanctuary Centers	86,250
Santa Barbara County Education Office	500
Santa Barbara Neighborhood Clinics	100,000
Sarah House	118,200
Santa Barbara Cottage Hospital Total	3,143,727

Table 1. 2025 Community Benefit Financial Summary

Program	Total Benefit
Other Benefits for Vulnerable Populations	
Goleta Valley Cottage Hospital	
CALM	115,449
Community Partners / YouthWell	202,086
Eligibility Assistance at Admissions	43,907
Family Service Agency	107,193
Sanctuary Centers	222,500
Santa Barbara Neighborhood Clinics	400,000
Goleta Valley Cottage Hospital Total	1,091,135
Santa Ynez Valley Cottage Hospital	
CALM	637
Eligibility Assistance at Admissions	29,079
Family Service Agency	223,767
OpenMinds Foundation	50,000
Sanctuary Centers	50,000
VNA Health	50,000
WillBridge of Santa Barbara	59,050
Santa Ynez Valley Cottage Hospital Total	462,533
Subtotal for Vulnerable Populations	4,697,395
Benefits for the Broader Community	
Santa Barbara Cottage Hospital	
Coast Caregiver Resource Center	441,100
Cystic Fibrosis Clinic	328,000
Diabetic Services	384,700
Emergency Department Psychiatric Services	809,000
Family Suites	98,100
Lactation Services	1,106,500
Palliative Care	2,522,900
Pediatric Clinics	3,065,000
Population Health Initiative	1,898,800
Trauma Department	3,460,000
Urgent Care Centers	1,750,000
Santa Barbara Cottage Hospital Total	15,864,100
Goleta Valley Cottage Hospital	
Urgent Care Centers	1,750,000
Population Health Initiative	1,230,700
Goleta Valley Cottage Hospital Total	2,980,700

Table 1. 2025 Community Benefit Financial Summary

Program	Total Benefit
Benefits for the Broader Community	
Santa Ynez Valley Cottage Hospital	
Urgent Care Centers	500,000
Population Health Initiative	291,400
Santa Ynez Valley Cottage Hospital Total	791,400
Subtotal for the Broader Community	15,738,543
Cottage Medical Foundation	
Cardiology Clinic	4,340,000
Gynecology/Oncology Outpatient Surgical Clinic	1,466,000
Obstetrics/Gynecology Outpatient Clinic	2,682,000
Primary Care Clinics – Goleta, Oak Park, Solvang	5,218,000
Rheumatology Clinic	361,000
Cottage Medical Foundation Total	14,067,000
Subtotal for the Broader Community	33,703,200
Health Education & Research	
Santa Barbara Cottage Hospital	
California State University Channel Islands (CSUCI) BSN Program	65,100
Community Health Education Programs	347,600
Cottage Health Research Institute	950,000
Graduate Medical Education	20,200,000
Medical Staff Fund of CHS	32,000
Nursing Education Support	4,446,800
Sansum Clinic	30,000
Santa Barbara City College (SBCC) - Nursing Degree Support	279,200
Tuition Grants	12,000
Santa Barbara Cottage Hospital Total	26,362,700
Goleta Valley Cottage Hospital	
CSUCI BSN Program	52,100
Nursing Education Support	408,100
SBCC - Nursing Degree Support	195,700
Goleta Valley Cottage Hospital Total	655,900
Santa Ynez Valley Cottage Hospital	
CSUCI BSN Program	13,000
Nursing Education Support	128,300
SBCC - Nursing Degree Support	37,700
Tuition Grants	91,000
Santa Ynez Valley Cottage Hospital Total	270,000

Table 1. 2025 Community Benefit Financial Summary

Program	Total Benefit
Cottage Health	
Tuition Grants	118,705
Cottage Health Total	118,705
Subtotal for Education & Research	27,407,305
Total Santa Barbara Cottage Hospital	230,142,527
Total Goleta Valley Cottage Hospital	15,761,724
Total Santa Ynez Valley Cottage Hospital	3,972,133
Total Cottage Medical Foundation	14,067,000
Total Cottage Health	118,705
Grand Total	\$264,062,089

MEDICAL CARE SERVICES

Charity Care

Cottage Health has always provided care to patients regardless of their ability to pay. When the Santa Barbara County General Hospital was closed, Santa Barbara Cottage Hospital made a commitment to provide hospital services to the County's low-income patients. This commitment lives on at the Cottage Health hospitals through the Charity Care and Community Service Programs, which provide financial assistance to patients who meet income-eligibility requirements. Eligibility is based on Federal Poverty Level (FPL), and patients are eligible for 100% charity care coverage if their household income is less than or equal to 500% of the Federal Poverty Level and meet eligibility requirements. Patients that make up to 699% of the FPL are eligible to receive discounted services. The Charity Care program includes patients that have catastrophic illnesses but earn more than 500% of the FPL.

The Charity Care program offers free or discounted care to all patients who are eligible. All guidelines for charity care are consistent with California Assembly Bill 774 and Assembly Bill 1020. Patients requesting assistance must complete an application and submit supporting documentation to determine eligibility.

The Community Service Program provides free or discounted care for non-emergent, but medically necessary services to patients who meet income eligibility requirements as determined by a medical panel. This program seeks to provide treatment to patients prior to the patient requiring emergency services. Patients have received free or reduced cost care to repair hernias, remove tumors to diagnose cancer and remove gallbladders. This service is limited in scope based on an annual budget amount; however, management may adjust this amount based on community need.

Children's Family Assistance Fund

The purpose of this fund is to provide special assistance and support to children and families receiving medical care and support at Cottage Children's Medical Center. These include patients being cared for in Neonatal Intensive Care, Acute Pediatrics, Pediatric Intensive Care, as well as in the Pediatric Hematology/Oncology program. The fund process begins with the Clinical Social Worker and medical staff completing an allocation request form, which includes a description of the circumstances leading to the request.

The funds are not intended to offset hospital expenses, but rather to support children and families who have special financial needs because of medical and health issues. Since the inception of the process, some very deserving families have received support. In most of the cases, the patients and families could not qualify for any other form of support from the government, which makes this fund even more significant. Examples of support include funeral expenses, mortgage assistance, rental assistance, grocery gift card, and gasoline gift card for transportation to and from the hospital.

During the course of 2025, 92 Children's Family Assistance cases were submitted for approval and granted a total of \$34,980.88 to support these families.

Goleta Valley Cottage Hospital Family Assistance Fund

The purpose of this fund is to provide support to families receiving medical care at Goleta Valley Cottage Hospital. The funds are not intended to offset hospital expenses. They provide special assistance to families experiencing financial difficulties due to a recent hospitalization or health issue. Assistance with housing, food, transportation, and funeral expenses are common needs for families dealing with a medical crisis.

The granting process begins with the medical social worker and/or clinical staff members completing an allocation request form, which includes a description of the circumstances leading to the request. In most cases, the patients and families could not qualify for any other form of emergency support that makes this special assistance fund even more significant.

In 2025, the Goleta Valley Cottage Hospital Family Assistance Fund granted 12 patients a total of \$2,942.88.

Santa Barbara Cottage Hospital Adult Family Assistance Fund

The purpose of this fund is to provide support to families receiving medical care at Santa Barbara Cottage Hospital. The funds are not intended to offset hospital expenses, but rather to provide special assistance to families experiencing financial difficulties due to a recent hospitalization or health issue. Assistance with housing, food, transportation, and funeral expenses are common needs for families dealing with a medical crisis.

The granting process begins with the medical social worker and/or clinical staff members completing an allocation request form, which includes a description of the circumstances leading to the request. In the

majority of cases, the patients and families could not qualify for any other form of emergency support, which makes this special assistance fund even more significant.

During the course of 2025, 110 adult family assistance cases were submitted for approval and granted a total of \$27,449.72 to support these patients.

BENEFITS FOR VULNERABLE POPULATIONS & THE BROADER COMMUNITY

Cottage Health addresses the priority health needs identified in the 2025 Community Health Needs Assessment through internal programs as well as by providing staff time, expertise, financial support and other resources to external organizations' programs. The full 2026-2029 Community Benefit Implementation Strategy can be found at www.cottagehealth.org/about/community-benefit/.

Cottage Health Programs

In 2025, Cottage Health offered more than 50 programs that benefited vulnerable populations, patients and the broader community.

Accessible Yoga

Accessible Yoga is a class for people who have mobility impairments and may require some level of assistance to participate. Classes are offered weekly through the Cottage Rehabilitation Hospital. In 2025, thirty five sessions were held with 21 participants for a total 235 visits.

Adapted Driving

Cottage Rehabilitation Hospital offers Adapted Driving to individuals interested in returning to driving after a disabling injury, illness, or other health-related condition. The program includes two components under the expertise of an occupational therapist and a Certified Driving Instructor. In 2025, there were eleven Pre-Driving Evaluations and twelve Behind the Wheel Evaluations.

Adapted Golf

A program of Cottage Rehabilitation Hospital, Adapted Golf's program goal is to introduce or return people with disabilities to the game of golf. The program is open to community members with physical and/or cognitive impairments. An adapted golf cart is used to facilitate participant success. In 2025, there were 16 individual participants who attended 37 sessions with total attendance of 326 visits for the year.

Adapted Sports and Cycling

This program of Cottage Rehabilitation Hospital offers an introduction to hand-powered and adapted leg-powered bikes, basic biking instruction, safety and intermediate riding skills as well as wheelchair rugby. The program is held on the University of California, Santa Barbara (UCSB) campus. In 2025, 41 participants attended 8 sessions for a total of 92 visits.

Advance Care Planning Program

Cottage Health is committed to helping our patients and community members explore, communicate, and document their values, wishes, and health care goals along the continuum of care. Cottage health care providers want to understand and honor their patients' values and health care goals. Advance care planning is a helpful tool for people who are 18 years or older to prepare for their future healthcare, as

well as school-age children or adolescents living with serious illnesses. Both healthy people and people with health conditions can participate in advance care planning. It involves reflecting upon and identifying your personal health care goals for the future, choosing who you would want to make health care decisions for you if you are unable speak for yourself, and then documenting this information in a legal form called an advance directive or a Physician Order for Life Sustaining Treatment (POLST) form.

