



Health and Learning

A Quarterly Newsletter of the Daly City Youth Health Center

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CCG Funding for Pregnancy Prevention Restored in State Budget

We would like to thank the many Health Center supporters including our clients, JUHSD students and staff, and community members who wrote over 400 letters and postcards to Governor Schwarzenegger, requesting that Community Challenge Grant (CCG) funding be restored in the May Revise Budget. It worked!

CCG funding is vital to the Daly City Youth Health Center and to many agencies throughout California. With this funding the DCYHC will be able to continue providing several pregnancy prevention programs targeting high school students. These programs include: classroom-based Comprehensive Sex Education, Peer Health Education and Leadership Training, Mentoring, One-On-One Health Education, and Parent Educational Support Groups.

Special Immunization Services for JUHSD Students

The Daly City Youth Health Center in partnership with Field Nursing Services will be conducting free immunization clinics at *Jefferson High School (Little Theatre)* located at 6996 Mission Street in Daly City on the following dates:

Mon. Aug. 23 12-4pm
Tues. Aug. 24 12-4pm

In order to attend JUHSD high schools, all incoming 9th grade students and newly transferring students **MUST** have an updated record of immunization, including proof of having had a tuberculosis skin test or chest x-ray within the last year. Students who do not have a complete and up to date immunization record could be excluded from school. To receive immunizations, students must be accompanied by a parent/guardian, present a signed Health Center Consent Form and if applicable, bring their Medi-Cal, Healthy Families or Healthy Kids card. Students should bring their immunization records.

This service is being offered to students whose families do **NOT** have medical insurance coverage. Families with private medical insurance including Kaiser should call their medical provider to schedule their immunization appointments.

Families can apply for no/low cost health insurance programs including Medi-Cal, Healthy Families and Healthy Kids. To enroll, bring proof of San Mateo County residency (driver's license, ID card, or utility bill), proof of income (last pay stub or last year's tax return), proof of age for children, (birth/baptism certificate or passport, etc.) and child's social security card (not necessary if child was born outside U.S.). For more information contact Barbara at 650-985-7013.

Volunteers and Staff Raise Funds

Peer Health Educators from Thornton High School and Margarite Machen, Peer Group Facilitator, organized "The Walk" around Lake Merced on May 4. Fourteen students raised over \$800 for the Health Center.

On May 8, DCYHC volunteers and staff participated in the 5k *Human Race* walk at Coyote Point Park in San Mateo. The walkers raised over \$1,500 for the Health Center. We thank all of our volunteers for giving of their time to raise funds for our programs. The *Human Race* is an annual community fundraising held by the Volunteer Center of San Mateo County.



Human Race Participants

Check Out Our Support Groups

Parenting Your Teen: New group will start October 20th at DCYHC. Will meet on Wednesdays from 6-8pm for 8 weeks. Suggested donation: \$5-10. Info: Jane, 650-985-7018.

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: A new group will start in September at Baden Adult School in So. S, F. Info: Carolyn, 650-985-7014.

Funding Boosts Mental Health Counseling Services

The Health Center will expand its capacity to provide individual and family counseling and case management services to uninsured, low-income Filipino youth and their families. This expansion was made possible through support from the Filipino American Fund and the Asian Pacific Fund. Services will include parenting education and support groups for teen parents and parents of teens.

The San Mateo County Mental Health Services Division recently awarded a 3-year managed care contract to the DCYHC for the provision of mental health counseling services to teens and their families who are Medi-Cal beneficiaries.

Adult Volunteers Needed for Mentoring High School Students

The Health Center is recruiting adults who would like to mentor teens. We are looking for volunteers who can spend 2-3 hours/week with teens during the school year. The youth range in age from 15-18 and are students from Thornton High School. Volunteers must be at least 20 years old and have experience and/or a desire to work with young people.

The Mentoring Program focuses on personal responsibility and encourages each student to reflect on their lives and set positive goals for themselves. Students in the program have benefited in the following ways:

- a Improved school attendance
- a Improved grades and credit completion
- a Better relationships with parents, teachers and peers
- a Making better choices in their personal lives
- a Increased self-knowledge

Mr. Jeff Boylan, a Thornton teacher is very familiar with the value of mentoring for his students. According to Mr. Boylan, "The mentor program is a critical part of the success of Thornton's program, and provides such an essential part of our students' lives and development."

For more information, contact Minden Bennion the program coordinator at 650-985-7021, or visit us on the web at www.dalycityyouth.org.

Health and learning go hand in hand!