



Botanical Bus 2025 Impact Report



Prepared by Yoonyoung Kwak and Sarah Underwood



**Stats &
Consulting**



Acknowledgement

This evaluation was made possible, on the unceded land of the Pomo, Coast Miwok and Wappo people, in relationship with the earth and its plant medicine, and in collective commitment to healing justice. We extend deep gratitude to the Indigenous people who tend the land and keep essential traditional ecological knowledge alive in our communities.

We thank the Botanical Bus care-providing team, that includes the nine staff who founded and lead our programs, 13 clinical apprentices and 100+ volunteers. Together, we cultivate community care rooted in reciprocity, belonging and cultural wealth.

In turn, we thank the Latine and Indigenous communities we belong to and serve. Your lived experience, love and courage to find your own path to healing brings us strength. Thank you for sharing your voice and wisdom. Your stories live in our hearts and in our work.

This work happens at care hubs, in partnership with sister community organizations, that include family resource centers and Federally Qualified Health Centers. Thank you La Plaza: Nuestra Cultura Cura; Centro La Luz; Lideres Campesinas; First Five of Sonoma County; Petaluma Health Centers & the Coastal Health Alliance; Santa Rosa Community Health; LandPath's Bayer Farm; Boys and Girls Club of Roseland; Child Parent Institute; Community Action Network; North Bay Regional Center; Jobs With Justice; On the Margins; Sonoma State University; Sonoma County Department of Education; Corazón Healdsburg; and La Familia Sana for co-creating with us vital community spaces and care networks.

Thank you also to the partnerships that connect us to the land: Green Valley Mill + Farm and Bramble Tail Apothecary for access to the land where we tend and harvest medicinal plants; Galen's Way, who donates the highest quality herbal medicine to stock our mobile clinic tincture apothecary; Farm to Pantry and the local farmers of Celebrating Women's Leadership in Food, who donate over 1,200 lbs annually of locally grown produce for distribution at Botanical Bus clinics.

Finally, we are profoundly grateful for our funding partners, whose generous financial support makes our programs possible and allows us to continue expanding access to care. Special thanks to the Healthcare Foundation of Northern Sonoma County who funded this equitable evaluation work.

Together we form a powerful circle of reciprocity, in which each one of us heals in relationship to the other. Thank you for being a part of this circle. Your contribution is radical love, collective action and shared commitment.

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The Botanical Bus Approach

Botanical Bus is a bilingual mobile clinic that provides place-based, culturally-centered, collaborative healthcare so that Latine and Indigenous immigrant communities experience healing justice.



Who We Are

We are founded and governed by Latine and Indigenous immigrant women and certified Community Health Workers. We envision Latine and Indigenous immigrant communities living in full equity — with freedom, dignity, and power to access healthcare and choose our own paths to healing. We co-create a future in which systems of oppression no longer separate people from the land, culture, and care that affirm our belonging. We practice community care that cultivates intercultural alliances and deepens our connection to each other and to the earth.

Our work is rooted in Apapacho — from the Nahuatl word papachoa, meaning to embrace with the heart. In our care circles, we center culture, connection, and belonging as essential to wellbeing. We honor traditional ecological knowledge and nurture safety, trust and joy through ceremony, Convivencia^[1], and trauma-informed care. We practice healing justice through shared leadership and reciprocity, grounded in the belief that “if you heal, I heal —we are all medicine”.

What We Do

We expand access, reduce disparities, and improve health outcomes by advancing cultural belonging as a social determinant of health. Our mobile services, provided in partnership with Federally Qualified Health Centers and family service centers at community care hubs, include herbalism, nutrition, massage, acupuncture, foot care, art therapy, mindfulness, community circles, shared meals, produce distribution and warm referrals into wrap around care.

Why it Matters

Latine and Indigenous immigrants face significant health disparities shaped by systemic inequities, including heightened barriers related to migration status and fear of deportation. Our mobile services are place-based because access to health services is shaped by residential segregation, transportation barriers, and workplace conditions. Our programs are culturally centered because healing justice requires valuing cultural knowledge, identity, and lived experience. Our services are collaborative because multi-sector, community-driven partnerships deepen engagement and build shared infrastructure for integrated car

[1] Convivencia is a Spanish word that means coming together, shared community time, and nourishing coexistence.

Evaluation Methodology

Data Collection

This evaluation draws on data collected across two primary service types offered by Botanical Bus: clinics and workshops. For each service type, data collection procedures were tailored to reflect the nature and depth of participant engagement.

Mobile Clinics. For mobile clinic participants, four types of records were collected: service records, client records, client intake forms, and exit surveys. Intake forms were administered at the point of service entry and gathered information across several domains, including participant demographics, perceived barriers to healthcare, access to food and healthcare resources, insurance status, and self-reported health information related to diabetes. Intake forms also included two validated mental health screening instruments — the GAD-2, which screens for generalized anxiety disorder, and the PHQ-2, which screens for depression — providing a brief but standardized assessment of participants' mental health at the time of service.

