

Health and Learning

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Newly Remodeled Clinic Waiting Room Improves Patient Privacy

The waiting room and reception area of our clinic was recently remodeled. The project involved adding a partition to create an enclosed reception office for our two front desk clerks. The project also resulted in additional storage space, which we can never have too much of!



Meet the contractors! Pictured above are lead contractor, Paul Porter (background) and his assistant, Dave Behnken (foreground) of Construction Services, Department of Public Works, County of San Mateo. Not pictured, Val Vaillancourt, electrician.

The remodeling took place following a review by San Mateo County to determine what improvements were needed in our clinic to ensure compliance with HIPAA, the Health Insurance Portability and Accountability Act. Although HIPAA has been around since 1996, within the past few years, HIPAA has established more strict requirements on health information and patient privacy.

The Daly City Youth Health Center has a long-standing history of protecting the privacy and confidentiality of all our patients. Confidentiality is central to the trust between each patient and his/her health care provider. Confidentiality means privacy. The personal information our patients share with their providers and any information about the services they receive are confidential. This

information can not be given to others unless the patient consents or gives permission. There's more information about confidentiality and minor consent on our website, www.dalycityyouth.org.

Health Center To Celebrate 15th Anniversary

“Fifteen Years of Dedication...A Future Full of Possibilities” is the theme of the Daly City Youth Health Center's upcoming 15th Anniversary Celebration Event. The event will be on Wednesday, May 18, 2005 from 6 – 9 pm at the Pacifica Beach Restaurant. The restaurant is located at 525 Crespi Drive in Pacifica. Tickets are \$30 each.

The event will feature an awards ceremony, youth art show, silent auction, entertainment and a buffet dinner. Two DCYHC leaders will be honored at the event: Carol Forest, DCYHC's founding director, and Janet Chaikind, M.D., former medical director. The art show will feature multi-media art created by students from all of the high schools in Daly City and Pacifica. Over 50 pieces of art will be in the exhibit.

Proceeds will benefit the Health Center's teen-focused programs including our primary care clinic, mental health counseling services, health education, outreach, mentoring and school to career transition services. We look forward to your participation. For more information including ticket requests, call 650-985-7014 or visit www.dalycityyouth.org.

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DCYHC is Open Year-Round

Did you know that although the DCYHC is a school-linked program that serves a large number of high school students, we are open year-round for all teens and young adults in Northern San Mateo County?

Our primary care clinic is open Monday – Friday from 9:30 – 6:00 pm for a wide variety of services including immunizations, physical exams, vision and hearing screening, pregnancy testing, birth control methods, sexually transmitted infection treatment, and HIV testing and counseling. All visits are by appointment only. Please call the clinic at 650-985-7000 to make an appointment

Our mental health department is also open year-round and offers individual counseling, youth group counseling, family therapy, consultation and case management services. We accept self-referrals from youth and we accept referrals from community agencies, parents, teachers, probation officers and social workers. To learn more about our mental health services or to make a referral, please call Marianne LaRuffa at 650-985-7017.

During the summer, while Project PLAY gears up for a new school year, it operates our Mentoring Program and offers classroom health presentations to JUHSD students attending summer school. If you would like to request a health presentation for your youth or adult group call Jo Ann Evangelista at 650-985-7020.

Last, but not least, youth interested in receiving help in finding jobs can meet with our vocational staff. For more information, please call Elaine Bautista at 650-985-7015.

New Grants Awarded

We are pleased to announce that the Health Center was recently awarded the following grants:

Anonymous Charitable Trust: \$5,000 for general operating support.

Atkinson Foundation: \$15,000 to support our Peer Health Educator Training and Comprehensive Sexuality Education Programs.

City Of Daly City Community Development Block Grant: \$8,000 to support our Mentoring Program.

Office of Family Planning Community Challenge Grant: \$210,000 to support Project PLAY (Peer Leadership Alternatives for Youth). Project PLAY provides year-round, multi-faceted pregnancy prevention interventions.

Check Out Our Support Groups

Parenting Your Teenager: This 8-week workshop and support group meets on Mondays from 6-8 pm for 8 weeks. New group starts May 2. Suggested donation: \$5-10. For more information, please call Jane at 650-985-7018.

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

Pregnant & Parenting Teen Moms' Support Group: Meets on Wednesdays from 12:30 - 1:30 pm at Baden Adult School, Room #6. Address: 825 Southwood Drive in So. S.F. For more information, please call Robyn at 650-985-7016 or Marianne at 650-985-7017.

Update on “Plan B”, Emergency Contraception Pill

The Emergency Contraceptive Pill (ECP) or Morning After Pill is an emergency method of birth control. Only one type of ECP is currently available in the U.S: “Plan B”. This method involves taking hormone pills within 120 hours (5 days), preferably as soon as possible following unprotected sexual activity, a broken condom, or missed or late birth control pills. This is a change from the previous 3 day (72 hours) limit. Also, both pills are taken together, instead of 12 hours apart. Plan B can reduce the risk of pregnancy by up to 93% if taken within the first 1-2 days.

Plan B contains a hormone called progestin. Progestin stops the release of the egg from the ovary, or stops the sperm and egg from joining, or prevents the fertilized egg from attaching to the wall of the uterus.

This method will not prevent a pregnancy from an earlier sexual contact. It does not interfere with or harm a previously established pregnancy. In addition, it will not protect from pregnancy during the remainder of the month. Other forms of birth control such as condom and spermicide are recommended until the onset of the next menstrual period. Plan B does not protect against sexually transmitted infections and HIV.

Teens have confidential access to Plan B at the Daly City Youth Health Center. Plan B is available over-the-counter (without a prescription) in California at certain pharmacies. To find a local pharmacy, go to www.ec-help.org. For an appointment at DCYHC call 650-985-7000.

Health and learning go hand in hand!