

***Interim Grant Report: One-Year Grant
Eden Health District***

Grantee Organization Name: **La Clínica de La Raza, Inc.**
Program Name: **Comprehensive Health Services for Eden Area Youth**
Application Number and Grant Amount: **#16-010, \$20,678**
Beginning and Ending Dates of Grant Period: **12/01/2016 to 10/31/2017**
Organization Contact Person and Phone Number: **Jane Garcia, 510-535-4000**
Date: **June 30, 2017**
Prepared by: **Natalie DiRocco, Planner**

Background

La Clínica is uniquely positioned to reach students that otherwise face barriers to care due to cost, lack of insurance, difficulty with transportation or – especially important for adolescents – concerns about confidentiality. Through integrated health services, SBHCs are able to meet students’ multiple needs. Through consistent outreach, health education, and building skills among youth, SBHCs are able to reach beyond clinic walls to support youth in making healthy choices for themselves.

The goal of the San Lorenzo School Based Health Center is to enhance health outcomes for youth in Eden Township by providing high quality, culturally and linguistically responsive, and youth focused preventative health services and health education that engage youth as partners in their long-term health.

Interim report

From December 1, 2016 to May 31, 2017, San Lorenzo served a total of 415 patients with medical, behavioral health, and health education services at the San Lorenzo High Health Center (SLZHC).

Of these, 280 patients received medical services, 97 received health education services, and 63 were provided individual or group behavioral health services. Youth served are teens enrolled in San Lorenzo High School. The average age of patients served was 16.1 years. Below are the outlined project objectives accompanied with a progress to date summary.

Objective 1: Ensure Eden Area youth access comprehensive health services that address their range of care needs, with a particular focus on underserved, low-income and uninsured youth.

1. Provide clinical services to 700 students that include medical, health education and behavioral health services.

Measurable objectives:

- a. *Reach 100% of 9th grade students with outreach and targeted registration drives to ensure that all newly enrolled students know about onsite services;*
- b. *Provide clinical health care services to 700 students using an integrated model that includes medical services, health education and behavioral health services*

Progress to date

- a. SLZHC is on track to meet this benchmark objective. More than half of 9th grade students have been reached to ensure they are knowledgeable about onsite services available at the

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clinic. Targeted outreach, including health screenings, will take place at the beginning of the 2017-18 school year to reach all 9th grade students.

Additionally, Peer Health Educator outreach, coupled with 9th grade classroom screening, resulted in more students accessing the health center and scheduling appointments.

- b. **San Lorenzo High Health Center is on target to meet this objective by the end of the grant cycle.** Health Services are provided for 28 hours per week and are delivered by SLZHC pediatrician and nurse practitioners who provide youth with adolescent health services, preventative care services, diagnosis and treatment of acute and chronic conditions, and reproductive health services. Youth completed an average of 4.4 encounters during the interim reporting period and approximately 78% of patients completed multiple encounters with onsite medical staff ranging from 2 to 23 visits.

Patient demographics San Lorenzo Health Center Patients December 1, 2016 – May 31, 2017 (n=415)		
	N	%
Male	142	34%
Female	273	66%
Black	71	17%
Latino	243	59%
Asian/Pacific Islander	54	13%
Multi-racial	16	4%
American Indian/ Alaska Native	0	0.0%
White	14	3%
Spanish speaking	97	23%

Objective 2: Build the capacity of Eden Area youth as leaders through training youth in Peer Health Education and advocacy and support PHEs in using their skills to reach the peers and wider community.

2. Build skills and capacity of Eden Area youth as Peer Health Educators and advocates, reaching peers with health education and health promotion messages

Measurable objectives

- a. *Recruit, train and support 8-12 high school students to be Peer Health Educators*
- b. *Provide PHEs with in depth health education and build skills in self-efficacy and advocacy through weekly leadership meetings*

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- c. *Plan and implement monthly campus wide health education campaigns or events with PHEs – these include tabling, activities, and outreach focused on healthy decision making. Themes include: HIV awareness, drinking and driving, tobacco prevention, healthy eating and exercise and healthy relationships*

Progress to date: SLZHC has met these objectives!