To track outcomes over time, clinic participants completed intake forms on a repeated basis across visits, enabling longitudinal comparison of individual responses. This repeated-measures approach allows for analysis of changes in health indicators, access, and barriers over the course of a participant's engagement with clinic services.

Exit surveys were also collected from clinic participants following their visits. To encourage candid feedback, exit surveys were administered anonymously. They included questions about how clinic services helped participants address or overcome barriers to healthcare, as well as satisfaction ratings measured on a 4-point scale. Open-ended questions were also included to capture qualitative feedback and allow participants to describe their experiences in their own words.

Wellness Workshops. Data collection for workshops was more limited in scope. Only service records of event information and attendance were logged.

Analytic Approach

Given the differences in data collection across service types, analyses were conducted separately for clinics and workshops. Clinic data support both cross-sectional and longitudinal analyses, including changes in mental health screening scores, reported barriers, and healthcare access across repeated visits. Satisfaction and barrier-reduction findings from exit surveys are reported descriptively, with quantitative data summarized from the 4-point scale items and qualitative themes drawn from open-ended responses. Workshop data are reported primarily as counts of attendance, reflecting participation volume rather than individual outcomes.

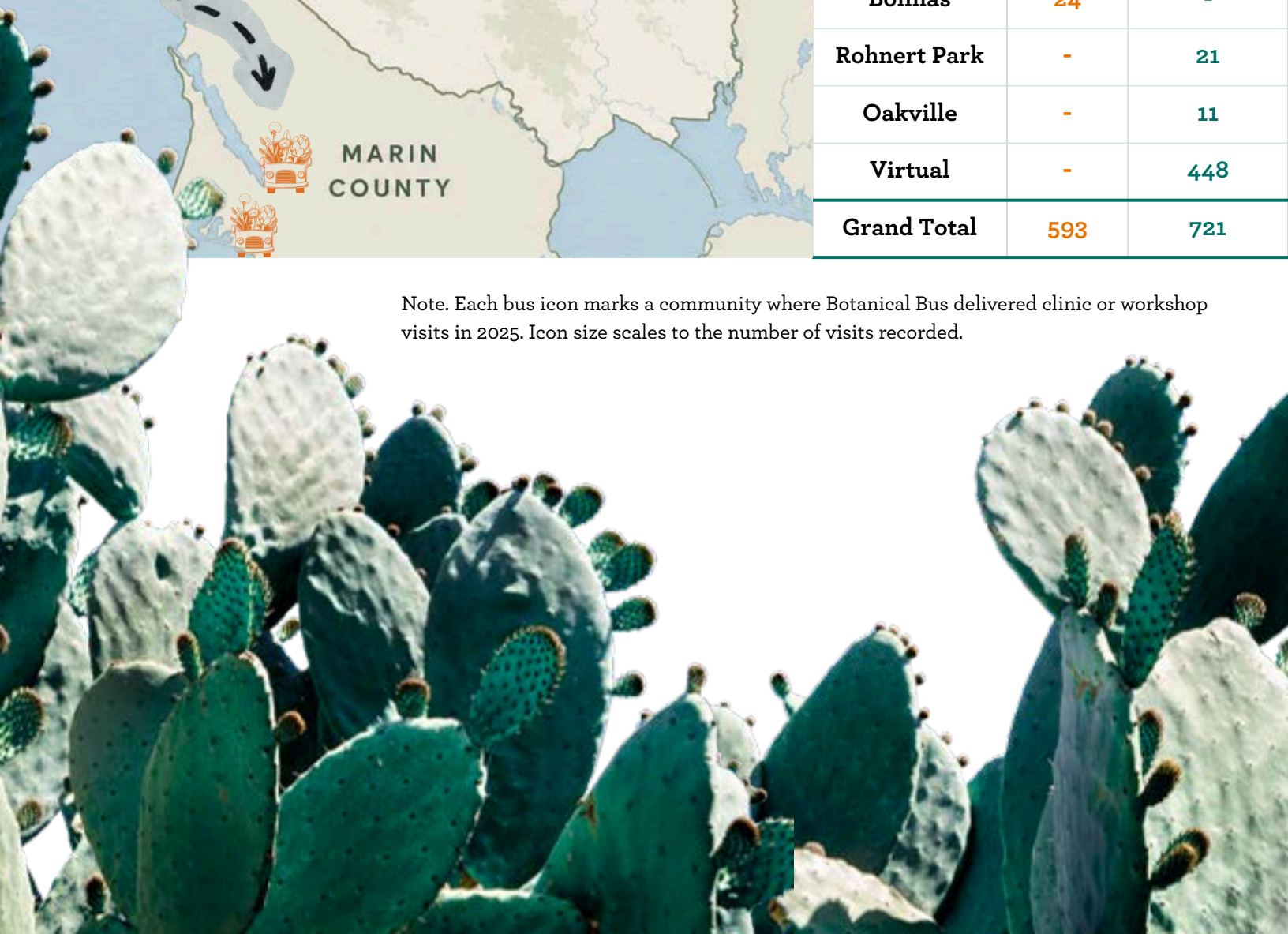
Botanical Bus 2025 Participation Summary

PARTICIPATION BY COMMUNITY



Community	Clinic	Workshop
Santa Rosa	449	78
Napa	-	69
Sonoma	57	-
Cloverdale	-	53
Graton	-	41
Pt Reyes	35	-
Guerneville	28	-
Bolinas	24	-
Rohnert Park	-	21
Oakville	-	11
Virtual	-	448
Grand Total	593	721

Note. Each bus icon marks a community where Botanical Bus delivered clinic or workshop visits in 2025. Icon size scales to the number of visits recorded.

