



# The Los Angeles Trust for Children's Health



**Bridging health and education  
to achieve student wellness**



**The L.A. Trust went everywhere to advance our mission in 2019:**

**Top row:** Esther Yeppez promoted Medicare expansion on Capitol Hill; Maryjane Puffer and Karla Debray spoke at the Promise of Adolescence convening sponsored by the Conrad N. Hilton Foundation; Lillian Orta and Nina Nguyen taught at the Fremont Free Food Fair. **Center row:** Adult Allies of our Student Advisory Boards exchanged ideas at our offices; Marsha McCready Ellis helped dedicate a new clinic at Telfair Elementary; Superintendent Austin Beutner and Maryjane Puffer touched base at USC. **Bottom row:** Maryjane Puffer (center), Alicia Garoupa and Ron Tanimura of LAUSD SHHS, Jim Mangia of St. John’s Well Child and Family Center and Mario Chavez of LAUSD helped break new ground at the Mendez Wellness Center; our Tooth Fairy Event attracted thousands of kids and their families; The L.A. Trust facilitated dental screenings like this one by UCLA More LA Smiles at Morningside Elementary.

- 03** Welcome
- 04** Research
- 05** Wellness Centers
- 06** Oral health
- 07** Student engagement
- 08** Healthy eating and living
- 09** Prevention education
- 10** Partnerships
- 11** Financials
- 12** Leadership and staff

COVER PHOTO BY RINZI RUIZ

# Welcome



**The COVID-19 health crisis and economic downturn has been a dramatic reminder of how much depends on our education and healthcare systems.**

Last year The Los Angeles Trust for Children’s Health adopted a new mission statement that’s especially relevant as we address the impact of COVID-19 on our children and communities: Bridging the worlds of health and education to achieve student wellness.

Los Angeles is one of the world’s wealthiest cities, yet more than one-quarter of its children live in poverty.<sup>1</sup> There are wide disparities in healthcare access across our communities. And the Los Angeles Unified School District (LAUSD) has one of the highest concentrations of low-income students in California — 84%.<sup>2</sup>

The L.A. Trust provides best practices, research and programs to support school-based health-care, including the LAUSD Wellness Network. We support prevention, education and intervention programs focused on oral health, substance use, nutrition, and sexual and reproductive health. And we create opportunities for students to become wellness advocates.

Better healthcare leads to better outcomes: Students are able to learn, teachers are able to teach, graduation rates rise and our community thrives.

Nothing is more important than the health of our children. We want to thank our partners and allies for all you’ve done to help The L.A. Trust and our kids this past year. We are proud to work with you as we advance student health together during this critical time.

Best regards,

Maryjane Puffer  
Executive Director

William Grice, Kaiser Permanente  
Board President

1. Los Angeles County rate from Annie E. Casey Foundation KIDS COUNT Data Book, 2019. 2. California School Dashboard, 2019.



Our Data xChange links confidential Wellness Center data with academic data to determine how health affects performance.

**Last year we partnered** with the University of California San Francisco to test a “Health-E You/Salud iTu” contraception awareness app with nearly 1,500 young Latinas. The app resulted in a 117% increase in the use of long-acting reversible contraceptives and a substantial increase in clinic visits (results will be published in leading health journals this year). The program, which will be introduced to young Latinos this year, is an example of how The L.A. Trust leverages its school and community connections to provide crucial backbone support to healthcare researchers and academic institutions.

## Research

### Driving data-based solutions to improve student outcomes

Wellness is one of the prime factors in a student’s academic success. Does the student suffer from an undiagnosed or untreated chronic illness, such as asthma, substance use or depression? Has the student missed school because of poor oral health? Does she need glasses?

Access to early prevention, intervention and education programs can make all the difference to a young student trying to advance in school. Problems need to be identified and the right resources need to be directed. This is where The L.A. Trust Data xChange comes in.

The Data xChange, launched in 2019 with ongoing data set additions throughout 2020, is a ground-breaking initiative that integrates Wellness Center health data and LAUSD academic and attendance data to determine how health and wellness impact achievement. As the first of its kind in the country, The L.A. Trust Data xChange can improve health and academic outcomes for all LAUSD students.

# Wellness Centers

## Supporting the healthcare home of thousands of students

The Los Angeles Unified School District's growing network of Student and Family Wellness Centers provides a healthcare home to tens of thousands of students and community members who often have limited access to care.