In 2025, Advance Care Planning (ACP) Program:

- Received 2,359 ACP referrals to begin ACP facilitation with patients and/or their loved ones while inpatient. Of these referrals, 44% resulted with a patient completing an advance directive and/or POLST. These documents were added to the patient's electronic health record for easy access and viewing by the medical team.
- Collaborated with community-based organizations to implement, monitor, evaluate, and refine advance care planning services within Cottage and the community with additional focus on non-English speaking population.
- Provided community groups throughout SB County with resources and ACP nursing support for training community volunteers.

Bicycle Safety and Helmet Distribution Events

Santa Barbara Cottage Hospital provided education on safe pedestrian behaviors in partnership with California Highway Patrol, MOVE Santa Barbara County (formerly COAST/SB Bike), United Way and Santa Barbara's Concussion Clinic. In 2025, the Cottage Trauma Services Department participated in several community safe biking and pedestrian safety events. Fifty low-cost helmets were sold, and 57 helmets were donated in the community through these events.

Trauma Services staff participated in events such as Touch-a-Truck, Santa Barbara Move safety presentations, United Way's Fun-in-the-Sun, Cottage Camp Day, and public service announcements on Instagram, KEYT and Dos Pueblos High School News Broadcasting. Over 8,000 people were reached via the local news social media and events, where helmet safety and e-bike safety were addressed. Over 4,400 children were educated on helmet, bike, e-bike safety, and pedestrian safety through interactive demonstrations.

Birth & Parent Education Classes

Cottage Health offers a range of classes designed to support expectant parents. Expertly trained registered nurses provide valuable preparation and assistance for the challenges associated with pregnancy, labor, and breastfeeding. In 2025, both in-person and virtual options were available for the Childbirth Preparation Classes, while Breastfeeding and Infant/Child CPR classes were conducted in person. The in-person Infant/Child CPR classes teach essential life support skills for expecting parents and their family members.

To enhance learner needs and improve access to services, programs are assessed annually for attendance patterns and growth opportunities. In 2025, Cottage Health partnered with BabyLiveAdvice, a virtual care team comprised of Board-Certified Providers, to complement the existing in-person

classes. Starting in 2026, BabyLiveAdvice classes will be accessible through the Cottage Health external website, ensuring ease of access for the community. These courses cover topics such as birth preparation, newborn care, breastfeeding, and mental health resources. Classes will be available in Spanish and additional languages through a closed captioning program.

Birth and parent education class options included:

- Birth Center virtual tours and in-person tours
- In-Person Childbirth Preparation and Breastfeeding Classes
- Virtual Childbirth Preparation classes
- In-person infant/Child CPR classes for expecting parents and family

Table 2. Birth & Parent Education Classes: Number of Individuals by Year

Class	2022	2023	2024	2025
Childbirth Education Series	428	426	686	676
Introduction to Breastfeeding	73	112	127	210
Mother's Circle: Ongoing Breastfeeding Support	*	89	171	215
Infant/Child CPR	94	130	140	101
Birth Center Tours- In Person	*	160	292	524**
Birth Center Tours- Virtual	2541	1945	1486	3195

*Not offered in person due to the COVID-19 pandemic.

**Data transitioned from couples to individuals in 2025.

Bariatric Weight-Loss Surgery Seminars and Support Group

Cottage Center for Weight Loss Surgery supports patients at every stage of their journey. Free informational seminars led by Cottage bariatric surgeons are available for adults ages 18–65 considering surgery. Following surgery, patients are invited to join a free monthly virtual support group. The adult group meets on the last Wednesday of each month from 5:30–6:30 p.m. via Zoom, led by bariatric registered dietitian Alison Contreras. A pediatric support group for Dr. Kanard's patients meets on the third Thursday of each month, led by a licensed clinical social worker from Grotenhuis Pediatric Clinics.

Blood Drives

Cottage Health partnered with Vitalant to host four blood drives by utilizing their blood mobile at Santa Barbara Cottage Hospital and Santa Ynez Valley Cottage Hospital.

- February 20, 2025 – SBCH – 12 pints donated
- May 15, 2025 – SBCH – 12 pints donated
- August 6, 2025 – SYVCH – 14 pints donated
- August 13, 2025 – SBCH – 14 pints donated

Child Passenger Safety

Car seat inspections by appointment were offered, and 136 seats were installed by our Child Passenger Safety Technicians (CPSTs). Cottage Health donated 23 car seats for families unable to afford their own through Cottage Social Work and community partner referrals.

Cottage Trauma Services and Goleta Community Center co-hosted one Child Passenger Safety Technician (CPST) certification courses where 11 new technicians were trained. One community seat check event was held in conjunction with this course, where a total of 22 car seats were checked; Spanish-speaking CPSTs were available to assist families throughout the event. CPSTs from Cottage also inspected and installed car seats at additional events in Oxnard and at Santa Ynez Tribal Health Clinic. 31 car seats were inspected at these events.

Coast Caregiver Resource Center

Coast Caregiver Resource Center (CCRC) empowers unpaid caregivers of older adults with complex care needs and adults with neurocognitive disorders through supportive services, education, and connection to vital community resources throughout the California Central Coast.

CCRC's model of care is designed to help families and communities navigate the challenges of caregiving through strengths-based, person-centered, and accessible service delivery. Services include case management, short-term mental health counseling, short-term respite care (substitute care), and ongoing support groups. Through these services, CCRC reduces caregiver stress, feelings of inefficacy, and social isolation, all of which directly contribute to better health and quality-of-life outcomes for both caregivers and their loved ones.

In addition to caregiving support, CCRC offers PEARLS programming for seniors in SLO County. The Program to Encourage Active, Rewarding Lives (PEARLS) is a nationally renowned, short-term evidence-based coaching program that teaches skills to manage difficult feelings and improve quality of life.

During 2025, CCRC served a total of 1,184 clients through the provision of:

- 2,806 hours of case management
- 10,286 respite care hours
- 337 individual and family counseling hours
- 970 group support hours
- 270 PEARLS coaching hours

Community Case Management

Working with in-house social workers and acute nursing, Community Case Management identifies rising risk patients by assessing the presence of the following characteristics: repeated admissions to the emergency department or hospital; diagnoses of complex comorbidities, including diabetes, HIV, hypertension, cardiac heart failure, and chronic obstructive pulmonary disease; patient denial of health conditions, or previous histories of a lack of follow-through; insufficient or lack of insurance; no place to call home and/or lacking the financial resources to make ends meet; language and cultural barriers; bio-psychosocial issues or addictive behaviors that are difficult to manage and add to the complexity of care, including a pattern of inconsistent control during the previous 12-months; and the frail elderly without sufficient support linkages.

Patients identified as rising risk are referred to one of two Community Case Manager registered nurses who work with patients and designated caregivers post-discharge to create a mutually agreed upon care plan addressing both clinical as well as non-clinical client needs. The program consists of four weeks of telephone contact with patients, reviewing their discharge plans, providing resources and medication management, assisting with primary care physician follow-up, and Advance Care Planning. If a patient is re-hospitalized for any reason, the nurse serves as a consultant for inpatient case managers during the discharge planning process. Patients enrolled in the program who are not able to graduate after four weeks would be referred to additional community-based programs.

Community Health Workers for Congestive Heart Failure

Cottage Center for Population Health launched Community Health Workers (CHWs) for Congestive Heart Failure (CHF) in February 2023. The program is carried out by one full-time, bilingual CHW, reporting to a Community Nurse Manager in Population Health. CHWs offer support in the form of non-clinical disease management, social needs screening and resource navigation, and health goal setting. The CHW introduces the program to patients meeting program criteria in the hospital, then provides follow-up through phone or in-person visits for 90 days (with room to adjust based on patient need), in consultation with a Community Case Management (CCM) Nurse.

In 2025, CHWs supported over 60 patients with 34 official graduates from the program. During these support efforts our CHW offered over 1,584 encounter touch points that included home visits, goals setting and social needs navigation.

Key impacts include the following:

- **Improving Outcomes:** The program affirms that culturally responsive healthcare can help improve outcomes, as indicated by the lower readmission rates (11.4% vs. 18.9%) for program participants compared to the general Hispanic/Latino CHF patient population.
- **Social Drivers of Health:** CHWs have an opportunity to address social needs in relationship to patients' clinical needs, as nearly half of patients were connected to resources for basic needs that could otherwise impede their health management.
- **Patient Satisfaction:** The high Net Promoter Score (90) reflects exceptional patient satisfaction, with patients specifically reporting that the culturally concordant CHW support provided guidance they previously lacked around discharge processes, disease management, and health system navigation.
- **Post-discharge Navigation:** The person-centered goal-setting approach shows promise, with an 85% goal resolution rate, indicating that this methodology may help patients better navigate post-discharge care.

Community Grants

Community Partnership Grants

Cottage Health provided grants to local organizations and their programs that improve the community's health. Grantees apply through a competitive process, which includes review by the Community Health Coordinating Committee, Executive Management, and Board of Directors.

During 2023-2026, Cottage's Community Partnership Grants Program supported the Behavioral Health Initiative (BHI) – Mind Thrive. The purpose of the 2023-2026 BHI is to ensure adolescents, and their families, struggling with behavioral health needs have improved behavioral health outcomes and quality of life in south Santa Barbara County. This grant cycle is implementing a model of a behavioral health system of care that seeks to increase access and utilization of behavioral health services by providing:

- 1) Behavioral health navigation support to address barriers to access and
- 2) Psychiatry services, buffering supports, and community based-behavioral health services.

As in previous years, behavioral health was identified as a top priority area from the [2022 Community Health Needs Assessment](#) and [Listening Tour](#).

Cottage serves as the convener, funder, partner, data/evaluation manager, and content expert around medical, insurance, and credentialing practitioners. Staff work collaboratively with grantees to facilitate communication across partners, implement evaluation activities, and provide resources and expertise as needed. Additionally, Cottage serves as a thought partner, actively working through challenges and leading continuous quality improvement processes.

Referrals originate from Grotenhuis Pediatric Clinic and four high schools. Grantees work collaboratively with Cottage Health to support successful implementation of efforts in three key areas (Behavioral Health Coordination Center, Psychiatry, and Community-Based Behavioral Health Services).

In 2025, six organizations were awarded grant funds as part of the Behavioral Health Initiative:

- Council on Alcoholism & Drug Abuse (CADA)
- CALM
- OpenMinds Foundation
- Pacific Pride Foundation
- Sanctuary Centers
- YouthWell

Care Transition Grants

Grants were awarded to organizations that provided much needed beds for transitional patients with acute medical needs. These grants focused on providing wrap-around care support services and temporary housing or shelter. In 2025, three organizations received funding.