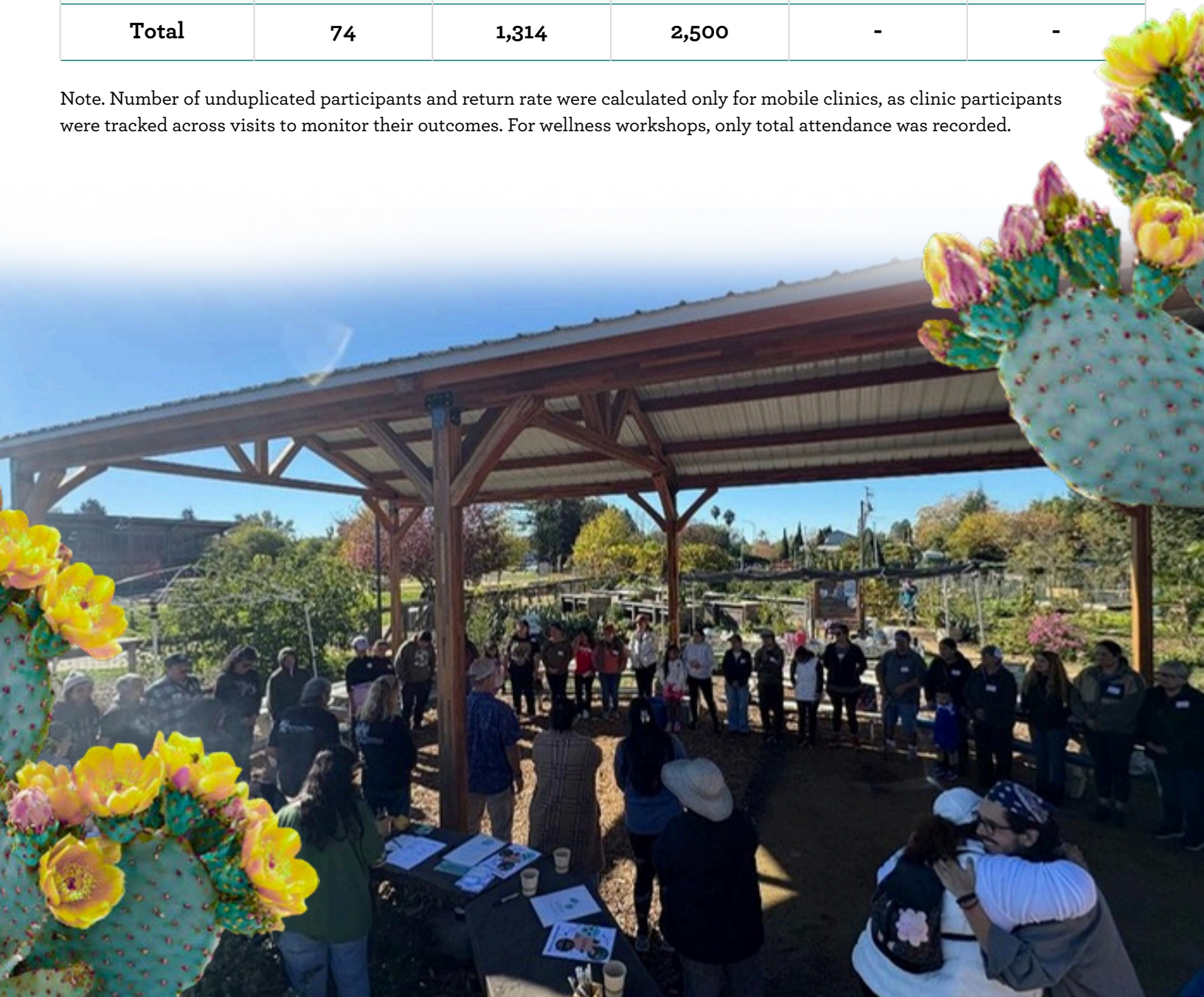


Attendance & Services

In 2025, Botanical Bus provided 2,500 direct healthcare services to 1,314 participants through 28 mobile clinic events and additional 46 wellness workshops in Sonoma, Marin, and Napa counties.

Service	Number of Events	Participants	Number of health services provided	*Unduplicated Participants	*Return Rate
Mobile Clinic	28	593	1,779	382	39%
Wellness Workshop	46	721	721	-	-
Total	74	1,314	2,500	-	-

Note. Number of unduplicated participants and return rate were calculated only for mobile clinics, as clinic participants were tracked across visits to monitor their outcomes. For wellness workshops, only total attendance was recorded.

