



Community Care NOW

Fall 2005

Huntington Beach Community Clinic • West County Counseling Center
Community Care Dental Center • Clinica Medica de Ella

No. 2

CCHC Opens First Santa Ana Clinic

Clinica Medica de Ella will specialize in health services for low-income women

After months of negotiations, the dream of expanding CCHC's high-quality, affordable health services to Santa Ana finally became a reality.

Clinica Medica de Ella opened its doors to patients on September 1. The name - *Her Clinic* - reflects the majority Latina population CCHC's fourth health center aims to serve.

Many local mothers lack transport, so they need a clinic within walking distance. CCHC will provide culturally competent and low/no-cost prenatal, family planning and screening services.

Story continues inside...



Clinica Medica de Ella on Santa Ana's 1st Street

Helping Kids Get Ready For School

Special CHDP testing days give 150 children a healthy start

At any given time, a visitor will find Huntington Beach Community Clinic bustling with young families. Two School Readiness Days in August raised the buzz to a whole new level!

California law requires that children have a CHDP examination certificate when they enter first grade, move to a new school, or join a sports team.

CHDP (Child Health & Disability Prevention), is a health program free to children enrolled in Medi-Cal, or whose family income is at or below

200% of the federal poverty level. It provides health assessments at key stages, from birth through 21 years.

To help families prepare, the clinic organized two special days. CHDP 'stations' were set up where kids received each test in turn, including physical, hearing and vision. Unlucky children ended the visit with shots!

With the help of over 20 volunteers, 150 children of all ages received CHDP certificates. Medical Director Dr Miles Masatsugu proclaimed the events "a huge success".

"Holding and publicizing the School Readiness days really helps parents: there is so much paperwork, so many costs involved in getting children to school. We make sure these kids are fit to do well in class and activities."

If you are interested in sponsoring similar health events, please contact Nikki Kruger: 714-842-2829 #283 / nkruger@hbclinic.org

After Katrina

Homeless families fleeing the hurricane's devastation find healing at CCHC.

Although thousands of miles away, Californians shared the pain of Gulf Coast residents as Katrina wrecked her terrible destruction.

When families left homeless and reeling arrived in Orange County, Community Care Health Centers was there to wrap its arms around them, providing free medical care and support to help them come to terms with the tragedy.

As the media documented the disaster, they threw into sharp relief the shocking poverty and inequalities that exist in our own backyard. While we do all we can to ease the suffering of Katrina survivors, we must remember the families facing a daily struggle with poverty. CCHC helps them stay healthy too.



Young patients recover from their shots

Message from the CEO



Welcome back to Community Care NOW!

Just so you know, the donor special is on hold until the next donor wall event, rescheduled for December.

Instead we bring you an exciting announcement: **a new addition** to the CCHC family of clinics! **Clinica Medica de Ella in Santa Ana** will bring affordable women's health to a high-need area as well as freeing capacity at Huntington Beach Community Clinic.

The resourcefulness and passion shown by our staff and supporters in getting this new facility off the ground was truly inspirational. This is why CCHC provides high-quality, affordable health care to more Orange County families in need than any other organization.

I know you share my excitement and wish Dr Tomlinson's team success in their mission. As we grow, we need the support of **every member of every community** that CCHC serves, to **ensure that no man, woman or child risks their life without access to health care.**

Jackie Cherewick

Save The Date!

Partners in Caring

Fundraising Breakfast

Thursday, November 10, 2005, 8 am

Donor Wall Celebration

December tbc

Circle of Friends Dinner - Concert

Thursday, February 3, 2006

14th Annual Duck-A-Thon

May 12, 13, 14, 2006

For further information about upcoming events, please contact Nikki Kruger: 714-842-2829 #283 / nkruger@hbclinic.org

Got Your Groove On?

Outreach team members have, and they're rapping a healthy lifestyle message for teens at new after-school Hip Hop club



In the last edition of Community Care NOW, we reported that CCHC had been awarded a \$100,000 grant from the Department of Health Services to target teen pregnancy in Oak View, Huntington Beach.

Guided by the experienced and enthusiastic Sandra Vega (*formerly Guerra*), the curriculum has been agreed with Ocean View High School and looks set to be a success.