The L.A. Trust was established in 1991 by the Board of Education to support the district's school-based health centers and improve the health of LAUSD students and their families. In 2001, we became an independent 501 (c)3, but we continued our close relationship and unflagging support for the student healthcare system.

In 2009 we partnered with LAUSD to develop full-service Wellness Centers at high schools and middle schools in high-need areas. The School Board committed \$86 million to build 15 Wellness Centers, and four more Wellness Centers in high-

need areas are under construction or on the drawing boards.

These Wellness Centers (collectively known as the Wellness Network) expanded the traditional school-based health clinic model by serving community members as well as students and adding needed mental and oral health services.

The L.A. Trust plays a pivotal role in the Wellness Network, advocating for its expansion, supporting the exchange of best practices through Learning Collaboratives, and connecting the clinics to student health initiatives from The L.A. Trust and others.

Student achievement depends on student wellness, and school-based health centers are indispensable. The L.A. Trust is working to ensure that every child attending Los Angeles public schools has equal access to healthcare and an equal opportunity for success.



Executive Director Maryjane Puffer spoke at the groundbreaking at Mendez and a ribbon-cutting ceremony at Santee Wellness Centers.

**When a 777 passenger jet** dumped a load of aviation fuel over the Cudahy area, students at six LAUSD schools were affected — and the Wellness Center at Elizabeth Learning Center sprung into action. The Wellness Center, operated by South Central Family Health Center, offered free screenings to everyone in the community, regardless of insurance, immigration status or ability to pay. “When there’s an environmental emergency, a flu outbreak or a spike in STDs, the Wellness Centers often see it first,” said Maryjane Puffer, executive director of The Los Angeles Trust for Children’s Health. “They are on the front lines of student and community health, and the services they provide are indispensable. Nothing is more important to The L.A. Trust than supporting these clinics.”



The L.A. Trust facilitated dental screenings at dozens of LAUSD elementary schools last year, including this one conducted by UCLA More LA Smiles at Morningside Elementary in San Fernando.

**Tears flowed down the face** of the five-year-old boy. He was in line at one of the many free student dental screenings The L.A. Trust facilitates at elementary schools each year. Program Manager Esther Yopez took him by the hand and showed him one of our friendly puppets. Then she introduced him to the dentist and explained the screening process. She asked the kindergartner if we should first look at the puppet's teeth. He nodded yes. The dentist checked the puppet's teeth. Then, very gently, the dentist took a look in the boy's mouth. No wonder he was scared — the little boy had a huge abscess. A referral was made and his mother got him to a dentist that afternoon.

## Oral health

# The leading cause of school absences is also the most preventable

Dental pain impacts a child's ability to eat, sleep, learn and play. Children with poor oral health are nearly three times more likely to miss school and perform poorly.<sup>1</sup>

Screenings of 3,399 elementary school students in Los Angeles found that 66% of children had active dental disease, 27% had visible tooth decay and 6% required emergency care.<sup>2</sup>

Here's the good news: Childhood dental disease is entirely preventable. The L.A. Trust's Oral Health Initiative has been forging partnerships with providers and partners for seven years to bring free oral health education, screenings and referrals to children who lack dental care.

In FY 2019 The L.A. Trust coordinated with LAUSD to

visit schools in high-need Los Angeles communities.

Working with providers like UCLA More LA Smiles, we facilitated screenings for more than 1,700 kindergartners and third-graders. We convened public health officials and private dental providers through our Oral Health Advisory Board meetings. We brought oral health care information into dozens of schools. And we hosted our fifth annual Tooth Fairy Event, informing (and entertaining) thousands.

The L.A. Trust and its three-person oral health team works every day to help bring students, community members, healthcare providers and educators together to increase oral health awareness and access.

1. *Impact of Poor Oral Health on Children's School Attendance and Performance*, American Journal of Public Health, October 2011.

2. *A School-Based Public Health Model to Reduce Oral Health Disparities*, Dudovitz et al., Journal of Public Health Dentistry, May 2017.



For youth, by youth: Students and Adult Allies from throughout LAUSD attended our Y2Y Conferences.

## Student engagement

### We work with leading student health advocates — students

Some of the best advocates for student health campaigns are students themselves. Students know what students are thinking — and doing. And they have great credibility with their peers.

