

The L.A. Trust Oral Health Toolkit

Multimedia resources for education, referrals,
access and best practices



**The Los Angeles Trust
for Children's Health**

Putting the care in student healthcare



Contents

Introduction

- 3** The L.A. Trust Oral Health Initiative
- 4** About this Toolkit

Oral health education

- 5** Presentations
- 6** Videos

Oral health resources

- 7** Dental referral cards
- 8** Partner resources

Oral health information

- 12** Fact sheets
- 15** Publications
- 16** Websites

2 Download these and other resources at thelatruster.org/oralhealth

Introduction

The Los Angeles Trust for Children's Health is a nonprofit organization whose mission is to bridge the worlds of health and education to achieve student wellness.

The L.A. Trust was formed by the Los Angeles Board of Education in 1991 to address the myriad health challenges faced by L.A. Unified students. The L.A. Trust became an independent 501c3 in 2001, but has continued its close support of Los Angeles Unified. This includes support for school-based health clinics, health partnerships and a broad range of school-linked programs. Improving the oral health of Los Angeles public school students is a driving force of The L.A. Trust.

The L.A. Trust's Oral Health Initiative (OHI) uses a comprehensive public health approach to meet the oral health needs of students and families. This Initiative builds on best practices from the curriculum and model of Anderson Center for Dental Care at Rady Children's Hospital San Diego's Center for Healthier Communities* as well as best practices and lessons learned from our years of experience.

As of 2020, The L.A. Trust has successfully implemented the OHI across more than 97 schools. The OHI model includes school-based oral health education and community awareness building, on-site oral health screenings, oral disease prevention and early intervention services, and dental home connections. The OHI uses this model within LAUSD and aiming to expand this effort to other interested school districts across the Los Angeles county and beyond. **For more information visit our website thelatrust.org/oralhealth or email ohi@thelatrust.org.**

*Susan Lovelace, 2010. Rady Children's Hospital and Anderson Center for Dental Health.

About this toolkit

The purpose of this toolkit is to address the barriers to oral health access being experienced by many L.A. students – barriers that have been worsened by the COVID-19 pandemic.

During this pandemic, many children and families are not receiving information regarding their oral health – many school-based clinics are closed, they are not on campus and they have additional priorities when it comes to health issues.

But oral health is critical component of overall health – many diseases are correlated to the bacteria in our mouth. It is extremely important to take care of our oral health and teeth to prevent diseases and illnesses.

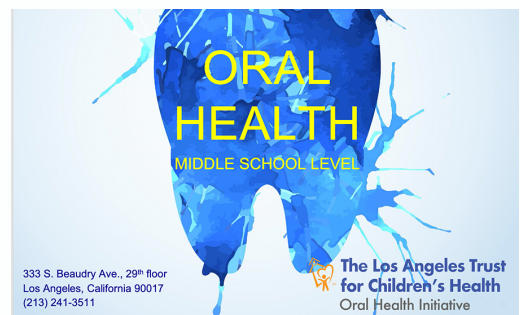
This toolkit contains information on oral health education, oral health access, referral cards and other helpful resources. The toolkit can be used in person and online by teachers, staff, community partners and healthcare providers.

Oral health education Presentations

The L.A. Trust has created a set of education materials to help children and their parents learn more about oral health and oral health care. These presentations can be given in person or online to raise oral health awareness.