Central to the program is an after-school Hip Hop club at Oak View FRC called **Get Your Groove On**.

It is designed to provide structured activities that will engage both boys and girls, and deliver information in a way that won't turn teenagers off.

From 3.00 - 6.00 pm every Thursday Get Your Groove On features rap and new dance craze crumping, as well as education topics. Kids will also be able to win music-related prizes.

The September 22 launch attracted a staggering 150 teens and pre-teens - far more than initially expected. To confirm that the event hit the mix of music and information, week two drew the same excited crowds.

When parents in Oak View heard about the program, they were not only supportive; they requested their own classes so that they can learn about the issues affecting their kids.

This interest provides a strong basis for the program's success, as family relationships and parent involvement are key to healthy teenage behavior.

Parent groups run Mondays from 5.00 - 6.30 pm at Oak View FRC.

Many thanks to...

California Family Health Council (CFHC), providing an extra \$50,339 for this program from their **Healthy Options for Teens (HOT Spot)** fund.

Male Health Educator Joins Team

Engaging boys in health education is a challenge, requiring role models they feel comfortable opening up to.

With boys a key focus of the new teen pregnancy prevention program, CCHC was delighted to find an experienced male health educator to complete the previously female team.

Alejandro Toledo is a 30 year veteran in the field. Beginning his career as a public health investigator on LA's Skid Row, Alejandro has worked in LA and Orange County as a social

worker, counselor and outreach specialist. His most recent role was in the Oak View community, the area targeted with Get Your Groove On.

"It is extremely important for boys and young men to have a caring mentor to serve as a role model; someone who talks with them about realistic health issues."

"Kids today are hungry for positive examples. It's a real challenge for them to become functional adults considering what's out there now."

New Clinic Opening

Story continues from front page

Set in an unassuming strip-mall on 1st Street, Clinica Medica de Ella was previously a for-profit clinic. CCHC's outreach team hit the streets to tell women about the new ownership, which has been warmly welcomed.

Since opening, Dr. Becky Tomlinson, along with nurse practitioner Teri Charlesworth and their team, have seen around 20 patients a day, mostly for prenatal care and family planning.

Orange County's lack of affordable health care is felt most acutely in Santa Ana. A recent study placed the city top of a national hardship index. Working class families subsist pay-

check to pay-check in overcrowded conditions, with education and health disparities. The city is recognized at federal level as a medically underserved and physician shortage area.

The need for bringing CCHC services to Santa Ana is clear: families suffer poor health but cannot access care. For years these families have traveled to Huntington Beach Community Clinic, severely impacting capacity. A Santa Ana clinic will therefore also benefit Huntington Beach residents.

Team members mobilized resources with amazing energy, transforming a run-down clinic in a week. Thanks to you all for such talent and dedication.

Services for women at Clinica Medica de Ella:

- Pregnancy testing
- Prenatal services
- Family planning
- Women's health screening
- General medicine
- Eligibility assistance

Appointments: 714-973-9218

2223 W. First Street, Santa Ana CA 92703

Mon. - Fri. 9:00 am - 6:00 pm

Sat. 8:00 am - 4:30 pm. Spanish spoken.



Team members get the new clinic ready

Happier, Healthier Pupils In HB Schools

While many kids eagerly await the start of the school year, others will be silently dreading the return.

A difficult home life, low self-esteem, bullying... some kids have more to cope with than their classmates or teachers could imagine.

A child's behaviour in class may sound an alarm, but few teachers have the resources to seek out reasons, let alone address problems.

To reach children whose mental health is most at-risk, yet who are least likely to access help, CCHC's West County Counseling Center devised a school-based program.

A counseling intern is assigned to middle and elementary schools in two local school districts, Ocean View (OVSD), and Huntington Beach City (HBCSD) to provide stop-in sessions for pupils experiencing problems.

A 5th grade boy, referred because he was quiet and unresponsive in class, illustrates the tragic situations this program uncovers and addresses.

Counseling sessions revealed that this particular child had good reason to be

distracted: in his short life he had already suffered years of physical neglect and verbal abuse from his drug-addict mother.