Community Sponsorships

Throughout 2025, Cottage Health sponsored community events by contributing both financial support and gifts-in-kind to more than 40 organizations. Community events included educational workshops, walks/runs, galas, and luncheons.

Concussion Clinic

The Cottage Concussion Clinic operates under the umbrella of the Grotenhuis Pediatric Clinics at Cottage Children's Medical Center. Originally the clinic was envisioned as a response to state-mandated concussion protocols for youth participating in contact sports. The Cottage Concussion Clinic is now the

region's referral center and safety net provider for concussion care and management for youth in Santa Barbara, Ventura and San Luis Obispo counties. The clinic's team is highly trained and experienced in treating concussions.

The Cottage Concussion Clinic is an outpatient service dedicated to improving patient-centered care by using the most current evidenced-based research in concussion literature. The clinic encourages early concussion assessment, diagnosis and management. The clinic develops an individual treatment plan focused on the whole child, including physical, cognitive and emotional well-being following a concussion. The clinic creates an academic plan to help children get back into the school environment while they recover. After children have fully recovered, the clinic provides a graded return-to-play protocol with formal physical activity and sports clearance along with future sports recommendations.

The clinic conducts outreach throughout the tri-county school districts, including education to staff, students, athletes, coaches, and officials, to raise awareness on the importance of concussion. The clinic has been invited to speak at numerous conferences and has educated community leaders and many medical providers, nurses, athletic trainers/directors, and physical and occupational therapists on concussions.

Connect Santa Barbara County

Connect Santa Barbara County (SBC) is a free, countywide platform launched in 2021 that quickly connects residents to local resources like food assistance, mental health care, and more. Built in response to community feedback and a recognized need for better referral coordination, Connect SBC is a local implementation of Findhelp — a platform trusted by communities across the U.S. and free for nonprofits and community organizations. It provides a curated view of programs serving the county, with built-in tools for referral tracking so organizations can follow-up and understand what happens after a referral is made. In 2025, the platform reached 8,642 unique visitors, with residents conducting 6,345 searches. Of those engaged, 526 users contacted a program directly through the platform, and 258 were connected to services.

Cottage Center for Population Health

The Cottage Center for Population Health works to improve health and wellness, focusing on equity for the most vulnerable — in our hospitals and in the community. Cottage Center for Population Health focuses on collaborations and partnerships that bring together the expertise and impact of community-based organizations, local agencies, providers, community members, funders, and public health professionals.

In 2025, programs and initiatives included:

- Behavioral Health Initiative – Mind Thrive
- Community Health Needs Assessment (CHNA)
- Community Health Workers
- Community Parish Nursing
- Connect Santa Barbara County / Findhelp
- Employee Resource Connect
- Patient and Family Advisory Council

- Patient Resource Connect
- Pediatric Resiliency Collaborative
- Recuperative Care Program
- Transitional Care Program

Cystic Fibrosis and Bronchiectasis Clinic

The Adult Cystic Fibrosis and Bronchiectasis Program at Cottage Health strives to provide comprehensive personalized multidisciplinary care with a holistic approach to patients from the central coast of California. The Center offers consultation, evaluation and management to promote wellness and health. Special services include:

- Comprehensive yearly evaluations and quarterly visits to the clinic
- Complete pulmonary function testing, arterial blood gas analysis and cardiopulmonary exercise testing
- 3 step test and 6-minute walk test performed by our physical therapist
- Sputum cultures – Detects infection in your airways by examining mucus samples in a laboratory
- Sweat chloride test – Measures the amount of chloride in your sweat to diagnose or rule out Cystic Fibrosis
- Airway clearance device demonstrations and review in clinic with our respiratory therapist

Eligibility Services

Cottage Eligibility Services links patients with programs that provide coverage for medical care, such as Medi-Cal, Hospital Presumptive, Covered California and Cottage Community Assistance. Services include screening, application completion assistance and follow up, free of charge. Cottage Health is dedicated to working with the patients and their families in providing the information needed to make informed decisions. Representatives assist community members throughout the application process.

Epilepsy Support Group and Events

The Cottage Epilepsy Center hosts a monthly support group meeting for persons with epilepsy and their families. The group meets every third Wednesday of each month from 4 p.m.-5:30 p.m. and offers virtual and in-person gatherings and education at Santa Barbara Cottage Hospital.

The Cottage Epilepsy Center also participated in two community events in 2025:

- **Greater Orange County Epilepsy Provider Conference** – This event was hosted by The Epilepsy Foundation Greater Orange County on Saturday, June 18, 2025. Approximately 50 epilepsy specialists (adult and pediatric), general community neurologists, clinical staff and researchers attended this event.
- **The Second Santa Barbara Walk to End Epilepsy** – This event was hosted on June 7, 2025, at the UCSB Pawley Track was attended by 93 people and raised \$15,540 for the Epilepsy Foundation.

Fall Prevention

Cottage Health Trauma Services offers fall prevention classes and activities through Matter of Balance, which is an evidence-based fall prevention program that reduces the fear of falling, provides risk

reduction, and offers exercises to increase strength and balance. Ninety four older adults participated in this eight-week series. Trauma Services also participated in Santa Barbara's Senior Expo at the Earl Warren Showgrounds, where they reached over 1,000 seniors promoting fall prevention education.

Family Suites

The Cottage Family Suites are 12 comfortable suites for families who have a family member receiving care at Santa Barbara Cottage Hospital. The suites are located just a block away from the hospital and are provided to family members of patients who are primarily in the hospital's critical care units, where visitors cannot stay overnight. Other considerations include the family's distance from home, as well as clinical circumstances.

Guests may stay for up to three nights while their family member is in the hospital. If they need to stay longer, requests will be considered based on availability. The Cottage Family Suites provided 3,626 room nights to 861 families in 2025, saving families an estimated \$1.6 million in hotel costs.

Farmers Market

Santa Barbara Cottage Hospital hosts a weekly Farmers Market in the Central Courtyard, which provides a variety of local, seasonal, and organic produce. Started in 2009, it was originally designed for employees and has since become popular with patients' visitors and the local community. Held every Wednesday, the market is open from 11:00 a.m. to 3:00 p.m. and averages 100 customers per week. The produce is purchased from a variety of vendors, including John Givens Farm in Goleta, Burkdoll Farms, and The Berryman, a local produce company that sources their seasonal organic produce locally within the Tri-Counties. Un-sold produce is made into side dishes and salad bar offerings in the hospital.

In addition, Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital and Santa Ynez Valley Cottage Hospital are also drop-off locations for John Givens community supported agriculture (CSA) weekly boxes.

Consumers experience many benefits when choosing local products such as:

- **High quality, fresh, nutritious food:** Produce is often harvested within days or hours of delivery, meaning produce retains more nutritional value and stays fresher longer
- **A direct connection to producers:** Consumers can directly ask producers about their growing practices and make choices to purchase from farmers that align with their values
- **Introduction to new varieties:** Offering what is plentiful and in season is a great way to be introduced to new crops.
- **Join a community:** Becoming a part of a community supported agriculture connects shoppers to likeminded consumers and allows for participation in a more localized food system.

Flu Shot Clinics

Cottage Health provided more than 1,000 influenza vaccinations to the community in 2025. Cottage Health offered free vaccinations to individuals experiencing homelessness and other vulnerable populations. Flu vaccines were provided by Cottage Center for Population Health's homelessness outreach team and Cottage Parish Nursing.

Cottage Parish Nursing and the Cottage Center for Population Health's homelessness outreach team administered flu vaccinations at senior housing units, foodbanks and churches, city parks, and other community organizations.

Cottage Health distributed free flu vaccines to the Santa Ynez community through Cottage Urgent Care--Buellton Village. The clinic was held during the entire month of October by appointment or walk in. 243 patients received the flu vaccine.

Gift Shops

The Santa Barbara Cottage Hospital Gift Shop provides a combination of nutritional and gift opportunities. The shop is called Pueblo Marketplace and is located in the main lobby of SBCH, off the Pueblo Street Entrance. The gift shop for Goleta Valley Cottage Hospital, known as The Coffee Stop and Gifts, is directly off their main lobby. The goal of each retail outlet is to provide a welcoming atmosphere for all of their customers and readily available merchandise for the comfort of their patients and hospital staff. The number one priority is customer service. Both shops offer quality merchandise, cheerful shopping experiences and dedication in making sure the patient has the personal attention in selecting something to brighten their day or make them more comfortable.

Both shops engage in a variety of charitable contributions by donating merchandise to specialty community events, such as the Children's Miracle Network fundraisers, Care for Kids fundraiser, Spiritual Care programs, Volunteer Appreciation events, and holiday and special banquets. Some of the most rewarding pleasures for these shops are participating in the annual in-hospital pediatric patient trick-or-treating and the children's holiday musical program for all dedicated Cottage volunteers.

Due to health considerations, visitors may not bring latex balloons onto patient floors; therefore, the Marketplace and Hospitality Services provide a Mylar balloon replacement, which adheres to Cottage Health's latex-free policy. All shop staff takes pride in being able to provide the best possible service to all their patients and customers.

Goals of Care Initiative

The purpose of the Goals of Care Initiative is to implement a system-level care delivery model focused on understanding and honoring the priorities of patients living with serious illness. The intention is for every seriously ill patient to have more, better, and earlier conversations with their clinicians about their goals, values, and priorities that will inform their future care. Cottage Health's Goals of Care Initiative is partnership with Ariadne Labs in Cambridge, MA through which physicians, nurses, social workers, chaplains, allied health professionals, and other clinicians explore topics with patients to gain a full understanding about and honor what is most important to patients.

This initiative includes clinicians completing a virtual training designed to build confidence and self-efficacy in serious illness conversations and to then document these goals of care conversations in CottageOne in an easily accessible location for all Cottage clinicians to learn about the patient's values and goals. Through Cottage Health's partnership with Ariadne Labs, 100 clinicians completed the training in 2025. These clinicians include internal medicine faculty and residents, critical care physicians,

case managers, social workers, chaplains, interpreters, and primary care providers. Cottage is preparing to train an additional 150-200 clinicians in 2026.

Healthy Balance Weight-Management Clinic

Healthy Balance is an ongoing exercise program offered virtually, featuring:

- Small group strength training
- Online exercise classes at SBCH's campus
- On-site exercise in a comfortable environment
- Comprehensive fitness and lifestyle assessment
- Instruction by professional clinical staff
- Competitive rates

Since 2002, the program has grown in participants. More than 700 participants have completed the Healthy Balance program since its inception.