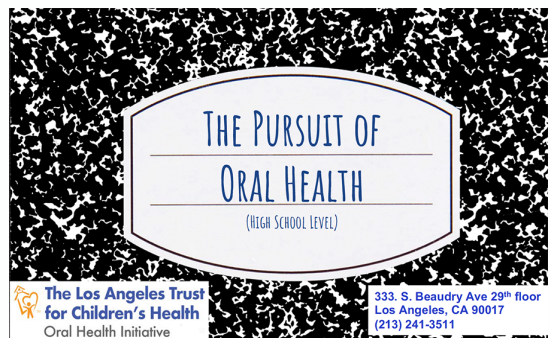
Early elementary



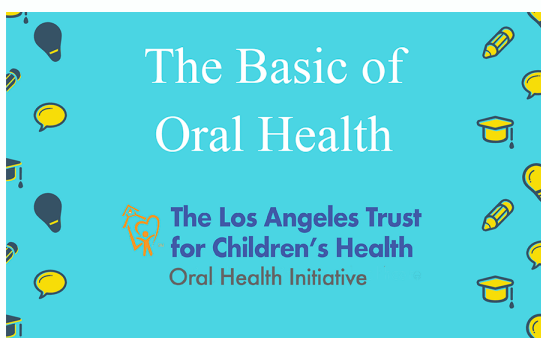
Middle school



Upper elementary



High school



Parents (English)



Parents (Spanish)

Oral health education Videos

In addition to oral health education presentations, The L.A. Trust has created three one-minute videos and one 9-minute video demonstrating the right way for children to brush their teeth, floss, and eat healthy. Our eating right video features a tooth-friendly food game to show kids how good nutrition affects their teeth.



Brushing with Billy 0:1:00



Flossing with Billy 0:01:00



Nutrition with Billy 0:01:00




Keeping Your Teeth Healthy 0:09:00


Oral health resources

Dental referral cards


The Los Angeles Trust for Children's Health and L.A. Unified share referral cards that provide information on dentists who provide free or low-cost dental and oral healthcare services to children and adults. If you are a provider and would like to be added to this list, email ohi@thelatrust.org.




**LOCAL DISTRICT EAST / CENTRAL
DENTAL HOME REFERRAL**




CLINIC NAME	ADDRESS	PHONE NUMBER	HOURS OF OPERATION	Public insurance	Uninsured patients	Sliding Scale	Offer Sedation	Special Needs	Pregnant	Kids Seen
AltaMed Dental Office	3845 E Whittier Bl. LA CA 90023	(323) 307-0449	M, W, F 8:00am-5:00pm T, Th: 9:00-5:00pm Sat: 9:00-5:00pm	✓	✓	✓	✓	✓	✓	✓
	2219 E. First St. LA CA 90033	(323) 269-9048	M, W, F: 8am-5pm T, Th: 9am-7pm Sat: 8am-5:30pm	✓	✓	✓	✓	✓	✓	✓
	972 Goodrich Blvd. Commerce CA 90032	(888) 499-9303	M, W, F: 8am-5pm T, Th: 9am-5pm Sat: 8am-4:30pm	✓	✓	✓	✓	✓	✓	✓
Amor Kids Dentistry	5877 S. Vermont Ave. CA 90044	(213) 747-8899	M-F 9:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓
Arroyo Vista Health Center	2411 N. Broadway, LA CA 90031	(323) 987-2000	M-F 8:30am-5:30pm	✓	✓	✓	x	✓	✓	✓
CHAPCare Dental	1855 N Fair Oaks Ste G-200 Pasadena, 91108	(626) 398-6300	M-Sat: 8am-5pm	✓	✓	✓	x	✓	✓	✓
	2055 Lincoln Ave, Pasadena CA 91103	(626) 657-7750	M-F: 8am-5pm	✓	✓	✓	x	✓	✓	✓
	3703 Peck Rd. St. A El Monte CA 91731	(626) 398-6300	M-F: 8am-5pm	✓	✓	✓	x	✓	✓	✓
Children's Dental Fun Zone	2455 Colorado Blvd, Suite #16, LA CA 90041	(323) 255-9663	M, T, Th, F: 8am-5pm W: 9am-6pm (only ortho) Sat: 7:30am-2pm	✓	✓	✓	x	✓	✓	✓
	137 N. Montebello Blvd, Suite H, Montebello, CA 90640	(323) 728-2890	M, W, F 8am-5pm Tu: 9am-6pm Sat: 8am-2pm	✓	✓	✓	✓	✓	x	✓
Children's Hospital Los Angeles	4650 W. Sunset Bl. LA CA 90048	(323) 361-2130	M-F: 8am-5pm	✓	✓	x	✓	✓	x	✓
Comprehensive Community Health Clinic (CCHC)	801 S Chevy Chase Dr., Suite 250 LA, CA 91205	(818) 265-2258	M-F: 8am-5:30pm Sat: 8:30am-3:30pm	✓	✓	✓	✓	✓	✓	✓
Eisner Pediatric & Family Health Center	1530 S. Olive Street, LA CA 90015	(213) 747-5542	M, T, Th, F 7:30am-4pm W: 8:30am-5pm	✓	✓	✓	x	✓	✓	✓
	3680 E Imperial Hwy, Lynwood CA 90262	(310) 608-4898	M-F: 7:30am-4:30pm Sat: 7:30am-4pm	✓	✓	✓	x	✓	✓	✓
H. Claude Hudson CHC	2829 S. Grand Ave. LA CA 90015	(213) 699-7000	M-F: 7:30am-4:00pm	✓	✓	✓	x	✓	✓	✓