Just ten years old, he *"wanted to die and go to heaven before he did more bad things. He was a bad person."*

With his counselor's help, he learned coping techniques for depression and came to understand that he was a good kid, and not to blame for his mother's problems.

This story at least ends well. The mother went into treatment; the boy went to live with his grandparents, happier and doing better at school.

Without West County Counseling Center's program the ending may well have been different.

Even though these sessions have provided life-changing intervention for hundreds of youngsters, hours have been continually reduced due to tight education budgets.

CCHC would therefore like to thank the following foundations, whose support this year helps us to continue improving young lives.

Please also join us as we welcome new Director of Counseling Dr. Barbara Zebb. Dr. Zebb, a licensed psychologist, joins CCHC from Madison, Wisconsin where she was working in full-time clinical practice.

Many thanks to...

The Therese Plunkett Foundation for directing their \$25,000 Duck-A-Thon sponsorship to this program.

The Orange County Community Foundation, in partnership with *The HealthCare Foundation for Orange County*, for their grant of \$15,000.

The Lon V. Smith Foundation for their most recent grant of \$10,000.

CCHC Service for Students at GWC

On-site women's health program improves access

Starting Fall 2005, CCHC nurse practitioners are providing free weekly clinics for female students at Huntington Beach's *Golden West College* for health screening, primary care and family planning.

CCHC Expands its Board of Directors

New directors bring diverse skills, input to organization

CCHC is pleased to announce the appointment of three new directors, making a seventeen-strong board.

Janice Fauchier is CFO of Orange Coast Memorial Medical Center. She has 25 years experience in healthcare finance and has lived in Huntington Beach for 18 years.

Mona Hanouni is a student at UCLA School of Medicine. Her medical career follows education at US Military Academy at West Point and a lifetime of community service.

Michael Nguyen recently graduated from UC Irvine with a degree in political science, focused on health and education in multicultural and disadvantaged communities.

Directors are volunteers who serve a one year term subject to re-election.



Community Care Health Centers

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Contact us...

Appointments:

Huntington Beach Community Clinic 714-847-4222
West County Counseling Center 714-847-3356
Community Care Dental Center 714-843-0892
Clinica Medica de Ella 714-973-9218

Administration Enquiries:

Contact Marilyn Berglund on 714-842-2829 #223 / mberglund@hbclinic.org

Community Care NOW:

Contact Nikki Kruger on 714-842-2829 #283 / nkruger@hbclinic.org

A Patient Writes:

"You folks are out of this world."

"Your facility is clean and the people friendly and kind...[They] take the needed time to listen and evaluate the patient."

"Please keep this level of service, kindness and dedication. You have no idea how blessed and fortunate I feel to be able to come to your place for medical attention."

"Commercial, for profit, medical organizations need to learn a lot from you. Thank you again."



The CCHC team raise money for breast cancer services

Health Watch for Women

Dr. Rebecca Tomlinson gives her health advice for women

CCHC is happy to introduce Dr. Rebecca Tomlinson: a part-time family practitioner with Huntington Beach Community Clinic since 2002, she is taking the challenging full-time role running Clinica Medica de Ella.

A native of Louisiana, Dr. Tomlinson moved to Orange County in 2000 to complete her residency at UC Irvine in the department of family medicine.

As a women's health specialist and Spanish speaker, she soon fell in love with the multicultural area and its hard-working, devoted mothers, and decided to focus on their wellbeing.

According to Dr. Becky, women too often place their own needs behind those of their family. They should make their own health a priority and to do this Dr. Becky advises eating a

balanced diet, finding exercise you can enjoy, and avoiding stress.

Routine medical checks, particularly annual breast and cervical exams, and monthly breast self-examinations will catch problems like cancer early.

"Looking after ourselves sets a great example for partners and children. Healthy habits start at home."

CCHC team joins the Komen Foundation Walk for A Cure

CCHC is proud to work with the Susan G. Komen Foundation, which funds our breast cancer prevention and detection programs, and supports patients diagnosed with cancer.

In gratitude to Komen, and in honor of CCHC patients, staff, and friends affected by breast cancer, RN Jacqui Martin led a team in the 2005 Walk for A Cure. The team walked 3 miles and raised \$XXX. Well done to all!