Heart and Vascular Center

Cottage Health Heart & Vascular Center provides world-class cardiovascular care conveniently located on California's Central Coast. Providing the most advanced technologies and personalized care, cardiovascular physicians and care teams offer:

- Highly-specialized cardiology services
- The most advanced treatment options, including minimally-invasive options for complex heart conditions
- Convenient and compassionate team-based cardiac care
- Access to the latest cardiovascular research and clinical trials

Junior Wheelchair Sports Camp

The Junior Wheelchair Sports Camp is a five-day day camp designed for individuals between the ages of 6 and 21 years who use a wheelchair to participate in sports. The camp featured a variety of sport and recreation options including Power wheelchair sports, tennis, obstacle course, wheelchair basketball, wheelchair rugby, climbing wall, adapted cycling, swimming, dance and more. In 2025, the camp was held July 21-25 at UC Santa Barbara Recreation Center, and 37 campers attended.

Lymphedema Prevention Education

Cottage Health's Certified Lymphedema Therapists (CLTs) offer monthly education and treatment for patients at risk of or living with lymphedema, with a focus on cancer rehabilitation. The program is open to patients, community members, and Ridley-Tree Cancer Center patients, and provides personalized Complete Decongestive Therapy (CDT) plans that include manual lymph drainage, compression therapy, exercise, and skin care.

Meet the Doctor

Cottage Health hosts Meet the Doctor events in orthopedics, neurology, cardiovascular, women's, and primary care services. Two cardiovascular, one neurology, one bariatric, one orthopedic, one primary care and two women's services educational events took place across the tri-county region.

- Wednesday, March 12, 2025, "A Conversation on Women's Health Pelvic Prolapse and Urinary Incontinence" by Dr. Stephanie Handler with 220 attendees
- Thursday, April 17, 2025, "Minimally Invasive Approaches to Cardiac Surgery" by Dr. Michael Paulsen with 91 attendees
- Tuesday, May 13, 2025, "Advances in Minimally Invasive Brain Aneurysm Treatment" by Dr. Brian Walcott with 76 attendees
- Thursday, June 26, 2025, "Healthy Aging: Expert Insights from a Geriatrician" by Dr. Jayson Wright with 275 attendees
- Thursday, August 21, 2025, "Facts About Weight Loss Surgery" by Dr. Marc Zerey, Dr. Farida Bounoua and Dr. David Thoman with 14 attendees
- Tuesday, September 23, 2025, "Hope for Tired Legs: Understanding Peripheral Artery Disease (PAD) and Today's Advanced Treatment Options" by Dr. Michael Paisley with 137 attendees
- Tuesday, October 21, 2025 "Why should I see a gynecologist? It's a pap test and so much more" by Dr. Brittany Gray with 60 attendees
- Sunday, November 16, 2025, "Knee Pain: Common Causes and Treatment" by Dr. James Bailey with 151 attendees

Mental Health Fair

The Mental Health Fair is an annual event that takes place each year in the month of May to commemorate National Mental Health Awareness Month. The 2025 event was held on Saturday, May 3 at Santa Barbara Cottage Hospital. The Mental Health Fair was hosted by the staff of the inpatient Psychiatry and Addiction Medicine Department at Santa Barbara Cottage Hospital and included 24 non-profit community agencies as participants in the event.

The primary goal of the event was to provide education to the community about services available for those affected by mental illness—both consumers and their friends and family members. Each agency hosted a table that included information about their programs and services, educational information about various types of mental illness and substance abuse, self-assessment tools, reference books, and other community resource information.

The Mental Health Fair also included two presentations:

- **Breaking the Screen: Strategies for Addressing Video Game and Social Media Addiction** by Alia Aizenstadt Adlakha, LMFT
- **Deep Resilience – When Self Care is Not Enough** by Michael Kearney, MD, and Radhule Weininger, MD, Ph.D.

The Mental Health Fair was attended by approximately 125 community members. In addition to being a valuable resource for community members, the event provided a venue for mental health and medical professionals to network and learn more about the work of various agencies in the community.

Mother's Circle

Mother's Circle offers free support group that welcomes breastfeeding mothers to touch base with our breastfeeding experts and also enjoy the friendship and support of other moms. This event takes place at Santa Barbara Cottage Hospital every Wednesday from 2:00 - 4:00 pm. In 2025, 270 mothers plus their partner/support person attended Mother's Circle.

Nutrition Education Consultations & Classes

Santa Ynez Valley Cottage Hospital hosted free weekly nutrition classes on Fridays from 10:00 a.m. to 11:00 a.m. Various topics were discussed that relate to general health as well as disease conditions, such as heart disease and diabetes. The classes are open to staff as well as the community. In 2025, 14 classes were held with an average of five people per class.

Free diabetes-specific nutrition classes are also offered at SYVCH. These classes are a four-part class series, occurring every other month and covering carbohydrate counting, label reading, exercise and weight management tips, preventing complications, and more. In 2025, four classes were held with an average of one person per class.

Obstetrics and Gynecology Clinic

The Cottage Obstetrics & Gynecology (OB/GYN) Clinic is a practice led by women specialists offering comprehensive medical services-- from routine wellness examinations to diagnosis and treatment of gynecological conditions, and complete obstetric care from pre-conception to pregnancy, childbirth and postpartum visits.

The Obstetric (OB) Hospitalist program offers a 24/7 hospital coverage for a variety of services including private OB call coverage and Labor and Delivery support (L&D), obstetrical L&D, patient evaluations within the OB Emergency Department (ED), Gynecologic care for patients who present to the ED and need consultation or management, surgical assistance, and OB emergency rapid response.

On-Call Specialty Physicians

Due to the high rate of uninsured patients and low payments from Medicare and Medi-Cal, it has been difficult to find specialty physicians to provide services to patients in the Emergency Department. Cottage Health arranges for the provision of emergency on-call coverage with qualified specialty physicians to ensure that all patients who seek treatment at Cottage have access to all necessary services. This program helps Cottage to assure proper diagnosis and treatment of all patients in the Emergency Department, regardless of their ability to pay.

Outlook Speaker Series

Outlook Speaker Series is a virtual monthly program for adults with neurologic and orthopedic conditions. The program includes education, information, peer support, relationships, encouragement and a welcoming place to learn from others. Families and caregivers are also invited for the discussion and speaker series. In 2025, eleven virtual meetings brought together 141 individuals for a total of 207 visits.

Outpatient Surgery Center

The Cottage Outpatient Surgery Center supports patients whose surgical needs usually do not require an overnight visit and helps eliminate an extended period of separation from home and family.

Cottage Outpatient Surgery Center provides service for the following specialties:

- Orthopedics
- General Surgery
- Ear, Nose and Throat (ENT)
- Gynecology (GYN)
- Pediatric Gastroenterology
- Pediatric Oncology
- Podiatry
- Maxillofacial
- Cardiology
- Plastic Surgery

Palliative Care Consultation Service

Palliative care is specialized medical care for people with serious illnesses and focuses on providing patients with relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and family. The Palliative Care Consultation Service (PCCS) is a team of doctors, nurse practitioners, nurses, social workers, and other specialists who work together with a patient's doctors/specialists. They work with the patient, family, and others on the care team to give medical, social, emotional, and practical support.

In 2025, the Palliative Care Consultation Service provided services to more than 2,000 hospitalized patients. The department provided education for over 200 people during a weeklong "Palliative Care Education Week," held in November 2025. In addition, the staff regularly educated other hospital personnel and community members about palliative care, including:

- Pediatric Medicine
- Internal Medicine
- Medical Residents
- Surgical Residents
- Nursing Residents
- San Marcos High School Health Careers Academy
- Westmont College's Accelerated Nursing Program

Parish Nursing

Parish Nursing's vision is to empower men, women, and children to seek health in mind, body, and spirit by expanding their knowledge about whole person wellness, assisting in identifying methods of disease prevention and increasing access to health and community resources.

In 2025, Parish Nursing provided services through 3,246 encounters with community members. Collaborating community sites served by parish nurses included:

- Casa Cacique (formerly known as PATH)
 - Catholic Charities
 - Father Virgil Cordano Center
 - Faulding Hotel
 - Foodbank of Santa Barbara County
 - Garden Court
 - Gardens on Hope
 - Goleta Presbyterian Church
 - Hotel de Riviera
 - Immigrant Hope
 - Johnson Court
 - LEAP
 - Our Lady of Guadalupe
 - PathPoint Behavioral Health Program
 - St. Joseph's
 - St. Vincent's Senior & Family Center
 - Trinity Episcopal Church
- Vera Cruz Village

Community Parish Nurses offer a variety of services at community events, including health education, presentations, and support group services throughout South County. High focus areas for these events include medication management, followed by stress and wellness management, mental health support, and independent living skills. In 2025, chronic disease prevention and education became a focus area for the program.

In July 2025, Parish Nursing launched the Center for Disease Control and Prevention's PreventT2 at two locations, Immigrant Hope on the Westside of Santa Barbara and LEAP in Goleta. This year long program provides foundational framework with ongoing support to help individuals achieve personal goals and attain optimal health outcomes. Prevention and education at these two sites remain a focus area, and as an addition to session content Parish Nursing included 1:1 prediabetes education and management for identified patients.

Congregations

Cottage Parish Nurses work at multiple congregations during the week, which include Trinity Episcopal, Our Lady of Guadalupe, Goleta Presbyterian, and St. Joseph's.

Catholic Charities

Catholic Charities has a wide range of services that cater to families and individuals in need that serves their mission of preventing homelessness and advancing self-sufficiency. The organization provides food distribution, case management, life skills planning, counseling services, medical and dental treatment referrals, emergency shelter assistance, diabetes education, older adult services, and holiday programs.

Cottage Parish Nurses provide five to six hours each week at Catholic Charities. The nurses provide health education and assessments, including blood pressure checks, glucose checks, colon screenings, and flu vaccinations. In addition, nurses are advocates for low-income individuals and families, and they

work to connect these individuals and families with community resources, such as access to food, dental treatments, and mental health and bereavement group support.

In 2025, Parish Nurses distributed FIT kits for colon cancer screening at two events at Catholic Charities — on February 26 and March 12 — reaching 11 participants at the Hispanic Women's group. Nurses presented colon cancer prevention information alongside kit distribution, reviewed results with participants, and made one referral for a positive result.