Brush Your Teeth
& Floss Every Day



Visit the Dentist
2 Times per Year



Don't Share Utensils,
Drinks or Toothbrushes



Eat Healthy Foods &
Drink Fluorinated Water


Call for a Medi-Cal / Denti-Cal
Dental Home Referral: 1-800-322-6384




Caries Control Substances
& Other Space Maintainers



No Compromise on Cleanliness
Proper or Qualified Hygiene



Visit a Dentist
Every 6 Months or More



Capitalize on Diet
Use at Least 2x per Day

Download referral information for these Local Districts

East/Central

West

North

South



Orthodontists

7 Download these and other resources at thelatrust.org/oralhealth

Partner resources

Preventing tooth decay

Preventing Tooth Decay

Brush Your Teeth

2
X
2

minutes per day


& Floss Every Day

Tooth decay affects 7 out of 10 children in Los Angeles. Tooth decay can be prevented by brushing your teeth 2 times a day for 2 minutes, flossing daily and visiting a dentist 2 times per year.


What are cavities? Sugar and starch from foods like bread, rice, pasta, soda and sweets mix with the bacteria in your mouth to make acid... this acid will make holes in your teeth known as cavities.

Bacteria that causes cavities can be transferred from your mouth to your child's mouth. Babies teeth will fall out but the bacteria will stick around and cause cavities and gum disease when their permanent teeth grow in.

Don't Share Utensils, Drinks or Toothbrushes



Eat Healthy Foods & Drink Fluoridated Water




The health of your mouth, teeth and gums affects the health of your whole body. Cavities, plaque and gum disease are linked to heart disease, stroke, diabetes, obesity, and can negatively affect pregnant women.



Keep your teeth and body strong by eating healthy foods like fruits, vegetables, lean proteins and drinking/cooking with tap water. Our tap water contains fluoride, a mineral that helps to prevent tooth decay.

Cigarettes and chewing tobacco are harmful to your oral health. Smoking and chewing tobacco are known to cause tooth staining, gum disease, tooth loss, and mouth cancer.



Visit the Dentist



2 Times per Year

La Prevención de Caries

Cepillarse los Dientes

2
X
2

minutes per day


Use el hilo dental todos los días

La caries dental afecta a 7 de cada 10 niños en Los Ángeles. La caries dental se puede prevenir mediante el cepillado de los dientes 2 veces al día durante 2 minutos, uso de hilo dental diariamente y visitar al dentista 2 veces al año.


¿Cuáles son las caries? El azúcar y el almidón de los alimentos como pan, arroz, pasta, refrescos y dulces se mezclan con las bacterias en la boca para que el ácido ... este ácido hará agujeros en los dientes conocidos como caries.