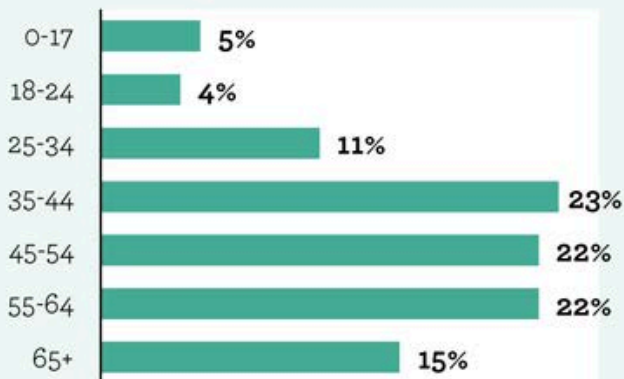


Who We Serve through Mobile Clinics

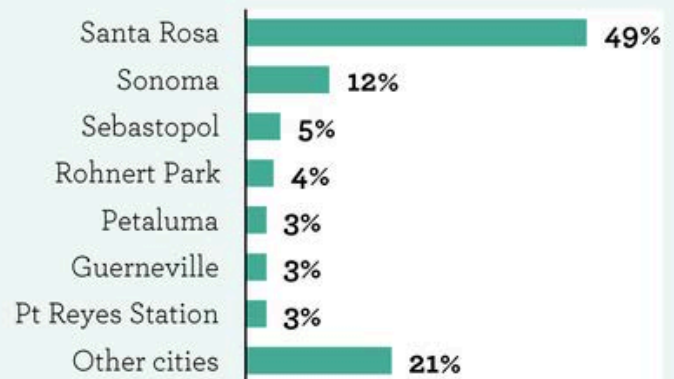
Demographics

Botanical Bus participants reflect the rich diversity of Sonoma, Marin, and Napa Counties' Latine and Indigenous communities. Participants ranged in age from teenagers to elders over 90, with 95% identifying as Latine and 85% preferring to receive care in Spanish. The majority (82%) were women, often serving as the primary health navigators for their families. Half of the participants live in Santa Rosa (49%), while the other half of the participants live in different cities across the counties.

Age



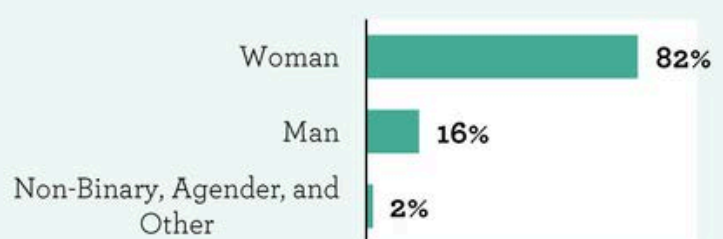
Residence



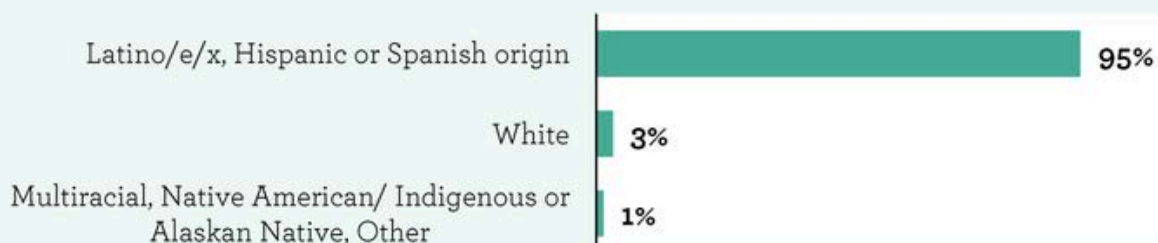
Preferred Language



Gender Identity



Race/Ethnicity



Note. Percentages were calculated based on available first intake forms for mobile clinic clients.

Health at a Glance

The health needs our clients bring to the clinic are shaped by systemic inequities impacting Latine and Indigenous communities nationwide.

- 1 in 3 participants (32%) screened positive for symptoms of anxiety and/or depression
- 1 in 3 participants (34%) had been diagnosed with Type 2 diabetes or pre-diabetes
- More than half (51%) had a family member living with Type 2 diabetes or pre-diabetes — underscoring how deeply these conditions touch entire households



The Barriers We're Working to Overcome

Botanical Bus works to overcome barriers to accessing primary healthcare by providing place-based, culturally-centered, collaborative healthcare so that Latine and Indigenous immigrant communities experience healing justice.