The L.A. Trust supports Student Advisory Boards (SAB) at Wellness Centers across the Los Angeles Unified School District. We also provide training and support to the Adult Allies who facilitate the work of the student boards.

Last fiscal year The L.A. Trust held two training sessions for Student Advisory Board members and their Adult Allies. Our Youth 2 Youth Conference (Y2Y) in March provided a

powerful two-way exchange that benefited the more than 100 students and healthcare advocates present.

Students who serve on the Student Advisory Boards are powerful advocates for healthcare access and healthy choices. They are involved in a wide range of campaigns, including obesity prevention, HPV (human papilloma-virus) vaccination, substance use prevention and education, and sexual and reproductive health.

These student health advocates teach by example. Their work helps their peers, their communities and themselves.

**Every Wellness Center school has a Student Advisory Board** sponsored by The L.A. Trust where student health advocates hone their leadership skills by mentoring and training their peers. During the 2018-19 school year, more than 250 students served as SAB members — and their campaigns reached more than 20,000 students. These campaigns — on topics like vaping, substance use and sexual and reproductive health — can have a powerful impact. In response to high HPV rates, many SABs created awareness campaigns including educational skits, social media campaigns and HPV myth-buster announcements. As a result, Wellness Centers saw a significant increase in HPV vaccination referrals. SABs help students find their voice and give them a platform to advocate for healthcare access and express community concerns. The L.A. Trust uses their feedback to secure additional resources, address campus-specific needs and improve Wellness Center services. Each SAB is facilitated by an Adult Ally, a role often filled by volunteer teachers or Healthy Start coordinators. The L.A. Trust has hired two student engagement staff members to serve as full-time Adult Allies and integrate this important role completely into our organization.

The L.A. Trust's health trainers like Lillian Orta reached out to students and community members to promote campaigns like CalFresh Healthy Living and Rethink Your Drink.



## Healthy eating (and living)

### The L.A. Trust helps students and families keep it fresh

The L.A. Trust understands the connection between good nutrition and good performance in school. But too often students and families lack access to the fresh food and good nutrition they need.

We advocate for robust and nutritious school meal programs and work with partners like CalFresh Healthy Living (part of the California Department of Public Health) to promote active lifestyles and healthy eating habits.

In the last fiscal year, our two full-time healthy living team members taught more than 100 student and community nutrition courses, giving lessons in fresh food

preparation and stretching food dollars. They also appeared at events like the Free Food Fair at the Fremont Wellness Center, worked with community gardens, and promoted the benefits of water over high-sugar beverages.

The L.A. Trust nutrition team distributed thousands of bilingual brochures and cookbooks, and reached more than 2,000 students and family members in person.

Poor nutrition can lead to obesity, tooth decay, diabetes, heart disease, even depression. Healthy eating and active living are the foundation of health, and it's never too early to start.

**On a brilliant November morning,** neighborhood residents line up near the Fremont Wellness Center to get into the Free Food Fair at Fremont High in South Los Angeles. The fair offers pumpkins, mangoes, squash, lettuce and other fresh produce — plus nutrition, health and recipe advice from The L.A. Trust's Program Manager Nina Nguyen and Health Educator Lillian Orta. It's all part of The L.A. Trust's school and community outreach on behalf of CalFresh Healthy Living. The L.A. Trust works with LAUSD and its Wellness Centers to carry the CalFresh Healthy Living message to students and community members both. "It's really rewarding to be a CalFresh Healthy Living partner," said Nguyen. "Good health starts with good nutrition, and people really get engaged in our outreach," she said. "It doesn't hurt that fresh food looks and tastes so much better than cheap processed food."





Program Manager Robert Renteria leads The L.A. Trust's robust Tobacco Use Prevention and Education (TUPE) efforts, working with partners, Wellness Center staff and Student Advisory Board members.

**L.A. School Superintendent Austin Beutner** stood on the courthouse steps in downtown Los Angeles on October 29, 2019 to declare war on vaping. Flanked by educators, students and community leaders, Beutner announced a class-action lawsuit to hold vape pen manufacturer Juul "accountable for the role it has played in creating an epidemic that affects the health of our students, disrupts student learning and is taking money away from our core mission — educating students." Tobacco use prevention and education (TUPE) is one of the core missions of The L.A. Trust. We work with LAUSD's Beyond the Bell Branch on vaping abatement programs that give students facts about the health dangers of vaping, and resources to foster peer-to-peer conversations that promote cessation. The L.A. Trust also works with Student Advisory Board members, Adult Allies and staff at LAUSD Wellness Centers to coordinate education, train advocates, provide treatment referrals, sponsor outreach events and publicize the dangers of cigarette smoking and vaping on social media.