Las bacterias que causan las caries se pueden transferir desde la boca hasta la boca del niño. Bebés dientes se caen, pero las bacterias se quedarán y causar caries y enfermedades de las encías cuando los dientes permanentes crecen.

No Comparta los Utensilios, Bebidas o Cepillos de Dientes



Come Comida Saludable & Beber Agua Fluorada




La salud de la boca, los dientes y las encías afecta a la salud de todo el cuerpo. Las caries, la placa y la enfermedad de las encías están vinculados a la enfermedad cardíaca, accidente cerebrovascular, la diabetes, la obesidad, y pueden afectar negativamente a las mujeres embarazadas.



Mantener sus dientes y cuerpo fuerte por el consumo de alimentos saludables como frutas, verduras, proteínas magras y beber / cocinar con agua de la llave. Nuestra agua de la llave contiene fluoruro, un mineral que ayuda a prevenir la caries dental.

Cigarrillos y tabaco de mascar son perjudiciales para su salud oral. Fumar y el tabaco de mascar son conocidos por causar manchas en los dientes, enfermedad de las encías, pérdida de dientes, y el cáncer de boca.

Visita al Dentista



Dos Veces al Año

IN ENGLISH AND SPANISH

8 Download these and other resources at thelatrust.org/oralhealth

Partner resources

Oral health during COVID



Oral Health Care During COVID-19

Prioritize care that was previously postponed especially for conditions likely to lead to dental emergencies if treatment continues to be deferred



Examples of a dental emergency

- One or more broken teeth
- Bleeding in the mouth that doesn't stop
- Pain and swelling in and or around your mouth



Selected dental care you should have taken care of at this time

- Maintenance of braces
- Initial and recall dental exams
- Silver diamine fluoride placements
- Fluoride varnish



Dental care that can be rescheduled, whenever possible, to avoid aerosol-generating procedures

- Implants
- Silver and white fillings
- Crowns



Need to see a dentist?

- Call your dentist's office first
- Tell him/her your dental issue
- Follow your dentist's instructions



Resources

Dental Smile California: 1-800-322-6384 or www.smilecalifornia.org

DHCS Medi-Cal Dental: If you have a dental emergency during COVID-19 restrictions, call 1-800-322-6384 for assistance or visit their website for locations: https://dental.dhcs.ca.gov/Beneficiaries/Denti-Cal/COVID-19_Emergency_Locations/

211 LA- A free, confidential referral and information helpline.

Call: 2-1-1 or **Visit:** <https://www.211la.org/>

LAC DPH Oral Health Program: <http://ph.lacounty.gov/ohp>



Keep your mouth healthy

- Always wash your hands before and after brushing and flossing
- Brush your teeth twice a day with fluoridated toothpaste and floss daily
- Make healthy food and drink choices
- Do not share utensils, straws, toothbrushes, or food nor put your hands in your mouth

www.ph.lacounty.gov/coronavirus
rev. 9/4/20 Oral Health Care during COVID-19 (English)



IN ENGLISH AND SPANISH

9 Download these and other resources at thetrust.org/oralhealth

Partner resources

Medi-Cal Dental

YOUR HEALTH CARE RIGHTS

If you are enrolled in the Medi-Cal and Denti-Cal Programs, you have the right to:

- 1 BE TREATED WITH RESPECT AND DIGNITY**
- 2 GET DENTAL SERVICES**
By an enrolled dentist of your choice.
- 3 REQUEST A QUALIFIED INTERPRETER**
At no charge to you.
- 4 USE PROFESSIONAL INTERPRETERS RATHER THAN YOUR FRIEND OR FAMILY MEMBER**
- 5 TELL SOMEONE IF YOUR DENTAL AND LANGUAGE NEEDS ARE NOT MET**
You can call Denti-Cal at 1-800-322-6384 or the Office of the Ombudsman at 1-888-452-8609 to report any problems.
- 6 GET APPOINTMENTS WITHIN A REASONABLE TIME**
According to the Department of Managed Health Care, from the time that you call and make an appointment:
 - Urgent care appointments should be offered in 3 days.
 - Non-urgent appointments must be provided in 36 working days.
 - Preventive dental appointments must be provided in 40 working days.
- 7 PARTICIPATE IN MAKING DECISIONS REGARDING YOUR DENTAL NEEDS**
- 8 HAVE YOUR DENTAL RECORDS AND PERSONAL INFORMATION BE KEPT CONFIDENTIAL**