Homelessness/Transitional Housing Outreach

Parish Nurses participated in outreach to individuals experiencing homelessness and provided health assessments, basic wound care, education, referrals, screenings, and vaccinations each week in various locations. They provided more than 30 hours a week through the following activities:

- Casa Cacique (formerly known as PATH) and homelessness encampment support
- Faulding Hotel and Hotel De Riviera visits for the medically challenged and dual diagnosis clients

PathPoint

This nonprofit organization is dedicated to helping people with disabilities or disadvantages reach their fullest potential. Cottage Parish Nurses provided nursing care and medication management for housed, mentally ill adults. Two Parish Nurses worked with case managers, social workers, and psychiatrists to provide services for this at-risk population.

Senior Outreach

Parish nurses provide health education including, heart health and stroke prevention, fall prevention and 1:1 wellness coaching, as well as flu vaccines, advance care directives, grief support and blood pressure screenings to seniors in the community through the following venues: Garden Court, Gardens on Hope, and Johnson Court.

Pulmonary Hypertension Support Group

Cottage Health offers a quarterly Pulmonary Hypertension Support Group for individuals living with pulmonary hypertension. Participants engage in educational sessions, medication updates, and peer support from others sharing similar experiences.

Patient and Family Advisory Committee (PFAC)

Launched in 2024, the Cottage Patient and Family Advisory Committee (PFAC) is composed of eleven members from the community who represent current or former Cottage Health patients, family members and/or caregivers. The Council met quarterly to contribute their experiences and perspectives on topics related to patient safety and quality.

Advisory council representatives volunteer their time to share their experiences and ideas and serve as a voice for the community. Their input helps shape programs and services while ensuring that the voices of those directly impacted by healthcare decisions are heard and valued.

Patient Assistance for Discharge

Cottage Social Work and Case Management teams collaborate to connect patients with a continuum of care following discharge. Through the Patient Assistance for Discharge fund, social workers and care managers cover necessities for patients in need during the discharge process. This will frequently take the form of transportation services, such as vouchers for taxi rides, Lyft, and Amdal, or filled discharge prescriptions.

Pediatric Clinics

For residents of the Central Coast, Grotenhuis Pediatric Specialty Clinics – part of the outpatient services of Cottage Children’s Medical Center – provide worldclass pediatric specialty care close to home.

The specialty-trained staff at the Grotenhuis Pediatric Specialty Clinics includes 19 board-certified specialists, neonatal and pediatric nurses, medical assistants, respiratory care practitioners, physical, occupational and speech therapists, trauma nurse practitioner, pediatric pharmacist, dieticians and medical social workers. Grotenhuis Pediatric Specialty Clinics are located in Santa Barbara, Ventura and Pismo Beach.

In 2025, Cottage Health hosted an open house for the new Cottage Children’s Medical Center Pediatric Medical office building at 2401 Bath Street on Wednesday, October 29 from 3 – 6 p.m. Around 500 people attended this free event that offered an open house of the building with a Halloween theme that included face painters, balloon artists, treats and refreshments, giveaways and a costume contest.

Population Health Learning Lab

Cottage Health hosts the Population Health Learning Lab to provide resources and interactive tools to help support the work of health or health-related organizations and assist them in evaluating programs. The Population Health Learning Lab includes Cottage Data2Go and the Evaluation Toolkit.

Cottage Data2Go is a free, interactive online mapping and data tool created in partnership with Measure of America of the Social Science Research Council. It brings together federal, state, county, and community data on a broad range of issues critical to the well-being of all Santa Barbara County residents. The tool provides a view of the specific health needs by demographics (population type), geography (down to census tract) and health outcome or influencer (including social factors).

Created to provide reliable, up-to-date information on community assets and challenges, Cottage Data2Go is designed as a resource to aid community members, leaders, businesses, government agencies, and community-based organizations in crafting effective solutions, developing policies and services, and advocating for change. In community work, data drives decision making, and Cottage Data2Go brings data together to help showcase successes and highlight opportunities for promoting equity, especially among the most vulnerable in our community.

Cottage Health's Evaluation Toolkit supports community or clinical programs and collaborations in working toward a population health approach. Based on feedback from a community-wide Listening Tour, Cottage Health focused on developing this resource to help community-based partners work together to define what success would look like and measure it using the same tools and language. Community leaders can learn about each step in evaluating a program, download worksheets to complete the step, and follow a Case Study example. The Toolkit supports a vision of a healthy community by equipping nonprofit organizations as they assess community needs, strengthen programs, adopt promising practices, and work in closer alignment with other organizations to achieve common goals.

Pediatric Resiliency Collaborative (PeRC)

The Pediatric Resiliency Collaborative (PeRC) is a community partnership focused on expanding Adverse Childhood Experiences (ACEs) screening and referral to all pediatric clinics in Santa Barbara County and linking providers to other community systems. The partnership also seeks to facilitate knowledge sharing, collaboration, and alignment of youth wellness efforts. PeRC is convened by Cottage Health and key partners include CALM, Carpinteria Children's Project, CenCal Health, Family Service Agency, James S. Bower Foundation, Priory Fund, Resilient Santa Barbara County, American Indian Health and Services, County of Santa Barbara Health Care Centers, Santa Barbara Neighborhood Clinics, and Towbes Foundation.

PeRC builds healthier families and communities by promoting trauma-informed [medical] care, supporting family resilience, and addressing ACEs in Santa Barbara County.

Since October 2020, PeRC's model has been successfully implemented in one OB/GYN clinic and seven pediatric clinics across Santa Barbara County. These clinics represent diverse practices in terms of size, setting, and patient populations county-wide. Clinic recruitment is ongoing and facilitated through partnerships and outreach to Medi-Cal pediatric providers. In 2025, PeRC screened 3,525 children ages zero to eighteen and 743 parents, totaling 4,268 screens across the seven clinics. The average ACE score of children screened is 0.65, with a range of 0-10. The average ACE score for parents is 0.90, with a range of 0-10. A total of 298 referrals have been made to support families who qualify for PeRC services. The top three support services provided to families were basic needs (45.8%), childcare or early education (19.5%), and health and wellness (15.2%). In 2025, a total of 18 families participated in therapy services for 843 counseling services involving more than 655 hours.

PeRC supported two state grant efforts in 2025. Through a California Department of Social Services' Office of Child Abuse Prevention (OCAP) Planting Prosperity Grant that PeRC received in October 2022, PeRC has expanded ACEs screening and intervention to include pregnant patients. This approach intervenes in the critical prenatal stage of development. In 2025, PeRC developed and implemented a workflow for screening pregnant patients in prenatal appointments, trained more than 50 staff across County Health Care Centers, and established sustainable protocols for ACEs screening and referrals. In 2025, PeRC also continued implementation of Enhanced Care Management (ECM) through a Capacity and Infrastructure Transition, Expansion and Development (CITED) grant. Through this grant,

participating PeRC clinics developed ECM workflows for identifying and referring patients and began supporting full caseloads of identified Populations of Focus.

In addition, PeRC provides an online training resource through training.pedsresiliency.org. Core trainings have been approved by the state's ACEs Aware Initiative and include the following:

- Near@Home
- Adult ACES Screening and Clinical Workflow
- ACES and Integrated Care
- Core Training 1 – Introduction to ACEs and Resilience
- Core Training 2 – Secondary Traumatic Stress and Self-Care
- Core Training 3 – Strategies for Patient Engagement
- Core Training 4 – ACEs Aware Clinical Workflow Training
- Adult ACEs Screening in an Integrated Primary Care

Primary Care

Cottage Primary Care provides medical homes for patients to promote and maintain their health and offers a full range of healthcare services, including routine check-ups, screenings, vaccinations, and management of chronic conditions. Thirteen Primary Care providers are located across three clinics in Goleta, Santa Barbara, and Santa Ynez Valley. Providers are trained to diagnose and treat a variety of health conditions, including:

- Allergies
- Asthma
- Cold and flu
- Diabetes
- High blood pressure
- High cholesterol
- Infections
- Mental health concerns, such as anxiety and depression
- Skin conditions
- Sprains and strains

Inspire: Social and Recreation Program for People with Stroke or Brain Injury (formerly Project Re-Entry)

As a Cottage Rehabilitation Hospital (CRH) program, Inspire offers a monthly socialization and recreation program for people who have had a stroke or brain injury. The group meets at Cottage Rehabilitation Hospital. In 2025, 54 participants attended 22 sessions for a total of 141 visits.

Psychiatric Grand Rounds

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine Department offers presentations for the healthcare community once a month from noon to 1:30 p.m. at Santa Barbara Cottage Hospital. In 2025, there were 11 sessions offered via Zoom with approximately 50-100 people attending each presentation. The following topics were presented in 2025:

- **January:** Innovations in Psychiatric Treatment 2025 With a Focus on Schizophrenia
- **February:** Mitigating Targeted Violence: An Introduction into Behavioral Threat
- **March:** Substance Use and Misuse: Stay Informed to Know the Signs
- **April:** How Sexuality Influences the Clinical Picture for Female Patients
- **May:** Societal and Cultural Determinants of Performance Anxiety: Implications for Mental Health and Medical Providers
- **June:** Breaking The Screen: Strategies for Addressing Video Game and Social Media Addiction
- **July:** Cultural Identity Expression: The Bridge Between Your Story and History
- **August:** Beyond the Checklist: Reimagining Safety Planning Through Active Engagement
- **September:** Autism and the Neurodiversity Paradigm
- **October:** Metabolic Syndrome Associated with Psychotropic Medication
- **November:** A Remarkable Medicine That We Rarely Use: The Story of Clozapine

Recuperative Care Program

The Cottage Recuperative Care Program (RCP) launched in October 2018 and has five patient beds. Patients are supported by staff from Cottage Health, including a nurse, community navigator, medical director, and evaluator. Patients can stay for up to 90 days. Funding for the program is provided by Cottage Health, CenCal Health, and philanthropy.

In addition to those from the hospital, referrals have been received from a wide range of community partners, including shelters, community health centers, primary care providers (PCP), outreach workers and the court system. As participants exit the program, they are connected to transitional or permanent housing, and the hospital is facilitating conversations to seek new housing opportunities in the community's limited housing market.

From October 2018 through December 2025, more than 200 patients entered the program. In 2025, support was provided to Buena Tierra, Good Samaritan Shelter, and DignityMoves to establish permanent housing options for Recuperative Care Graduates.

