



THE BOTANICAL BUS
BILINGUAL MOBILE HERB CLINIC

YEAR-END REPORT 2021





MISSION

The Botanical Bus (501c3) is a bilingual mobile herb clinic that empowers holistic health by-and-for Latinx and Indigenous people through culturally relevant, community driven programs.

WHO WE ARE

We are Promotora Community Health Advocates (CHAs) and integrative health practitioners coming together to provide upstream, culturally relevant integrative health services to the Latinx and Indigenous community in Sonoma and Napa Counties.

WHAT WE DO

The Botanical Bus: Bilingual Mobile Herb Clinic takes community-based action for health equity. We are driven by the proven success of the self-healing community model in which holistic health is empowered by the people, for the people.



We meet our Latinx and Indigenous clients where there are- at vineyard worksites and trusted family service centers- to provide upstream, culturally relevant health services including massage, acupuncture, physical therapy, somatic therapy, diabetes prevention and care, clinical nutrition and herbalism. Our programs, led by Promotora CHAs, include Farmworkers Clinics and wellness workshops.

FARMWORKER CLINICS & WELLNESS WORKSHOPS

At The Botanical Bus Farmworker Clinics, clients are welcomed with music, tamales and herbal agua frescas. Care stations are staffed by bilingual, bicultural practitioners who provide massage, acupuncture, physical therapy, somatic therapy, diabetes prevention and care, clinical nutrition and herbalism.

The Botanical Bus Wellness Workshops, offered online, at family service centers, and as part of our clinics,

empower indigenous knowledge of herbal medicine through the exchange of remedies, recipes and medicine made in community. Wellness topics, determined by community needs assessment, include: Diabetes Prevention and Care for Campesinx; Meditation for Stress Management; Art Therapy Printmaking with Plants; and Building Your Immune System with Herbal Medicine.

PROMOTORA PROGRAM

The Botanical Bus Promotora CHAs are a team of eight Latinx and Indigenous women who provide trusted, culturally relevant health services to their own community through our clinic and wellness workshops as massage therapists, nurse practitioners, somatic therapists, artists, activists and herbalists. In 2021, The Botanical Bus Promotoras completed 98-hours of conventional and complementary health education and community leadership training. Promotora CHAs are the heart of The Botanical Bus and our programs guided by their leadership.



OUR IMPACT

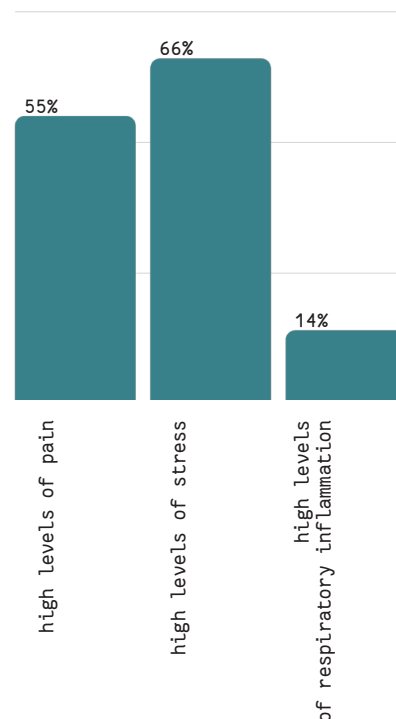
In 2021 The Botanical Bus: Bilingual Mobile Herb Clinic provided:

- 339 clients with 984 direct integrative health services through 19 Farmworker Clinics
- 355 community members with bilingual, bicultural integrative health education through 19 wellness workshops
- 291 CHAs from partner CBOs with integrative health education through seven train-the-trainer wellness workshops

- 98 hours of conventional and complementary health education and community leadership training for our team of eight Promotora CHAs
- 574 mutual aid herbal care kits to Farmworkers and their families

Working with community partners, we were able to provide services at the following locations: La Plaza: Nuestra Cultura Cura in Santa Rosa; Corazón in Healdsburg; La Luz Center in Sonoma Valley; Graton Day Labor Center and Guerneville Elementary School in West County; and Silver Oak Vineyard in Napa Valley.

MOST COMMON SYMPTOMS



*339 total clients reported symptoms



SERVICES OFFERED

- Acupuncture
- Art Therapy
- Bowen Work
- Clinical Herbalism
- Herbal Remedy Making (Fire Cider)
- Homeopathy
- Massage
- Physical Therapy
- Registered nurse diabetes prevention and care
- Registered Nurse Foot Care
- Reiki
- Somatic Therapy

TESTIMONIALS

"This work is truly where healthcare needs to go-out into the community, meeting people where they are, and learning about the needs of the community before deciding how to serve them."

-**Connie Earl**, DO, family physician, chief medical officer of Innovation and medical director of Wellness Services at West County Health Centers

"In these moments of instability that we all feel due to the current crisis (COVID pandemic), this clinic resource helps free us from stress and gives us peace in knowing this incredibly relaxing experience is within our reach."

-**Eric Longoria**, Clinic Participant



"This was a new experience for me. I feel comforted and heard by all the people who are here to help us."