YOUR DENTAL SERVICES THROUGH MEDI-CAL

Did you know:

- Your dental health is connected to your overall health.
- Prevention is better than treatment.
- Early care could mean less pain, lower expenses, and less harm to your overall health!

This brochure gives you an overview of what you need to know about the dental services available to adults through Medi-Cal.

CONTACT US!



1145 Wilshire Blvd
Los Angeles, CA 90017
www.advancingjustice-la.org

Produced by:



IN ENGLISH AND MULTIPLE LANGUAGES

10 Download these and other resources at thelatruster.org/oralhealth

Partner resources

Covered CA and Medi-Cal

Your Child Has Dental Coverage!

LOS ANGELES COUNTY

If your child has health coverage through **Medi-Cal** or a **Covered California** health plan, he or she also has dental coverage and can go to the dentist for regular checkups and care.



Services Covered for Children (Covered California and Medi-Cal)

- Exams
- X-rays
- Cleanings
- Fillings
- Fluoride treatments
- Sealants
- Tooth extractions
- Root canals
- Emergency services
- Relief of pain and infection
- Medically necessary orthodontics

Covered California

When you signed your child up for a Covered California health plan, he or she was automatically enrolled in dental coverage. Contact your health plan to find a dentist or if you have questions about your dental care. For more information, visit www.coveredca.com or call (800) 300-1506.

Medi-Cal

You will receive a Medi-Cal Benefits Identification Card in the mail. You have two choices for receiving dental coverage:

1. **Use your Medi-Cal Card.** To find a dentist, call (800) 322-6384, Mon–Fri, 8am–5pm, or look online at www.denti-cal.ca.gov. Click on “Find a Medi-Cal Dentist.”
2. **Select one of these three Medi-Cal dental plans:**
 - Access Dental Plan**
(888) 414-4110 | www.premierlife.com
 - Health Net of California, Inc.–Dental**
(800) 977-7307 | www.healthnet.com
 - Liberty Dental Plan of California, Inc.**
(888) 703-6999 | www.libertydentalplan.com

To find a dentist, contact your dental plan. You have the option to switch between Medi-Cal and a dental plan, as well as between dental plans at any time. Call Health Care Options at (800) 430-4263.

Parents, Single Adults, and Pregnant Women

You may also be eligible for many dental benefits in Medi-Cal or Covered California. For information on Covered California, visit www.coveredca.com/individuals-and-families/getting-covered/dental-coverage. For information on Medi-Cal, visit www.denti-cal.ca.gov or call (800) 322-6384.



Children should start receiving preventive dental services as soon as their first tooth appears or by the time they turn 1.



www.childrenspartnership.org

[@kidspartnership](https://twitter.com/kidspartnership) [fb.com/kidspartnership](https://www.facebook.com/kidspartnership)

For fact sheets about children's dental coverage statewide and in Sacramento County, visit www.childrenspartnership.org/dentalcoverage.

This flyer was created with funding from the DentaQuest Foundation.

Oral health information

Best practices

The L.A. Trust Oral Health Initiative Best Practices*

The L.A. Trust's Oral Health Initiative works to address this crucial issue in three areas:

- Providing community-wide oral health education
- Providing direct preventive care and early intervention on school campuses
- Linking all elementary school campuses to restorative care



Below are best practices relating to each of these three areas.

