

Health and Learning

From the Director, Barbara Raboy



I am pleased to report several exciting developments at the DCYHC. We are very close to finishing our new brochure, which will be in English and Spanish. The brochure was designed by a team of consultants with input from DCYHC staff. Funding for the design was provided by Taproot Foundation in the form of a “service grant”.

Our Annual Immunization Campaign at Jefferson High School was well-attended. Over 180 students received immunizations between August 22-26.

The data is in! During FY 2004-05, our clinic provided 5,382 medical visits. This was an increase from the prior year (5,253). 78% of the visits were for reproductive health. Although most of our appointments were in the afternoon, close to 20% took place during our morning hours.

Please join me in welcoming our two new Mental Health Interns. Pictured below are Deborah Rutledge, MFTT (left) and Rebecca Peng, MFTT (right). Our Mental Health Interns are supervised by



Marianne LaRuffa, MFT, a licensed clinical therapist.

Health Literacy for Teens

To make good decisions, teens need the knowledge to care for their bodies and minds.

At DCYHC, we promote health literacy by encouraging youth to ask questions about their health and speak openly with us. Our medical providers understand that an individual’s cultural background influences his/her beliefs about their bodies, health or what causes disease.

We help young people understand the connection between lifestyle and health. Young adults receive personalized medical care and the information they need to be healthy, confident, informed and productive.

Providers encourage teens to ask questions and routinely check in with patients to make sure they understand the care they receive. During medical appointments, time is taken to explain what test or exam is being done, and when applicable, what medicine is being prescribed. Easy-to-understand literature is provided.

DCYHC also promotes health literacy by helping teens understand the healthcare system. This includes help with applying for health insurance and making specialty appointments.

Clinic staff is multilingual: services are offered in Spanish, Tagalog and Mandarin. For more information or to make an appointment call 650-985-7000.

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New to the Health Center - Donate your vehicle to DCYHC

You can help the Daly City Youth Health Center by donating your car, truck, boat, RV, motorcycle or trailer! It's easy to donate. Just visit www.vehiclesforcharity.com. You will need to complete a short online form and name the Daly City Youth Health Center as the recipient organization. *Vehicles For Charity* will arrange to pick up your vehicle and handle any necessary DMV paperwork, vehicle reconditioning and the sale.

Please note that the IRS tax law changed in January, 2005. With this new law, your deduction is now based upon the actual selling price of your vehicle or a standard \$500 deduction, whichever is greater. Deductions only apply if you itemize your deductions. For more information consult your tax preparer or visit the IRS website at www.irs.gov.

Feel free to call our development director, Tracey Heather if you have any questions. She can be reached at 650-985-7014.

Thank you for turning your vehicle into funds for the Health Center!

Dine at Chevy's and Raise Funds for DCYHC

Attention DCYHC friends, family members and supporters! Come and dine at **Chevy's** located at 141 Hickey Blvd. in South San Francisco (near El Camino Real) on Thursday, November 10, 2005. Chevy's will donate 20% of the proceeds directly to the Daly City Youth Health Center.

This fundraiser is all day. You can dine in or order your food to go. When ordering your food, you will need to present our Chevy's flyer. Flyers can be emailed, faxed or mailed to you. Please call Tracey at 650-985-7014 to request a flyer.

We look forward to seeing you at Chevy's on November 10!

We are pleased to report that we recently received two grants from local foundations.

- * Peninsula Community Foundation Donor Advised Fund (anonymous)
- * Sand Hill Foundation, an Advised Fund of Peninsula Community Foundation

These new grants will help support our mentoring program and two school-based services: peer health education training and comprehensive sexuality education. We appreciate receiving this vital support.

Check Out Our Support Groups

Parenting Your Teenager: This 8-week workshop and support group meets on Wednesdays from 6-8 pm for 8 weeks. The next workshop begins October 12th. 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 Marianne at 650-985-7017.

Wish List Corner

20 waiting room chairs
4 exam room lights
fax machine
camcorder
therapeutic sand tray
gift certificates for youth
5 desk chairs

MISSION STATEMENT:

The Daly City Youth Health Center invests in our community through its youth and young adults by providing comprehensive, integrated services and programs that increase resiliency, encourage responsibility, and promote self-determination.

New Grants Received