When participants told us what stands between them and the care they need, the answers revealed how many obstacles a single person can face at once:



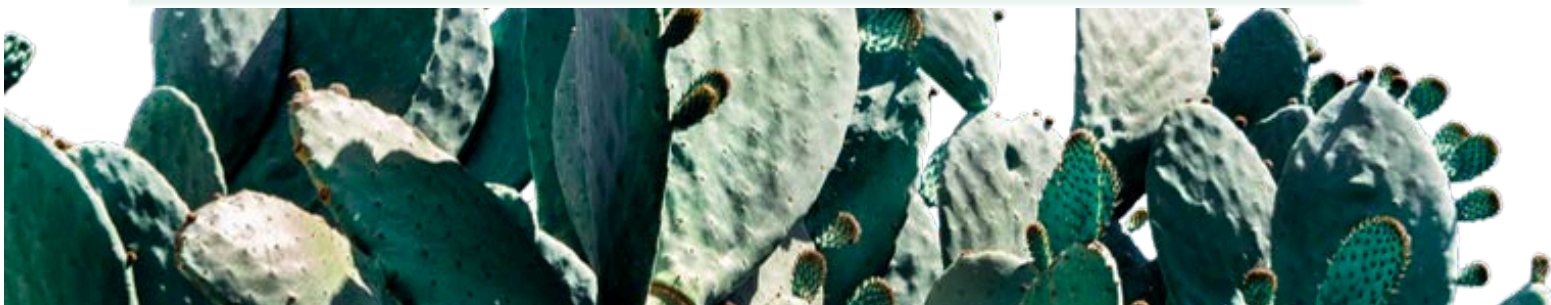
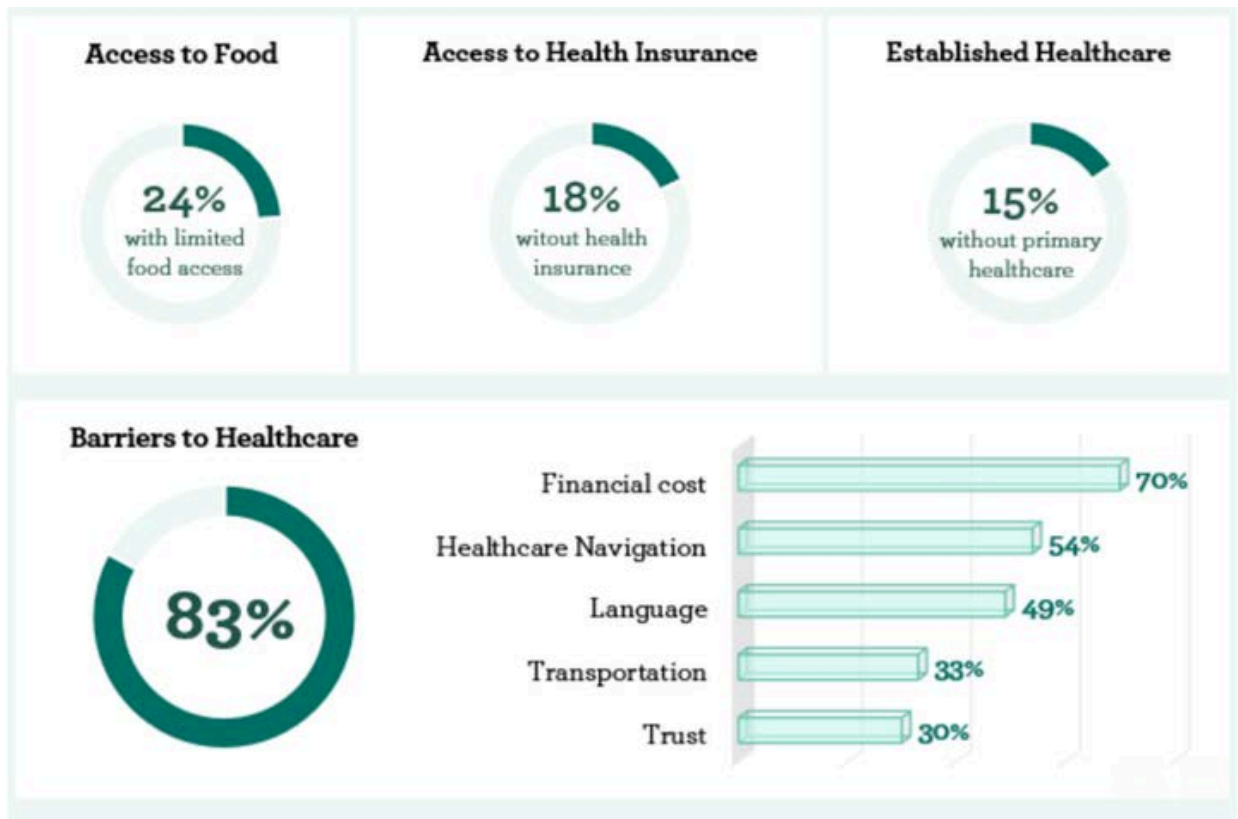
24% Food. Every one in four participants report difficulty accessing food.

18% Health insurance. About one in five participants live without health insurance.

15% Primary healthcare. Every one in seven participants do not have established primary healthcare.

83% With barriers to accessing primary healthcare. Over four out of five Botanical Bus clinic participants experience difficulties accessing primary healthcare including:

- 70% Financial cost. The single greatest barrier. For most participants, the unexpected cost of care alone is enough to delay or forgo treatment.
- 54% Navigating the healthcare system. More than half of our participants find the system itself confusing, fragmented, or unwelcoming.
- 49% Language. Nearly half struggle to access care in a language they fully understand.
- 33% Transportation. One in three cannot reliably get to a clinic.
- 30% Trust. Three in ten do not feel culturally safe or seen in primary healthcare settings.