Respiratory Care

Certified respiratory therapists at Cottage evaluate your lung's ability to take in air, diagnose respiratory conditions and provide therapeutic services for chronic lung diseases, as well as acute conditions that affect breathing. Cottage Respiratory Care partnered for community outreach through presentations and activities at the following:

- Lompoc Valley Medical Center partnered with NICU registered nurses and neonatologists to provide hands-on education and training on newborn resuscitation and stabilization, including recognition, stabilization, and management of critically ill newborns

- Goleta Valley Cottage Hospital – Participated in newborn stabilization education
- Westmont Nursing School – Educational presentations on asthma and pediatric respiratory illnesses to nursing students, covering respiratory assessment, common disease processes, treatments, and patient care
- November 8, 2025 – Participated in the annual Great Stride Walk to raise funds and awareness for Cystic Fibrosis in the community
- Monthly – Better Breathers Club patient education and presentations on COPD from SBCH Pulmonary Patient Specialists
- Santa Ynez – Community outreach focused on COPD education and disease management

In addition, the NeoPeds Respiratory Department assisted with Camp Wheez, hosted by Sansum Clinic (now part of Sutter Health), the first week of August 2025. This camp provides education and fun activities for children with asthma, including recognizing symptoms, identifying triggers, and understanding how to manage asthma medications.

Safe Sleep

Cribs for Kids is a National Infant Safe Sleep certification that identifies families at risk for having an infant in an unsafe sleep environment and provides education and a safe place for children to sleep. Cottage Social Work refers at-risk infants to Trauma Services and provides a free portable crib with safe sleep education to families in need prior to hospital discharge. Eighteen cribs were distributed to families at Santa Barbara Cottage Hospital in 2025.

Cottage Trauma Services also educated community members about safe sleep at Santa Barbara Cottage Hospital and community events, including a Community Baby Shower at Santa Barbara Library, reaching 128 community members.

Social Needs Screening Programs

Employee Resource Connect

Cottage Center for Population Health's Employee Resource Connect (ERC) is an intervention connecting employees to food, transportation, childcare, behavioral health and housing resources. The ERC screening was offered to employees via multiple pathways on the Human Resources website, ERC flyers with QR code links to the screening (in English and Spanish), and via the Wellness Portal. Screening questions covered food insecurity, access to transportation, housing insecurity, behavioral health needs, and childcare needs. Employees indicated if needs were urgent and requested a list of resources or support navigating resources. Navigators from Family Service Agency (FSA), a community-based resource and referral organization, responded to requests within 72 hours (24 hours for urgent needs) by email, phone, and sometimes in-person.

2025 Results (January-December 2025)

- Screening:
 - 540 employees offered screening
 - Of those, 199 (36%) screened positive for at least one social need, related to food (27%), housing (15%), transportation (5%), behavioral health (17%) or childcare (11%).
- Follow-up:

- 34% of employees screened requested follow-up from a resource navigator or a list of resources
 - 16% requested to be part of the food program and connect with a resource navigator
 - 4% requested resource navigation support
 - 14% requested a list of resources

Employee Resource Connect Food Program

Through the ERC food program, employees who screen positive for food insecurity are eligible to receive a \$50 grocery stipend card or Cottage food stipend card, which can be used at Cottage Cafeterias, Cottage Café, Park Place Deli, and onsite weekly farmer's markets. Additionally, support from an FSA navigator was provided to assist with identifying long-term solutions, which may include additional financial support. A total of 128 employees participated in the food program during 2025.

Patient Resource Connect

Patient Resource Connect (PRC) assists patients with accessing food, transportation, and housing resources. Beginning in the Goleta Valley Cottage Hospital Emergency Department, patients complete a social needs screener provided by Patient Access Monday through Friday. Those who screen positive for one or more social needs are connected with a navigator, who follows up with patients to access resources and ensure the resource has adequately addressed their need.

2025 Implementation Results (January – December 2025):

- Screening: 1,822 screenings completed
- Of these, 273 (15%) screened positive for at least one social need: 14% for food, 7% for housing, and 6% for transportation.
- 8% of all patients who completed screenings requested follow up from a resource navigator or a list of resources

Stop the Bleed

Stop the Bleed class is offered to the community by request. It is a national program that educates on recognizing life-threatening bleeding and how to effectively intervene to save a life. Cottage Trauma Services trained approximately 53 UCSB students, 139 high school students at Dos Pueblos and Santa Barbara High Schools, and 27 community members as well as conducted a train the trainer program where over 90 Santa Barbara firefighters were trained on how to teach Stop the Bleed to the community. In addition, Trauma Services has a partnership with UCSB Student Lifesavers group in a train the trainer model. This group of college EMTs trains students by offering an on-campus course monthly.

ThinkFirst: Injury Prevention for Kids and Teens

Cottage Rehabilitation Hospital is home to the Santa Barbara County chapter of ThinkFirst for Kids and Teens, a nationally recognized program developed by healthcare professionals to prevent brain and spinal cord injuries among young people. During free one-hour presentations at local schools, healthcare professionals educate students on the risks and consequences of brain and spinal cord injuries caused by motor vehicle crashes, falls, sports, and violence. Accompanying the presenters are "VIPs" (Voices for Injury Prevention) — individuals who have sustained brain or spinal cord injuries —

who share their personal experiences to reinforce the program's message: think first and use your mind to protect your body.

Toy Drive

Cottage Children's Medical Center hosts an annual Toy Drive to brighten the lives of children receiving care during the holiday season. The drive collects new, unwrapped toys, games, crafts, and gift cards to support patients from infancy to age 18. Community members can participate by dropping off donations at Santa Barbara Cottage Hospital or purchasing items directly from the Cottage Children's Medical Center wish list. In one day, the 2025 drive raised nearly \$4,000-worth of toys for children visiting Cottage Health.

Trauma/Critical Care Symposium

Santa Barbara Cottage Hospital Trauma Services hosted the 22nd Annual Trauma/ Critical Care Symposium to educate healthcare professionals about current evidence-based research and advances in trauma care. This event was held on Friday, September 5, 2025 at the Hilton Santa Barbara Beachfront Resort with 239 participants joining in person and 50 participants joining virtually via Zoom.

Objectives:

- Discuss the management of chest wall injury and evaluate the operative indications and complications of chest wall surgery.
- Describe the grading of liver injury, review common liver injury patterns and discuss operative strategies and pitfalls of complex hepatic trauma.
- Examine the unique hazards associated with e-bike use, the traumatic injury pattern being witnessed nationally, and the legislative and public policy processes being used to catalyze change.
- Review the purpose of the massive transfusion protocol and the reason for each blood product usage.
- Discuss the benefits of effective communication, as well as the potential opportunities for improving communications between EMS and hospitals.
- Differentiate various types of penetrating trauma and develop a treatment plan.
- Differentiate inpatient and outpatient challenges for patients from the trauma professional's perspective.
- Identify the overlapping mechanisms of coagulopathy in cirrhotic and trauma patients, apply principles of balanced and targeted resuscitation in cirrhotic trauma patients and develop a postoperative management plan for ascites in trauma patients with cirrhosis.
- Summarize the steps in the assessment of brain injured patients and examine the current clinical practice guidelines for severe traumatic brain injury.

Tuohy Foundation Aquatic Center

The Tuohy Foundation Aquatic Center at Cottage Rehabilitation Hospital features an outdoor, warm-water (92°) therapy pool. In addition to inpatient and physician-ordered outpatient aquatic therapy, the pool is used for a variety of programs that are open to the community, including personal training, independent exercise and swim, Arthritis Aquatic Exercise, and Aerobic Conditioning classes. In 2025, thirty participants attended the Arthritis Aquatic Exercise Class across 902 visits, twenty participants attended Aerobic Conditioning across 428 visits, and 270 community members used the Tuohy Foundation Aquatic Center for a total of 5,455 visits.

Warm Line

The Lactation Center's Warm Line allows clients to leave a message with non-urgent breastfeeding questions and concerns. An International Board-Certified Lactation Consultant returns their phone calls seven days a week from 8:00 a.m. to 8:00 pm. In 2025, the Warm Line received 106 calls.

Community Collaborations

In 2025, Cottage Health collaborated with community organizations to offer more than 10 programs that benefited patients and the broader community.

California Health Care Foundation and Trust

Cottage Health partners with California Health Care Foundation and Trust to support charitable activities at various independent hospitals and health systems in California. The California Health Care Foundation is an independent, nonprofit philanthropy that works to improve the California healthcare system to support access to care.

California Highway Patrol's Start Smart and Impact Teen Drivers

The Start Smart program is a driver safety education class that targets new and future licensed teenage drivers between the age of 15-19, their parents, and guardians. California Highway Patrol (CHP) officers discuss traffic collision avoidance techniques, collision causational factors, driver/parent responsibilities, and seatbelt usage. Testimonies are provided by officers who have investigated fatal collisions involving teens.

The CHP offers the Start Smart program to help newly and future licensed teen drivers become more aware of the responsibilities that accompany the privilege of being a licensed California driver. California teen drivers are found at fault in 66 percent of all fatal collisions they are involved in, although they represent only four percent of the State's licensed drivers. California has the second highest fatality rate involving drivers between the ages of 15-20, and motor vehicle collisions are the leading cause of death for Americans in this age bracket. In 2025, there were 25 attendees at the Start Smart presentation.

CenCal Health's Kid Program

Cottage Health has collaborated with CenCal Health to assist children and adults in obtaining appropriate non-emergent care. Case management and education is reviewed with the families to assist in the needs of the children at the time of the Emergency Department visit. CenCal is then notified regarding non-emergent care of patients, who then follow-up with the families to get them in touch with physicians or clinics in the community.

Children's Resource and Referral

The Orfalea Children's Center (OCC) partners with Children's Resource and Referral (CRR) to provide subsidies to low-income families for their childcare. Parents refer themselves to CRR to request and participate in Alternative Payment Program. CRR then sends OCC necessary documents to set an account for the family to proceed. CRR provides subsidies directly to OCC.

Council on Alcoholism & Drug Abuse (CADA)

Summit for Danny

Each year in October, all ages hike the trails of local mountains to raise funds for the Daniel Bryant Youth and Family Treatment Center, the first outpatient treatment center for teens in Santa Barbara. The event was inspired by local executive, Bob Bryant, who wanted to turn tragedy into hope after the loss

of his son Danny to a drug overdose.

The 25th Annual Summit for Danny Local Climb was held on October 18, 2025. Depending on fitness level, participants selected from one of two marked trails at Elings Park in Santa Barbara. Cottage Health sponsored the event, and 20 employees participated in the climb.