- a. From December 1, 2016 to May 31, 2017, SLZHC recruited, trained and supported 12 high school students in becoming Peer Health Educators (PHEs). For the upcoming 2017-18 school year, SLZHC will continue to recruit, train, and support an additional 12 Peer Health Educators.
- b. La Clínica’s Health Educator and SLZHC Clinic Supervisor led 22 leadership meetings, which covered the following topics: reproductive rights/care; nutrition; healthy relationships; tobacco cessation; drug related health concerns; and presentation/public speaking skills. A youth participatory action research project was also woven into these meetings, where PHEs focused on a current issue at San Lorenzo High School, which encompassed access to and cleanliness of bathrooms.
- c. Peer Health Educators participated in and led several in-depth health education outreach events, reaching the majority of SLZ High School students. These events/outreaches included:
 - Peer Clinic Tours and screenings;
 - Tabling at lunch and during health fairs;
 - Tobacco/marijuana prevention
 - Smoothie bike activity
 - Lung capacity activity
 - STI & BCM activity
 - HIV/World AIDs awareness outreach;
 - Classroom STI presentations;
 - Collaboration with Safe Alternatives to Violent Environments (SAVE) to present on Healthy and Unhealthy Relationships (3-part series); and
 - Nutrition-related outreach, including: water over sodas; eating healthier over summer months; and exercising during spring break.

Objective 3: Reach beyond clinic walls to provide regular classroom and campus wide health education to students that focus on self-efficacy around healthy decision making, build understanding of health concepts and the need for preventative care and that offer students multiple pathways to be linked back to SLZHC services.

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3. Expand the reach of SLZHC health education through classroom presentations, campus wide promotion and screening events

Measurable objectives

- a. *Reach 277 students (one in four) with classroom based health education presentations focused on SLZHC services and health education topics;*
- b. *Reach 1,109 students (80%) with campus wide health education activities and campaigns (including PHE activities and campus wide screening).*

Progress to date:

- a. SLZHC has met this objective. The PHEs and the SLZ Health Center reached over 150 students with in-class presentations, which consisted of activities related to STIs. La Clínica Health Educator and SLZ Clinic Supervisor also provided health workshops that were designed to reach the ninth grade class, which were focused on SLZHC services and health education topics (over 100 youth reached).
- b. SLZHC has met this objective. From December 1, 2016 – May 31, 2017 the clinic completed multiple campus-wide health education events that reached numerous students. These events/outreaches included:
 - o Freshman and Senior screenings, which resulted in 250 students scheduling appointments to see a provider at the clinic;
 - o Class tours of the clinic, which included a health education activity, reaching over 200 students;
 - o Healthy ways to relieve stress – “Breakfast is Best” – outreach, reaching over 300 students;
 - o Healthy and Unhealthy relationships with SAVE workshop, reaching over 100 students;
 - o Youth Participatory Action Research project and Photovoice findings presentation on bathroom cleanliness, reaching 200 youth;
 - o Tobacco and Marijuana Tabling event, reaching 150 youth; and
 - o My Plate and healthy eating options tabling event, reaching 100 youth.

Challenges: In April, 2017, Health Educator, Leslie Robinson left SLZHC. David Pheng, Clinic Supervisor, will instead serve as lead staff person for implementing and overseeing the deliverables of the grant.

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**Contractor: LA CLINICA DE LA
RAZA**
Program: Eden Township - P48
Period of service 12/1/2016 - 10/31/2017
Billing period: 12/1/2016 -5/31/2017

<u>PERSONNEL:</u>	F.T.E	APPROVED BUDGET	BILLED TO DATE
Health Educator (LR)	17%	874	874
Supervisor (DP)	36%	10,301	4,811
Sub-Total Personnel		11,175	5,685
Fringe Benefits	26.0%	2,905	1,399
SUBTOTAL PERSONNEL		14,080	7,084
 <u>NON-PERSONNEL:</u>			
Refreshments		1,100	233
Peer Health Educator Stipends		2,123	1,924
SUBTOTAL OPERATING		3,223	2,157
Total Direct Cost		17,303	9,242
INDIRECT COSTS	19.5%	3,375	1,802
GRAND TOTAL		20,678	11,044