## Prevention education

### Because an ounce of prevention is worth a pound of cure

Prevention education is built into all of The L.A. Trust's programs, including oral health, obesity prevention, substance use, asthma prevention and sexual and reproductive health.

Our staff works in the field, talking to students and community members about healthy options, healthier choices and healthcare access.

We partner with government agencies, clinicians, mental health providers, students and communities to address student wellness issues before they start.

Vaping has become a serious issue in Los Angeles

schools, so we partnered with Children's Hospital Los Angeles (CHLA) to provide training to Wellness Network clinicians on how vaping impacts youth and what they can do about it.

We worked with the California Community Foundation, CHLA and the Conrad N. Hilton Foundation on substance use prevention, deploying the SBIRT (Screening, Brief Intervention, and Referral to Treatment) method throughout the Wellness Network, reaching nearly 2,700 students.

The L.A. Trust knows the best way to treat a health issue is to treat it early—or better yet, before it starts.

# Partners and allies

## A nonprofit alliance bridging healthcare and education

The L.A. Trust works with healthcare providers, community-based organizations, and government agencies to connect the worlds of health and education to achieve student wellness. No one organization or approach can address the complex health concerns facing our kids and communities. Working with our partners, funders, allies and agencies, we can — and have — made great strides together.



Outreach events like The L.A. Trust Tooth Fairy Event are made possible by our healthcare partners and friends.

## Special thanks to these major funders

Access Dental

The Ahmanson Foundation

America's ToothFairy (NCOHF)

Annenberg Foundation

Bank of America

Big Smiles Dental

California Community Foundation

California Institute for Behavioral Health Solutions

California Mental Health Services Authority

California School-Based Health Alliance

The Capital Group Companies Charitable Foundation

Cedars-Sinai

Cedars-Sinai COACH for Kids Dental

Division of Adolescent and Young Adult Medicine  
at Children's Hospital Los Angeles

County of Los Angeles Department of Public Health

Davis Wright Tremaine LLP

Delta Dental

DentaQuest Partnership for Oral Health Advancement

Dignity Health

East West Bank

Essential Access Health

Fu\*k Cancer

Harbor Community Benefit Foundation

Health Net

Insperty

Kaiser Permanente

L.A. Care Health Plan

Liberty Dental Plan Companies

Los Angeles Unified School District

Los Angeles County Supervisor Mark Ridley-Thomas

More LA Smiles (UCLA)

Patterson Dental

The Ralph M. Parsons Foundation

Regents of the University of California,  
Los Angeles

Regents of the University of California, San Francisco

Satterberg Foundation

UniHealth Foundation

U.S. HHS, Office of Population Affairs

University of Southern California

Weingart Foundation

*Fiscal years 2018-19 and 2019-2020 through March 31, 2020. Partial list.*

# Financials

## Supported by private and public donations

The Los Angeles Trust for Children’s Health is an independent 501 (c)(3) charitable organization that receives the majority of its income from private foundations and healthcare organizations. These grants, along with public grants, sponsorship income and individual contributions, allow The L.A. Trust to address the most pressing health issues facing our students.



More than four of every five dollars we spend goes to support our student and community programs.

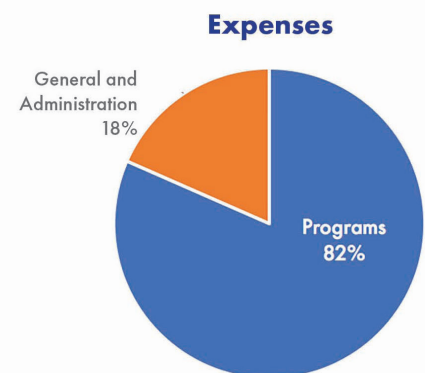
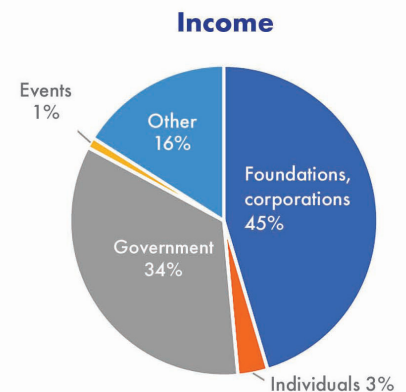
### Revenue and expenses