Understanding the Story Behind the Data

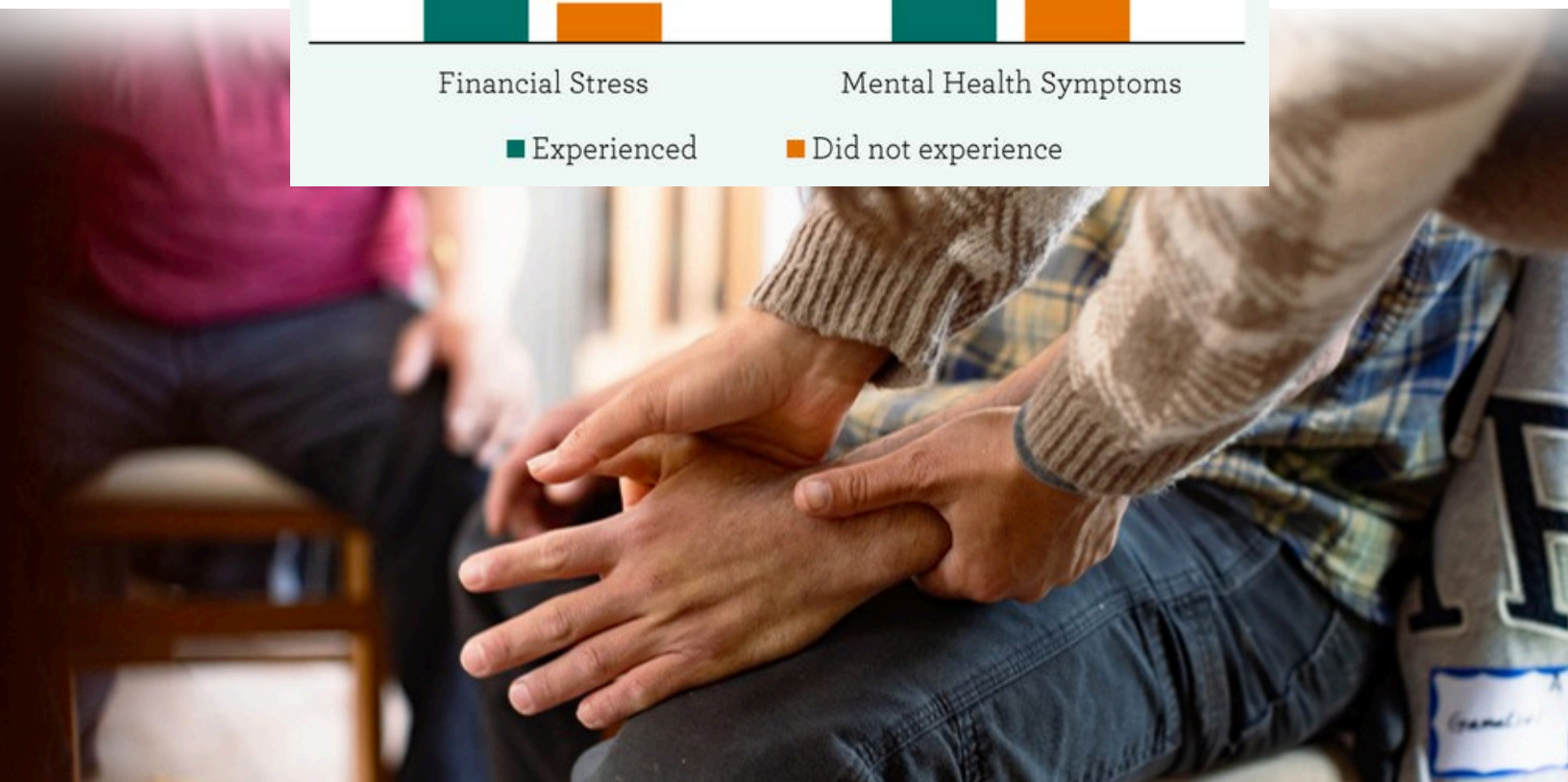
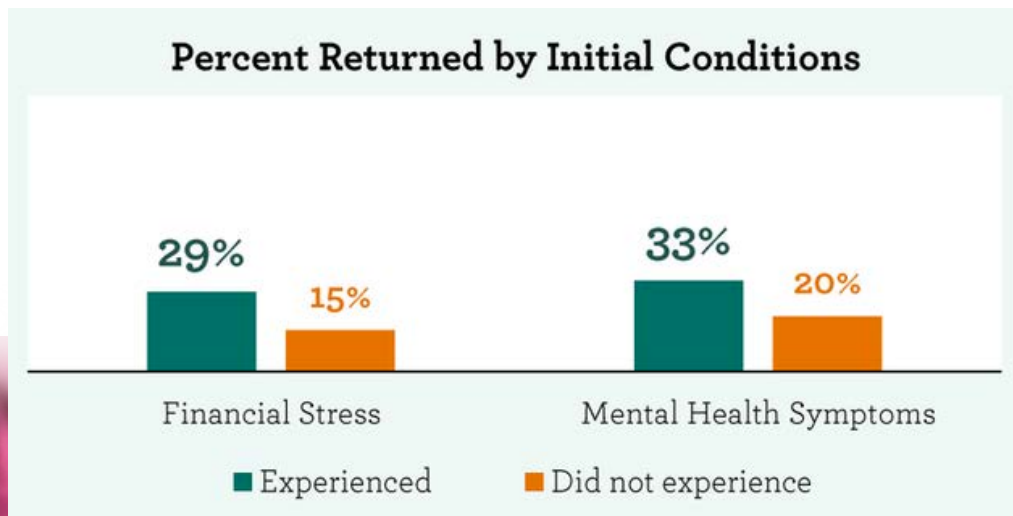
Who Returned to the Clinic?