Homelessness Coalition

The Homeless Coalition is a group of various community-based organizations that meet every Monday at Santa Barbara Cottage Hospital to discuss and collaborate on how to serve vulnerable homeless individuals with medical challenges in the community. The coalition focuses on increasing the community support available to this population, increasing medical compliance, and decreasing inappropriate hospitalizations. Medical Social Work, Case Management, and Parish Nursing serve on the coalition along with Casa Cacique, Rescue Mission, Doctors Without Walls, Behavioral Wellness, Santa Barbara County Public Health Department, New Beginnings, AmeriCorps, and City Net.

Casa Cacique (formerly known as PATH)

Casa Cacique provides a program to help residents experiencing homelessness access the tools and services needed to build necessary life skills fundamental to self-sufficiency. Casa Cacique also provides 48,000 bed nights and serves up to 144,000 meals per year to homeless residents. Cottage Health provided Care Transition Grants in support of the Transitional Care and Recuperative Care Programs.

Partners for Kids

Partners For Kids is Santa Barbara County's first Pediatric Concurrent Care program designed to offer comprehensive, compassionate, and coordinated care to seriously ill children from birth to 21 years of age. Spearheaded by VNA Health and Cottage Health, eleven local organizations have come together to create a safety net for pediatric patients and their families to help them receive care close to home. Organizations include CenCal Health, Central Coast Home Health & Hospice, Dignity Health, Dream Foundation, Hearts Aligned, Hospice of Santa Barbara, Cottage Children's Medical Center, Teddy Bear Cancer Foundation, Make a Wish Foundation, and VNA Health.

This innovative partnership program allows children with life-limiting or life-threatening conditions to receive both curative and palliative treatments simultaneously, ensuring that they have access to a full spectrum of care that addresses their medical, emotional, spiritual, and family needs. Partners For Kids is rooted in the belief that every child deserves the best possible care, regardless of the stage of their illness. Key features of this Pediatric Concurrent Care Program include simultaneous curative and palliative treatments, multidisciplinary care teams, family centered approach, and increased access to resources.

The programs and services offered by Partners for Kids are available to children under the age of 21 who have been diagnosed with serious, chronic, or life-threatening illnesses. Partners For Kids began informally in 2024 and served a total of 12 patients and their families in 2025. Fifty clinicians completed in-depth pediatric palliative care and hospice training generously funded by the J.S. Bower Foundation. Referrals can be made by physicians, hospitals, or through a direct family request.

Sanctuary Centers

The Cottage Community Partnership Grants as part of the Behavioral Health Initiative is funding the Child and Adolescent Grant. The program provides free child psychiatric and mental health services. The program is led by a child psychiatrist at Sanctuary Centers and includes two bilingual licensed marriage and family therapists and sees more than 50 patients per year.

Santa Barbara County Education Office (SBCEO)

Orfalea Children's Center Subsidy Program

The Orfalea Children's Center (OCC) partners with Santa Barbara County Education Office to provide subsidies to low-income families for their childcare. Parents refer themselves to SBCEO to request and participate in Alternative Payment Program. SBCEO then sends OCC necessary documents to set an account for the family to proceed. SBCEO provides subsidies directly to OCC.

Partners in Education

Partners in Education (PiE) is a non-profit organization with members from business, industry, government, elementary and secondary schools, community colleges, and four-year colleges. The mission of Partners in Education is to develop outstanding graduates in the Santa Barbara area. Efforts began in 1977, and core programs include Computers for Families, Career Education, Workforce Development, Technology Innovation in Education, Volunteer Recruitment and Coordination, and the Student Internship programs. Cottage Health's President and CEO is on Partners in Education's Board of Directors. Volunteer Services represents Cottage Health on the Career Education committee.

Cottage Health has worked collaboratively with Partners in Education to support their program objectives to enhance our community impact. Partners' mission is to connect businesses and individuals with schools and the organizations that serve them to help improve public education in ways that support a more vibrant economy, the health of the community and the well-being of local children and their families. To continue building upon this collaborative success, Cottage Health and Partners in Education has designed a volunteer recruitment model that streamlines efforts in responding to Partners' volunteer requests. The "Career Ambassador Program" is facilitated by Cottage Workforce Development, which is made-up of Cottage employees who desire to take part in volunteer opportunities with Partners in Education. Over the last several years, Cottage employees have responded to the call and have volunteered their time to contribute towards this mission in various capacities.

In 2025, two members of the Cottage Health executive team sat on the Partners in Education Board of Directors. Cottage Health's Chief Human Resources Officer and VP of Human Resources served as the President of the board. In addition, the manager of Workforce Development continued work on a board subcommittee to increase the number of paid student internships at community employers. Cottage Health continued to expand student opportunities and hosted 8 graduates of the Job Readiness Training program as paid interns for 80 hours each. This volume of interns represented a 100% increase in opportunities from the previous year. Cottage Health continued involvement in activities like Career Coaching, Career Day, and Financial Literacy. Throughout the year, two Cottage Health employees served as Career Coaches for the Job-Readiness Training Program and an additional six employees sat on career exploration panels.

Santa Barbara Neighborhood Clinics

Santa Barbara Neighborhood Clinics (SBNC) is a non-profit Federally Qualified Health Center (FQHC) dedicated to providing high quality, comprehensive, and affordable care. SBNC also provides information about obtaining health insurance coverage for people who are uninsured. SBNC has two dental clinics and four medical clinics. They offer family practice, women's health, pediatrics, case management for chronic illnesses, preventive care, HIV/Hepatitis C testing, and behavioral health services. Cottage Health provided a community grant in support of these services.

Sarah House

Sarah House provides a home and end-of-life care for people with low income in addition to providing care to those living with AIDS. Services include private bedrooms in a shared living environment, nutritious, home cooked meals, and assistance in an atmosphere of unconditional kindness and comfort. Sarah House collaborates with local hospice providers, integrating high-quality medical care into a warm home setting. Cottage Health provided a Care Transition Grant in support of medical respite beds for the low-income population.

Tri-Counties Regional Center – Early Start Services

Tri-Counties Regional Center provides Early Start Services to children at the Orfalea Children's Center (OCC). Early intervention services are provided to infants and toddlers from birth to 36 months of age. The OCC makes the referral for a family with a special needs child, such as a child needing assistance with language acquisition. Tri-Counties then sends specialists to both the family's house and OCC to perform assessments and, if necessary, provides on-going support for the child. Sessions typically last about an hour each and occur based on the individual child's needs. This program is coordinated by Tri-Counties Regional Center and public-school districts.

United Way of Santa Barbara County

Financial Support

Cottage Health supports United Way of Santa Barbara County through one of the largest employee campaigns in the County.

Fun in the Sun

The Fun in the Sun / Lunch Bunch program is a highly specialized summer enrichment program for at-risk children. The goals are to build positive self-esteem, behavior choices and provide quality educational enrichment with an emphasis in reading achievement. Lunch Bunch is an intentional time for volunteers to be a positive role model for the Fun in the Sun children.

Volunteers attend Lunch Bunch at the campus where Fun in the Sun is taking place. Cottage has developed a special program that brings Fun in the Sun to Santa Barbara Cottage Hospital, which enables employees to participate in Lunch Bunch without leaving the hospital.

School Field Trips

In 2025, in partnership with the Program for Effective Access to College (PEAC) Foundation, the Santa Barbara Unified School District, and the JS Bower Foundation, Cottage Health offered two opportunities for an On-site Field Trip (one in May and again in December).

In the opening session, representatives from Cottage Health partnered with representatives from Santa Barbara Unified School District to introduce the idea of the career paths that may not be visible (yet) to students. Over the course of 5 hours, 40 students rotate through 4 activities on a 45-minute rotation. In groups of 10, the students meet with representatives from surgical services, nutrition services, laboratories sciences, and therapy services. In total 50+ jobs and careers are represented while students hear brief presentations, engage in hands-on activities, and tour through working areas of the hospital. In the closing session, the group reconvenes to identify the new job paths available to them upon graduation.

Post-activity evaluation feedback from teachers and students was overwhelmingly positive. 100% of students who completed an evaluation indicated they would do the program again and/or recommend it to other students.

Key quotations from students:

- “This fieldtrip was very fun and educating including hands-on experiences!”
- “This was the most fun and interesting fieldtrip I have ever been on!”
- “It was very cool seeing all the different jobs you normally wouldn’t see.”
- “It’s really good experience to know that healthcare isn’t only for doctors and nurses.”

VNA Health’s Serenity House

Serenity House is an 18-bed inpatient hospice house that provides care for hospice patients whose needs cannot be met at home. Serenity House provides round-the-clock medical care from a team of specially trained doctors, a nurse practitioner, nurses, social workers, spiritual counselors, hospice aides, and volunteers that support emotional, spiritual, and practical concerns. Cottage Health provided a Care Transition Grant in support of these services for low-income and non-funded patients.

WillBridge

WillBridge’s program focuses on rebuilding self-confidence, self-esteem, and self-respect for the homeless and mentally ill. Structure, discipline, peer accountability, and self-accountability aid in reintroducing people to interactive and fruitful daily lives. Cottage Health provided a Care Transition Grant in support of transitional beds for people who are experiencing homelessness.

HEALTH EDUCATION & RESEARCH

California State University Channel Islands Nursing Program at Cottage Health

The California State University (CSU) Channel Islands Nursing Program at Cottage Health (CI Nursing Program at Cottage) was the first Bachelor of Science in Nursing (BSN) program in Santa Barbara County. The program aims to educate nurses who will care for Santa Barbara County communities for decades to come. Students residing in the county are prioritized for admission and considered even higher priority if they have successfully completed a regional high school health or bioscience academy.

In 2025, between the CSUCI Goleta and Camarillo campuses, 76 BSN students were accommodated for clinical rotations at Cottage facilities. Almost all students are local residents. Students are divided into three cohorts comprising first year, second year, and third year students.

Cottage Health continues to value the exceptional education offered by CSU Channel Islands. Cottage's nursing leadership sees the quality of the curriculum and simulation lab education during students' clinical rotations. Each semester, students complete mentored rotations in patient care units, and clinical managers consistently say that the students are talented, dedicated, and well-prepared to assist as caregivers. Once students complete the program and their nursing licensure, they are recruited by Cottage and other healthcare providers.