#### Revenue and support

	Without donor restrictions	With donor restrictions	Total
Contributions <sup>1</sup>	\$1,821,930	\$ 587,796	\$ 2,409,726
Interest and other income	8,521	–	8,521
Special events <sup>2</sup>	27,326	–	27,326
Net assets released from restrictions	929,913	(929,913)	–
<b>Total revenue and support</b>	<b>2,787,690</b>	<b>(342,117)</b>	<b>2,445,573</b>

#### Expenses

Program services	2,224,372	–	2,224,372
Support services	502,181	–	502,181
<b>Total expenses</b>	<b>2,726,553</b>	<b>–</b>	<b>2,726,553</b>
Change in net assets	61,137	(342,117)	(280,980)
Net assets at start of year	711,117	527,809	1,238,926
<b>Net assets at end of year</b>	<b>\$ 772,254</b>	<b>\$ 185,692</b>	<b>\$ 957,946</b>



### Assets

#### Current assets

Cash and cash equivalents	\$ 463,844
Short-term cash investments	256,666
Grants receivable	458,434
<b>Total assets</b>	<b>\$1,178,944</b>

Year ended June 30, 2019. Independently audited. For the full audit email [info@thelatrust.org](mailto:info@thelatrust.org). 1. Contributions includes in-kind contributions of \$364,279. 2. Events revenue net of cost of direct benefits to donors of \$9,345. Income chart does not equal 100% due to rounding.

### Liabilities and net assets

#### Current liabilities

Accounts payable and accrued expenses	\$ 220,998
<b>Total liabilities</b>	<b>220,998</b>

#### Net assets

Without donor restrictions	\$ 772,254
With donor restrictions	185,692
<b>Total net assets</b>	<b>957,946</b>
<b>Total liabilities and net assets</b>	<b>\$ 1,178,944</b>

# Leadership

## EXECUTIVE DIRECTOR

Maryjane Puffer, BSN, MPA

## EXECUTIVE COMMITTEE

*President*

William Grice

*Vice President*

Robert Davies, MD

*Secretary*

Patrice Marshall McKenzie

*Treasurer*

Keith Pew

*Executive Director, LAUSD*

*Student Health & Human Services*

Pia V. Escudero

## BOARD OF DIRECTORS

Brandon K. Burriss

Maria Castro

George Chacon

Dennis Diaz

Rebecca Dudovitz, MD

Randi Grifka

Toyomi Igus

Michelle Thatcher

Idoya Urrutia

## DIRECTORS EMERITUS

Helen DuPlessis, MD, MPH

Rick Ellingsen, JD

Rene Gonzalez

Jan Kern, MA

Joel Polachek

Harold Slavkin, DDS



The L.A. Trust staff got up early to teach kids about oral health at The L.A. Tooth Fairy Event.

# Staff

Maryjane Puffer  
*Executive Director*

Anna Baum  
*Director of Development  
& Communications*

Marsha McCready Ellis  
*Director of Programs*

Jason Yu  
*Director of Finance*

Kelly Bui  
*Executive Assistant*

Karla Debray  
*Administrative Office Assistant*

Dannielle Griffin  
*Student Engagement Program Assistant*

Eddie Hu  
*Oral Health Program Manager*

Stella Kim  
*Associate Program Director*

Nina Nguyen  
*Program Manager*

Lillian Orta  
*Health Educator*

Robert Renteria  
*Program Manager*

Rosario Rico  
*Associate Program Director*

Mackenzie Scott  
*Student Engagement Program Coordinator*

Sang Leng Trieu  
*Wellness Program Manager*

Nancy Vega  
*Controller*

Rob Wray  
*Associate Director  
Communications & Media*

Esther Yopez  
*Program Manager*



# The Los Angeles Trust for Children's Health



333 S. Beaudry Avenue, 29th floor Los Angeles, California 90017 213.241.3511 info@thelatrust.org [thelatrust.org](http://thelatrust.org)