Community-wide Oral Health Education

Tailored oral health education for parents, students, teachers, and school administrators. Education should emphasize in a clear and direct manner:

- Causes, processes and effects of oral diseases
- Need for regular dental care
- Use of preventive dental agents
- Diet and nutrition and their relation to oral health
- Oral injury prevention
- Drinking fluoridated water

Universal Prevention on School Campuses

A basic level of preventive oral health care (screening, fluoride varnish, sealants, referrals) for all students. An ideal pilot program school site has:

- A high-need population (at least 50% of the children participating in the Federal Free and Reduced School Lunch Program)
- Physical space available
- Support of the administration
- Active parent volunteers
- Support from teachers
- Committed dental providers as partner

Access to Restorative Care

Ensuring students have regular and adequate access to an affordable dentist in their area. Action items:

- Equipping all school personnel with an up-to-date list of current dental providers
- Increasing the number of dental providers who accept low-income and uninsured child patients
- Increasing on-site dental restorative services (mobile chairs, mobile vans, services through our [Wellness Centers](#))
- Developing a referral updating system to track changes
- Online dental directory, accessible by anyone

*Portions of the information on this page sourced from: *Tackling Barriers to Children's Oral Health in Los Angeles Unified School District: A Strategic Initiative of the L.A. Trust for Children's Health*; by Jennifer Frehn, MPH Student, Fielding School of Public Health, University of California, Los Angeles; Poster, Southern California Public Health Association, 2012 Annual Conference.

Oral health information

Treatment urgency scale



Guide to the Treatment Urgency Scale

Instructions for Completing Dental Screening Form

We track data on all children screened through the program both to understand our impact and to help identify students who need additional care or case management. Thank you for filling out this form carefully and completely!

- Most providers find it helpful to have a scribe so that they can call out their findings quickly to an assistant, who marks the form.
- Note any brown spots, white spots, fillings, visible decay, missing, mobile, or sealed teeth and record this information in the appropriate location on the grid. Use the key on the form to write the letter corresponding to your finding in the grid representing the appropriate tooth.
- Check the box for gingivitis if the child has evidence of gingivitis on your exam.
- Assign the child to a screening level of disease:

○ **Level 1:** No dental problems



Conditions requiring care that can be postponed for a 6 months

- Caries in deciduous teeth which will exfoliate soon;
- incipient caries;
- better brushing;
- routine dental checkup/professional cleaning

○ **Level 2:** Evidence of dental problems



Conditions requiring care within 6 months

- Extensive penetration of caries into dentin;
- space maintainers;
- numerous cavities – none with extensive penetration

○ **Level 3:** Needs urgent dental care



Functional and social disability conditions requiring rapid attention

- Pain and acute infections/abscess;
- suspected neoplasm (tumors);
- dental caries into or near the pulp;
- teeth obviously requiring extraction;
- disfiguring conditions (missing/decayed anterior teeth)

- **If the patient is a level 3, please notify the Oral Health Nurse and check the “referral for urgent follow up” box. Please note the urgent issue in the “reason for referral line”.**
- These children will receive case management to ensure that they obtain follow up care.

Oral health information

Dental disease in children

DENTAL DISEASE & CALIFORNIA'S KIDS

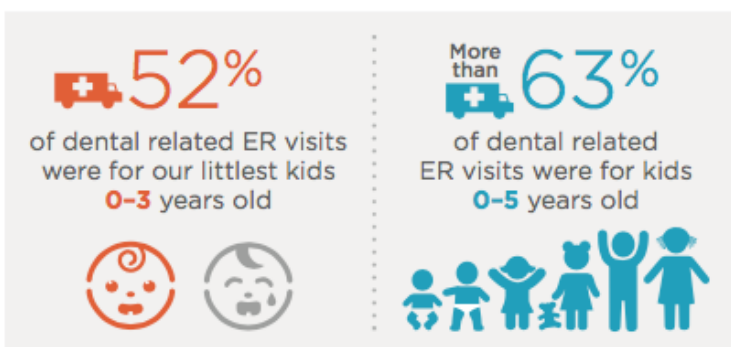
The most common chronic health problem facing California's kids is a largely preventable one.