The patterns of who returns to Botanical Bus, and what they share with us over time, reveal something important: our clinic is reaching the people who need it most, and the trust built across visits creates space for them to share more of what they're carrying.

Participants who experienced financial stress were 1.9 times more likely to return to the program than those who did not (29% vs. 15% return rate). For a community where the cost of care is the single greatest barrier to health, this finding speaks to something powerful: when care is donation based and welcoming, the people most affected by economic inequities choose to come back.

Participants who initially reported mental health symptoms were 1.6 times more likely to return to the program than those who did not (33% vs. 20%).

This suggests that Botanical Bus is reaching people who often go underserved by primary healthcare — and, importantly, that they are choosing to come back. For a community that has long faced linguistic, cultural, and structural barriers to mental health support, returning to care is itself a measure of trust.

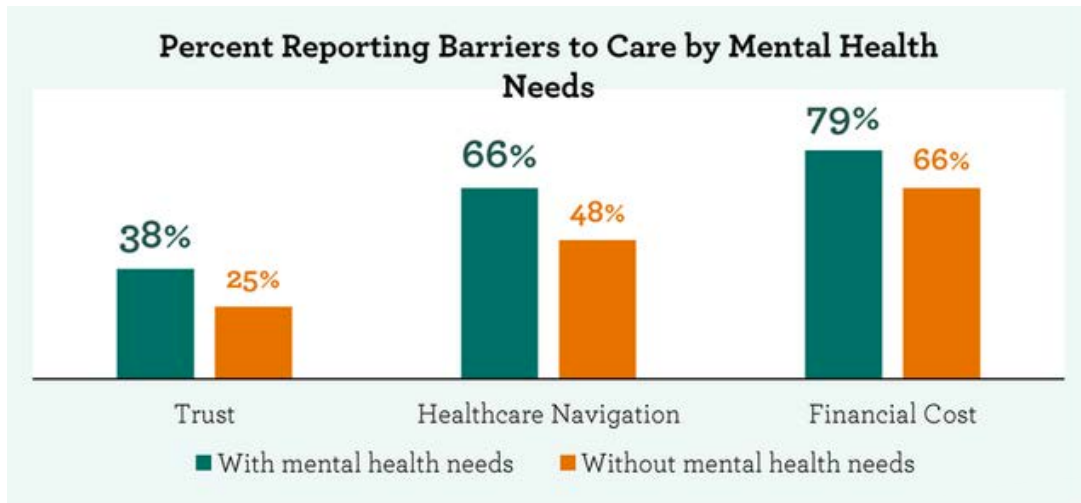


Do People with Mental Health Needs Experience Barriers More Often?

Participants who reported mental health needs were consistently more likely to face systemic barriers to care:

- **1.5 times more likely to name trust as a barrier to healthcare (38% vs. 25%)**
- **1.4 times more likely to struggle with navigating the healthcare system (66% vs. 48%)**
- **1.2 times more likely to face financial barriers (79% vs. 66%)**

These findings underscore persistent barriers to mental health care, meaning those affected are often unable to access adequate or timely treatment.



Outcomes

Our participants tell us they leave with knowledge, confidence, and tools they carry back into their families and communities.

Care That Expands Access

The barriers that limit access to care—cost, language, transportation, and mistrust—are the very barriers Botanical Bus works to overcome. Exit survey responses suggest this approach is making care more accessible, trusted, and responsive to community needs.

Over 400 post-visit surveys at mobile clinics, 99% of participants told us that the experience of care at Botanical Bus is almost entirely free of the barriers that shape their experiences elsewhere:

- **99% felt confident there would be no surprise costs**
- **98% felt supported, connected, seen, heard, respected, and understood**
- **99% received care in their own language**
- **97% found it easy to get to the clinic location**
- **99% felt a sense of belonging**

"Para mi es algo muy bonito. Es como si estuviera en familia. Me sentí en confianza con todos."

For me it is something very beautiful. It's like being with family. I felt trust with everyone.



"Aprendí a cuidar mis pies y cosas que no sabía. Me siento muy especial"

I learned how to take care of my feet and other things I didn't know before. I feel very special.



