



Health and Learning

A Quarterly Newsletter of the Daly City Youth Health Center

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2780 Junipero Serra
Blvd. Daly City CA
94015
Ph: (650) 991-2240 Fax: (650) 991-7498
www.dalycityyouth.org

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Thank you Peninsula Community Foundation

On behalf of the DCYHC staff, youth and our community, we would like to thank Peninsula Community Foundation for their generous grant of \$50,000. The grant was awarded through the foundation's Safety Net Fund. Funding will be used to maintain several staff positions and to support our general operating costs.

Quilt Raffle Brings in Donations

Members of the *Teen Moms Support Group* raised \$284 by creating a quilt and selling raffle tickets. The theme of the quilt was "Vuela como una Mariposa" or "Fly like a Butterfly". The raffle winner, an anonymous Pacifican, generously donated the quilt back to the Teen Moms Support Group. The quilt is on display at the DCYHC.

New Poll Shows Parent Support for Health Services in Schools

The Center for Health and Health Care in Schools (www.healthinschools.org) recently released results from a new parent poll which shows overwhelming support for health services and programs in schools. According to the poll, most parents believe:

- Schools should provide a broad range of services from basic and emergency medical care to substance abuse prevention, nutrition counseling and mental health counseling.
- Schools are an important venue for healthcare for uninsured children.
- It is important for schools to provide age-appropriate sex education.

The Daly City Youth Health Center is a school-linked program which operates in partnership with the Jefferson Union High School District and the San Mateo Medical Center to provide confidential, youth-friendly, no/low-cost health services to thousands of youth each year. Our *Primary Care Clinic* offers comprehensive medical services. A general parent consent form is required for teens under 18, except for confidential reproductive health services. Other services include health education, mental health counseling, support groups, parenting classes, mentoring and assistance with enrolling in government health insurance programs. Staff is assigned to the high schools to follow-up with students, provide outreach and case management services, and make classroom presentations on health-related topics including sex-education.

We are a resource for all teens, parents, and teachers to access when they are in need. Visit our website, www.dalycityyouth.org.

Help Needed for Clinic Spruce-Up

We are planning to paint, build new shelves, and install new carpet in our Primary Care Clinic in the spring of 2004. **We need volunteer and community help and donations.** We also need support from professional painters and/or carpenters who can help us PLAN and ORGANIZE this effort.

Here's our wish list:

- Paint and primer
- Paint applicators, rollers and brushes
- Ladders and drop clothes
- Carpet, padding, rubber bases (170 sq. yds)
- Lumber, nails and screws
- Food and beverages
- Prepping, and painting
- Carpentry (building shelves)
- Carpet installation
- Project supervision

If you can help, please call Carolyn, our Development Coordinator at 650-991-2240.

Adult Mentors Wanted

Growing up, did you have a positive adult role model that made an impact in your life, or do you wish that you did? Do you want to be a role model for a young person today? NOW is the time to become a Volunteer Mentor and make a difference in a young person's life.

Mentors are needed by Project PLAY, (Peer Leadership Alternatives for Youth), a health education and youth development program at the DCYHC. We are looking for adults willing to dedicate 2-3 hours/week to spend with a young person during the school-year. The youth range in age from 15-18 and are JUHSD high school students. Mentors must be at least 19 and have experience and/or a desire to work with young people. Call 650-992-3248 or email projectplay@aol.com now to apply. More information and applications can be downloaded from our website, www.dalycityyouth.org.

DCYHC Support Groups

Parenting Your Teen: New group starts October 20 at DCYHC. Meets on Mondays, 6-8pm. Info: Jane 650-991-2240. Suggested donation \$5-10.

Young Dads' Support Group: For parenting teens and young adults. Meets on Wednesdays, 6-8pm at DCYHC. Info: Alex 650-573-2505.

Pregnant & Parenting Teen Moms' Support Group: New group starts October 2 at Baden Adult School, Room 6, 825 Southwood, So. S.F. Meets Thursdays 3-5pm. Info: Carolyn or Lina 650-991-2240.

New Students Immunized

In August, 123 new high school students participated in DCYHC's Annual Immunization Campaign at Jefferson High School. Health insurance information and screening was provided to the families. The week-long campaign was staffed by DCYHC, FUTURES, Field Nursing Services of the Department of Public Health, San Mateo County Human Services Agency, Children's Health Initiative and volunteers. A special thank you goes to Tess Genato, a multilingual volunteer who helped our Spanish and Tagalog speaking students and families.



Alex Herrera, a Community Worker, discusses immunization results with a student and her mother.

Health and learning go hand in hand!