Tooth decay disproportionately affects low-income children and children of color in the state. Untreated tooth decay can lead to devastating academic, physical, social-emotional, and economic consequences.



In Los Angeles County
More than **57%** of kids under 6 are covered by Medi-Cal
But, Medi-Cal dental service utilization rates are decreasing

Service	2013-14	2014-15	2015-16
Annual Dental Visit	59.3%	56.5%	54.6% ↓
Preventive Services	54.8%	51.9%	49.9% ↓
Use of Dental Treatment	31.7%	29.1%	27.2% ↓
Exams/Oral Health Evaluations	53.1%	50.4%	48.5% ↓
Sealants ages 6-9	24.6%	23.6%	22.9% ↓
Sealants ages 10-14	14.4%	13.3%	12.8% ↓



Help make sure children are achieving optimal oral health!

Attend the Los Angeles Stakeholder Meetings convened by the California Department of Health Care Services.

Engage in the Local Control Accountability Process to make oral health a priority in schools!

Contact:
Eileen Espejo,
eespejo@childrennow.org
for more information

California Department of Health Care Services, Medi-Cal Dental Services Division. Public Records Act request submitted by Children Now. Data received August 2016.

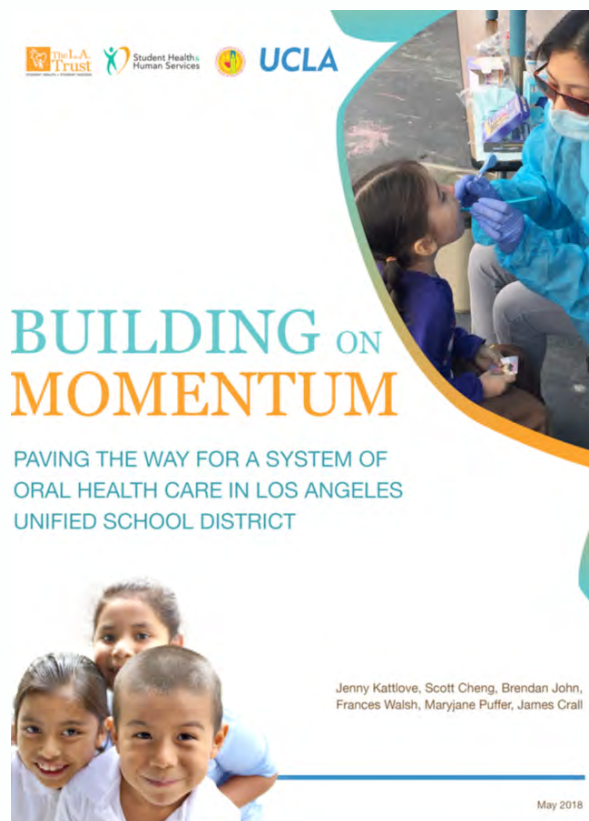
CHILDREN NOW

Oral health information Publications



The L.A. Trust Oral Health Initiative Operations Manual

Building on Momentum



Oral health resources

Websites

Community

LAUSD Student Health and Human Services - Wellness Centers

<https://achieve.lausd.net/wellnesscenters>

More LA Smiles

<http://morelasmiles.org>

Oral Health Provider Directory

http://publichealth.lacounty.gov/cms/dental_finder.htm

Los Angeles County Oral Health Program

<http://publichealth.lacounty.gov/ohp/>

State

Medi-Cal Dental

Dental Provider Directory

Dental Clinic Directory

Covered Services

Children's organizations

Children Now

The Children's Partnership

The Los Angeles Trust for Children's Health

Sesame Street

For more resources visit thelatrust.org/oralhealth