"Hoy en la clínica, me sentí liberada, sin estrés y apoyada."

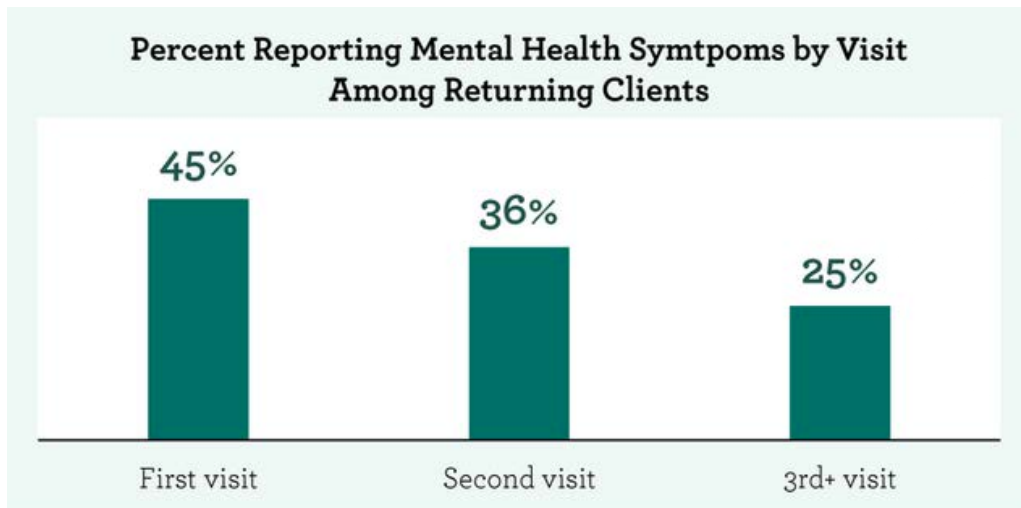
Today at the clinic, I felt liberated, stress-free, and supported.



Mental Health Improves with Continued Care

For participants who return to Botanical Bus over time, we see one of the most meaningful changes our intake data has captured: their mental health improves. By tracking responses across repeat visits, we found that the share of participants reporting symptoms of anxiety or depression dropped substantially the longer they stayed engaged with our care:

20-percentage-point reduction in reported mental health symptoms among returning participants (45% → 25%, first vs. third or later visit).



Learning Self-Care Skills

Botanical Bus helps participants learn their own ways to care for their health.

- 98% learned new ways to care for their health.
- 99% said they feel equipped to care for themselves and the people they love using the practices they learned.



What Participants Say

We asked participants in their own words to describe their experiences at the clinics and what was most beneficial about their visit and the most common themes included:

Themes	Count	What did you find most beneficial or helpful about the services you received today?
Blessings, Gratitude, & Reciprocity	110	<i>"Es una bendición y privilegio poder haber participado." [It's a blessing and privilege to have participated.]</i>
Safety & Emotional Sanctuary	82	<i>"Encontrar un lugar seguro en el cual me escuchan." [Finding a safe place where they listen to me.]</i>
Physical Relief & Pain Reduction	78	<i>"Acupuntura me ayudó con el dolor en la rodilla." [Acupuncture helped with my knee pain.]</i>
Cultural, Linguistic, & Communal Connection	68	<i>"Espacio de sanación donde celebramos nuestra cultura." [Healing space where we celebrate our culture.]</i>
Emotional Regulation & Stress	62	<i>"Me voy tranquila y relajada." [I am leaving peaceful and relaxed.]</i>
Self-Worth & Empowerment	55	<i>"Gracias por recordarme que yo soy importante." [Thanks for reminding me that I am important.]</i>
Community & Interpersonal Connection	45	<i>"Compartir y convivir con nuevas personas." [Sharing and being with new people.]</i>
Safe, Accesible Place	42	<i>"Un espacio seguro para nuestra comunidad, donde cada persona puede ser ella misma... y además está en un lugar al que puedo llegar caminando." [A safe space for our community where everyone can express their true selves... and in a location I can walk to.]</i>
Knowledge & Self-Care Empowerment	41	<i>"Aprendí a escuchar mi cuerpo." [I learned to listen to my body.]</i>
Spiritual & Ancestral Connection	38	<i>"Apoyado a sanar mi alma." [Supported in healing my soul.]</i>
Nourishment	36	<i>"La comida deliciosa y la receta de camote [The delicious food and the sweet potato recipe.]</i>
Transformation & Impact	35	<i>"Llegué muy mal y me voy muy relajada." [I arrived very poorly and I'm leaving very relaxed.]</i>
Professionalism & Quality	31	<i>"Atención sobresaliente." [Outstanding care.]</i>

What did you find most beneficial or helpful about the services you received at Botanical Bus today?

The word cloud below shows over 38 different words that participants most often used when responding to the open-ended questions in the exit survey and when writing love notes to Botanical Bus staff.

"Espacio seguro para nuestra comunidad."
Safe space for our community.



"Representar a mi cultura en mis cuidados."

To have my culture represented in my care