-**anonymous**, Clinic Participant

"The service that you are providing to our community is very helpful for those of us with limited resources and without the opportunity to have medical insurance"

-**anonymous**, Clinic Participant

PRESS COVERAGE IN 2021

Sonoma Magazine, ["Sonoma Activist Promotes Healing in Latino Community with Botanical Bus"](#)

by Nate Seltenrich, April 2021

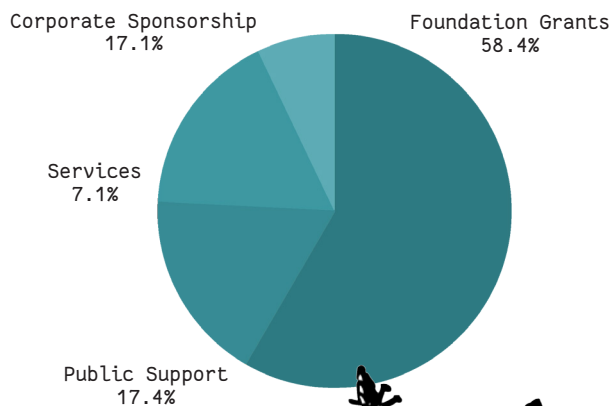
Women's Health, ["This Herbalist Is Bridging The Healthcare Gap For Latinx Farmworkers In Wine Country"](#) by

Cristina Goyanes and photographed by Carlos Chavarría, October, 2021

FINANCIAL OVERVIEW

Our culturally relevant health services are made possible due to the generous support of our donors. Here are the types of funding we receive:

SUPPORT



FINAL SUMMARY

In response to the disproportionate impacts of COVID on the communities we serve, The Botanical Bus has sustained an expansion of our services. This year marks the first full year in operation of The Botanical Bus Farmworker Clinic. We invested in a growing team, community partnerships and Promotora CHA training programs to meet our goals for clinic attendance and integrative health care services provided. Most importantly we listened to our clients and instituted change in response to community needs assessment.

According to our 2021 clinical intake, a majority of our Latinx and Indigenous clients reported acute stress in the form of anxiety, depression and fatigue. For more than a quarter of these clients, this level of stress was identified as debilitating. We believe that this mental health crisis needs to be met with culturally relevant care-care that empowers wellbeing through self-healing. Our services which include massage therapy, acupuncture, somatic therapy and herbalism are proven effective treatments for stress related conditions and can empower clients to access wrap around health services. According to a recent study published in the Journal of Agromedicine: of the 20% of Farmworkers who access massage therapy, 85% seek treatment for an acute condition and 100% feel the treatment is very helpful. And of the 65% of Farmworkers who use herbal medicine, 79% seek treatment for an



acute condition and over 90% have found them very helpful. (Arcury, Furgurson, O'Hara, Miles, Chen and Laurienti)

In Fall 2021, we successfully pivoted in response to client feedback to provide 67% more 1:1 care sessions per client. We grew our team of volunteer practitioners, translators and clinic administrators to over 40 dedicated individuals and hired a part-time program director. Our clinics are currently pre registered to capacity with waitlists. In 2022, we will continue to invest in the sustainable growth of our Farmworker Clinics by hiring Promotoras into leadership positions, continuing to develop a robust volunteer program and seeking out new partnerships to meet the critical demand for our services. This year we successfully organized our largest clinic at a vineyard worksite. Sponsored by Silver Oak in Napa Valley, our clinic provided upstream, integrative health care to 45 vineyard workers out in the field during a four-hour paid shift. We hope to make this model of care increasingly accessible to Farmworkers in the year to come by organizing more worksite clinics in partnership with local health centers, community based organizations and vineyard management.



Thomas A. Arcury, Katherine F. Furgurson, Heather M. O'Hara, Kenya Miles, Haiying Chen & Paul J. Laurienti (2019) Conventional and Complementary Therapy Use among Mexican Farmworkers in North Carolina: Applying the I-CAM-Q, *Journal of Agromedicine*, 24:3,257-267, DOI: 10.1080/1059924X.2019.1592049

In a year of much change and growth for a new non-profit, we were able to sustain and innovate our Wellness Workshop program to offer hybrid in-person and online workshops. Attendance and group participation increased and diversified as we brought people together across international borders from kitchens in Hidalgo, Mexico and gardens in Santa Rosa, CA to the virtual Zoom room. The Botanical Bus programs recognize culture and community as unlimited and invaluable health resources. Our team of eight Promotora CHAs are the founders, directors and coordinators of our programs. Through our work together we invest in the power of Promotoras to take action for health equity in their own communities.

HOW TO GET INVOLVED

The Botanical Bus is a 501(c)3 nonprofit that is able to provide services thanks to the contributions of our donors. Please consider making a donation today via our website: www.thebotanicalbus.org/donate or via check (checks can be made out to "The Botanical Bus" and mailed to 8128 Bodega Ave, Sebastopol, CA 95472.

If you would like to make an in-kind donation of herbs, supplies, etc. please see out current "Clinic Wish List": <https://thebotanicalbus.org/clinic-wish-list/>

If you manage a vineyard or agricultural worksite and are interested in hosting a clinic please contact us at info@thebotanicalbus.org

All donations are tax deductible.
Tax ID# 84-3039239

WANT TO LEARN MORE?

Please visit our website at www.thebotanicalbus.org, follow us on Instagram [@botanicalbus](https://www.instagram.com/botanicalbus) or Facebook [@bilingualmobileherbclinic](https://www.facebook.com/bilingualmobileherbclinic) or email us:

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