To ensure that this Goleta-based Extended University program remains affordable for low-, moderate-, and middle-income students, Cottage Health provides 100% of the program funding. Without Cottage's support, each student's tuition would be approximately twice as much as the tuition paid by main campus students.

In addition, CSU Channel Islands initiated a Master of Science in Nursing (MSN) program through their Camarillo campus. Areas of focus for these master's prepared nurses include Family Nurse Practitioner (FNP) certification and Education. CSUCI MSN graduates help to close the gap in nursing school faculty and Advanced Practice registered nurses within the community. In 2025, Cottage Urgent Care Centers hosted 12 CSU Channel Islands FNP students during their clinical rotations, and CSUCI FNP graduates are now employed in Cottage bilingual Telehealth Provider and Urgent Care Provider roles.

Clinical Rotations

Approximately 100 healthcare profession students completed clinical rotations at Cottage Health facilities in addition to the primary Cottage academic partnerships. A sampling of student types includes University of the Pacific Pharmacy students (10), Physical Therapy, Occupational Therapy and Speech Pathology students from various schools including San Jose State University and the University of Southern California (19), Career Care Institute X-ray Technology students (12), Simi Institute for Careers and Education Respiratory and Surgical Technician students (9), Physician Assistant students from Touro University, Samuel Merritt University, and Dominican University of California (6), Allan Hancock Community College Paramedic students (5), and Psychology students from Antioch University (3).

Cottage Health Research Institute

Cottage Health Research Institute (CHRI) provides expertise, consultation, education and administrative support for the translation of clinical and academic research and scholarly training for future physicians and other healthcare professionals. From developing comprehensive care plans for low-birth-weight infants to rehabilitating patients to walk again through new robotic technologies, CHRI supports more than 250 research projects annually to help discover new cures and better practices for health care of the future.

Graduate Medical Education

Santa Barbara Cottage Hospital's diverse range of cases and venues provides incredible opportunities for learning through the Graduate Medical Education program for medical residents in internal medicine, surgery, pediatrics, and radiology. Residents take on significant responsibilities for patient care and are always supported by attending physicians. Internal medicine and surgery residents staff a county-operated ambulatory care facility with primary care and referral clinics to accommodate the needs of low-income patients. Any patient who is seen at this facility and requires hospitalization is admitted to Santa Barbara Cottage Hospital and cared for by residents. The diverse student body is recruited from prestigious medical schools across the United States and abroad.

Medical Research Grants

The Cottage Health Research Grant Program, supported by the Cottage Health Research Institute (CHRI), promotes educational activities related to medical research and facilitates quality medical research by providing financial and grants preparation support for proposed research projects affiliated with Cottage Health. In 2025, the Cottage Health Research Institute provided \$28,477 in the form of a research grant to Dr. Nitika Parmar (CSUCI) to fund "Impact of sugar substitutes, synthetic/artificial and natural zero calorie sweeteners on the growth, metabolic footprint and chemical sensitivities of the human oral microbiome from women based on their disease status and dietary habits."

CHRI provides ongoing support of the Nursing Research Training Program, a program of the Nursing Research Consortium. The program aims to promote and support the advancement of nursing research across the continuum (novice to expert) through 1) building collective knowledge of research at Cottage and 2) developing skills and capacity to conduct high-quality nurse research in the hospital and community through multimodal, hands-on learning opportunities.

Neonatal Health Professional Education

Neonatal health professional education offerings included Neonatal Nursing, Physician, and Respiratory Care Simulation and Training with Lompoc Valley Medical Center (LVMC). This collaboration brought the Cottage Neonatal Team to LVMC to do hands-on skills training and simulation with neonatal health professionals. In 2025, these teams served 15 neonatal health professionals.

Neonatal Resuscitation Program (NRP)

The Neonatal Resuscitation Program is an educational program that introduces the concepts and basic skills of neonatal resuscitation. Cottage Neonatal Intensive Care Unit offers the class for free for community providers. In 2025, 8 classes were held with 11 community provider participants.

SAGE Medical Library

SAGE Medical Library is the largest hospital library between Los Angeles and San Francisco. It serves the entire Santa Barbara community including physicians, hospital staff, patients, students, medical researchers, and the public by appointment. SAGE Medical Library offers the following services:

- 24/7/365 availability for employees
- 2 librarians with Master of Library Science degrees to educate, train, and assist patrons
- 1 computer for public use
- Over 1,200 online medical and nursing e-books
- Extensive collection of bio-medical and health science journals available through online medical databases
- Over 700 medical and nursing print reference textbooks
- Consumer Health resources
- Member of the National Network of Libraries of Medicine
- Patient and public virtual access to Medical Librarians available Monday through Friday from 8 a.m. to 4:30 p.m. by appointment

SAGE Medical Library partners with academic institutions to provide healthcare students with research education. Key partnerships include Santa Barbara City College (SBCC), California State University, Channel Islands (CSUCI), and Westmont College. The Library provides education support to the various medical education programs at Cottage Health, including the four residency programs (Internal Medicine, Pediatrics, Radiology, and Surgery), the Nursing Research Training Program, and continuing medical education.

San Marcos High School's Health Careers Academy

San Marcos High School's Health Careers Academy began in 2001 and has been a vital program in the community, educating students who have a desire to go into the medical field. The Health Careers Academy is a three-year program that offers courses at San Marcos High School and Santa Barbara City College.

The program includes a hands-on classroom, for which Santa Barbara Cottage Hospital assisted in acquiring hospital equipment, including hospital beds, wheelchairs, patient lifts, and many other miscellaneous supplies. This has been a great help in educating the students on learning the proper use of various medical equipment prior to working with patients.

As the new Coordinator of the Health Careers Academy completed her first year on the job, the program has seen incredible growth and program development. The Coordinator attended 2 conferences and 4 education site visits to learn and evaluate new curriculum to incorporate into the program. Multidisciplinary staff throughout Cottage Health continue to present on career paths and education

plans on a bi-weekly basis. Presentations include Pharmacy, Therapy Services (PT, OT, SLP, and Therapeutic Recreation), Medical Imaging, Nursing, Clinical Informatics, Laboratory Sciences, Healthcare Finance, Point of Care Ultrasound, Resident Physicians, Advanced Practice Providers, Respiratory Care, Surgical Services, Sustainability in Healthcare, Simulation Education, and Volunteer Services.

As of 2025, the Health Careers Academy Program graduated 800 students, and 273 of those students graduated as Certified Nursing Assistants. Students in the program have moved on to nursing programs, medical schools, United States Armed Forces, and various areas of other medical service. At this time, 35 of these students are now employed at Cottage Health.

Santa Barbara City College

Cottage Health partners with academic institutions to provide healthcare students with opportunities for clinical experiences. A key partnership is with Santa Barbara City College (SBCC). Those completing their clinical rotations throughout Cottage facilities include students from the following programs: Associate Degree in Nursing (164), Licensed Vocational Nursing (14), Radiology Technician (27), Emergency Medical Technician (187), and Medical Assistant (6). Graduates from these programs are employed at Cottage Health in roles such as Clinical Nurse, Patient Care Technician, and Radiology Technician.

Scholarships for Professional Clinical Education

Exceptional candidates were awarded scholarships in 2025 for clinical education. The students each received scholarships of ranging from \$3,000-\$6,000 to continue their education in a clinical field. Thirteen scholarships came from the Santa Ynez Valley Cottage Hospital Foundation, and six scholarships were awarded by Santa Ynez Valley Cottage Hospital Volunteer Services. A total of \$78,000 in scholarships were awarded.

University of California, Santa Barbara

Cottage Health partners with University of California, Santa Barbara (UCSB) to support education, training and research for clinical staff, researchers, and students. One component of the partnership with UCSB involves offering clinical experiences in the Emergency Departments for UCSB Emergency Medical Technician (EMT) students. Students have the chance to observe the continuum of care for patients arriving by paramedic transport. A total of 97 EMT students were accommodated at the Santa Barbara, Goleta Valley and Santa Ynez Emergency Departments in 2025.

Westmont College

To increase the number of baccalaureate prepared nurses within the community, Cottage Health partnered with Westmont College to support an Accelerated Bachelor of Science in Nursing (ABSN) Program. Students with a bachelor's degree complete nursing specific coursework within sixteen months to prepare for licensure as a registered nurse. Cottage Health provides opportunities for clinical and leadership experiences and hosted 122 ABSN students in 2025.

Women's Health Lunch & Learn

Cottage Health Research Institute hosted a Women's Health Lunch & Learn on Friday, September 12, 2025, featuring a fireside chat titled “Lifting the Fog: Understanding the Impact of Menopause on Sleep, Mood, and Cognition.” The event was held in-person and via Zoom, with more than 100 attendees.

Speakers Jane Varner, MD (Medical Director of Adult Primary Care, Cottage Health) and Emily Jacobs, PhD (Professor of Neuroscience, UC Santa Barbara) discussed cognitive changes for women during menopause and highlighted support for AB 432, legislation aimed at improving menopause care training and insurance coverage.

FUTURE DIRECTION

Cottage Health's hospitals have sought to improve the health outcomes of patients and community members in Santa Barbara County for more than 130 years. Community outreach programs and strategies have been ongoing in the seven priority health areas for many years. With a focus on population health, Cottage Health continues to serve the community through these long-standing community benefit strategies, while seeking opportunities to align these efforts with broader initiatives and priority areas. In addition, key programs and strategies will address these priority areas through a population health approach.

Cottage Health will promote significant population health improvements among patient, community, and insured populations, focusing on vulnerable demographics (e.g., individuals experiencing homelessness, low-income, no high school degree, Medi-Cal, and children) and using evidence-based programs and policies. Key programs addressing health needs of priority populations will focus on these often-overlapping populations.

Taking this Population Health approach, we ask the following questions and take the following steps:

1. What is the problem and who is impacted? These questions help identify the populations that are experiencing health needs, particularly populations experiencing health disparities. While there are many health issues affecting communities at large, it is important to understand which populations are affected the most by these needs.
2. Why this population? Further delving into the population in need, we seek to understand why this population in particular is experiencing this health need.
3. What is the plan for action? Working with the identified population, this population health approach helps determine the best plan of action in the form of programs, strategies, research and/or partnerships to address health needs.

These programs and strategies will become leading components of our community benefit work and will follow the population health model — backed by science, focused on systems change and supported by strong community partnerships. Through this approach, Cottage Health will prioritize, select, implement and evaluate interventions addressing root causes and improving the health of the community in sustainable ways.