

*Final Grant Report  
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**

Organization Contact Person, Phone Number, Email: **Jane Garcia, 510-535-4000, jgarcia@laclinica.org**

Date: **December 20, 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.

**Final Report**

From December 1, 2016 to October 31, 2017, San Lorenzo served a total of 607 patients with medical, behavioral health, and health education services at the San Lorenzo High Health Center (SLZHC).

Of these, 369 patients received medical services, 127 received health education services, and 152 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 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*

**Final Results**

- a. **SLZHC reached 90% of the ninth grade students, missing this benchmark by 10%.**

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SLZHC’s Health Educator and Clinic Supervisor provided health workshops that were designed to reach the ninth grade class, which focused on SLZHC services and health education topics.

**b. San Lorenzo High Health Center was 93 patients short of its goal to provide services to 700 patients.**

Staff vacancies are likely the contributing factor that prevented SLZHC from meeting its above targeted goals (measurable objectives a and b). For example, SLZHC was operating without a Senior Health Educator and Front Receptionist for several months. Additionally, at the end of August, SLZHC hired a full-time Integrated Behavioral Health Clinician, who was previously only operating on a part-time schedule, resulting in less patients being able to receive behavioral health services. Recruiting, interviewing and hiring was a long process, which decreased productivity.

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 6 encounters during the reporting period and approximately 81% of patients completed multiple encounters with onsite medical staff ranging from 2 to 36 visits.

Patient demographics San Lorenzo Health Center Patients December 1, 2016 – October 31, 2017 (n=607)		
	N	%
Male	212	35%
Female	395	65%
Black	105	17%
Latino	365	60%
Asian/Pacific Islander	76	13%
Multi-racial	21	3%
American Indian/ Alaska Native	0	0%
White	19	3%
Spanish speaking	141	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.**

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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*
- 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*

**Final Results:** SLZHC met these objectives!

- a. From December 1, 2016 to October 31, 2017, SLZHC recruited, trained and supported 12 high school students in becoming Peer Health Educators (PHEs).
- b. La Clínica's Health Educator and SLZHC Clinic Supervisor led 28 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);
  - Nutrition-related outreach, including: water over sodas; eating healthier over summer months; and exercising during spring break;
  - Welcome back Tours (to the health center) at the start of the Fall semester with Peer Health Educators and First-Year students; and
  - PSA for Health Awareness month for Flu and Colds

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**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.**

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).*

**Final Results:** SLZHC met these objectives!

- a. SLZHC has met this objective. The PHEs and the SLZ Health Center reached over 300 students with in-class presentations, which consisted of activities related to STIs. SLZHC Health Educator and 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 – October 31, 2017 the clinic completed multiple campus-wide health education events that reached numerous students. These events/outreaches included:
  - Freshman and Senior screenings, which resulted in 250 students scheduling appointments to see a provider at the clinic;
  - Class tours of the clinic, which included a health education activity, reaching over 200 students;
  - Healthy ways to relieve stress – “Breakfast is Best” – outreach, reaching over 300 students;
  - Healthy and Unhealthy relationships with SAVE workshop, reaching over 100 students;
  - Youth Participatory Action Research project and Photovoice findings presentation on bathroom cleanliness, reaching 200 youth;
  - Tobacco and Marijuana Tabling event, reaching 150 youth;
  - My Plate and healthy eating options tabling event, reaching 100 youth;
  - Welcome back tour for students at SLZHS, reaching 200 youth; and

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- Flu and Cold – Healthy Awareness month in the Health Center, reaching 200 youth

**Challenges:**

Loss of critical staff proved challenging this year. In April, 2017, we lost our Senior Health Educator, Ms. Robinson and seasoned Front Receptionist, Tasia Vargas. Additionally, in July we lost our AmeriCorps Community Health Educator, Leilani Ison. As a result, the SLZHC staff had to work tirelessly to meet the demands of the school, students, and clinic schedule.

In August, a new Front Receptionist (Stephanie Varela), Integrated Behavioral Health Clinician (Harjindar Lally), and AmeriCorps Health Educator (Angela Guidici) were added to the SLZHC team. The new staff members have been positive additions to the SLZHC team.

**Lessons Learned:**

A dedicated group of Peer Health Educators enables the clinic to plan and organize outreaches and events, in addition to serving as liaisons/advocators between teachers on campus and staff at the clinic. This is particularly important during the summer months and start of the new school year. The Eden Township Healthcare District Grant allowed SLZHC to push for greater visibility and conduct outreach events that engaged both students and teachers.

Also noteworthy is the importance of continuity for building and maintaining relationships with students and staff. Having an effective plan for outreach and programming in place that can be used from year to year, can help ensure stability in programming offered by the clinic.

**Future Plans to Continue Project:**

San Lorenzo High Health Center will continue to provide medical, behavioral health and health education services to underserved Eden residents, as well as conduct outreaches – building off of the success of this year’s Peer Health Educators. The Health Educator AmeriCorps program will continue and focus more on core connections to the Health Center. La Clínica leverages Medical reimbursement and County grant funding along with private grants to support the provision of core services at SLZHC. In addition, La Clínica’s Planning Department will continue to explore new grant funding to support SLZHC.

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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**

	<b>F.T.E</b>	<b>APPROVED BUDGET</b>	<b>BILLED TO DATE</b>
<b><u>PERSONNEL:</u></b>			
Health Educator (LR)	<b>17%</b>	874	874
Supervisor (DP)	<b>36%</b>	10,301	9,954
Sub-Total Personnel		11,175	10,828
<b>Fringe Benefits</b>	<b>26.0%</b>	<b>2,905</b>	<b>3,290</b>
<b>SUBTOTAL PERSONNEL</b>		<b>14,080</b>	<b>14,118</b>
<b><u>NON-PERSONNEL:</u></b>			
Refreshments		1,100	1,083
Peer Health Educator Stipends		2,123	1,924
<b>SUBTOTAL OPERATING</b>		<b>3,223</b>	<b>3,007</b>
<b>Total Direct Cost</b>		<b>17,303</b>	<b>17,125</b>
<b>INDIRECT COSTS</b>	<b>19.5%</b>	<b>3,375</b>	<b>3,553</b>
<b>GRAND TOTAL</b>		<b>20,678</b>	<b>20,678</b>