LAUSD Learning Collaborative Meeting

Thursday, October 5, 2017
The California Endowment
WELCOME ALL!

Convening of the Learning Collaborative generously sponsored by The California Endowment
"Action without vision is only passing time, vision without action is merely day dreaming, but vision with action can change the world."

- Nelson Mandela
WHO’S HERE TODAY?
BELMONT WELLNESS CENTER

- Health Care Provider: Asian Pacific Health Care Venture Inc.

- Mental Health Provider: LAUSD School Mental Health
CARSON WELLNESS CENTER

- Health Care Provider: South Bay Family Health Care

- Mental Health Provider: LAUSD School Mental Health
Crenshaw Wellness Center

- Health Care Provider: T.H.E. Clinic, Inc.
- Mental Health Provider: LAUSD School Mental Health
ELIZABETH LEARNING CENTER WELLNESS CENTER

- Health Care Provider: South Central Family Health Center

- Mental Health Provider: LAUSD School Mental Health
FREMONT WELLNESS CENTER

- Health Care Provider: UMMA Community Clinic

- Mental Health Provider: Weber Community Center
GAGE WELLNESS CENTER

- Health Care Provider: Northeast Community Clinic

- Mental Health Provider: LAUSD School Mental Health
GARFIELD WELLNESS CENTER

- Health Care Provider: Bienvenidos

- Mental Health Provider: Bienvenidos
HOLLYWOOD WELLNESS CENTER

- Health Care Provider: LAUSD & Kaiser Permanente & Planned Parenthood Los Angeles
- Mental Health Provider: Aviva Family and Children’s Service
JEFFERSON WELLNESS CENTER

- Health Care Provider: South Central Family Health Center
- Mental Health Provider: South Central Family Health Center

SOUTH CENTRAL FAMILY HEALTH CENTER
To Heal, Educate & Empower
www.scfhc.org
JORDAN WELLNESS CENTER

- Health Care Provider: Watts Healthcare Corporation
- Mental Health Provider: SHIELDS for Families/Children’s Institute
LOCKE WELLNESS CENTER

- Health Care Provider: Watts Healthcare Corporation

- Mental Health Provider: LAUSD School Mental Health
MANUAL ARTS WELLNESS CENTER

- Health Care Provider: St. Johns Well Child Center
- Mental Health Provider: Los Angeles Child Guidance Clinic
MONROE WELLNESS CENTER

- Health Care Provider: Valley Community Healthcare
- Mental Health Provider: Child and Family Guidance Center
WASHINGTON PREP WELLNESS CENTER

- Health Care Provider: St. Johns Well Child & Family Center

- Mental Health Provider: LAUSD School Mental Health
Today’s meeting objectives

1. Demonstrate an understanding of Champions for Change programming across the Wellness Network, including the relationship between obesity and food insecurity.

2. Describe the importance of using a trauma lens in our work within child-serving systems.

3. Identify at least one practice to incorporate, on a daily basis, to assure excellent customer service.
Part 1: Promoting a Culture of Quality Improvement

1. Wellness Network Report Card: Dr. Kim Uyeda

2. Progress on 2016-17 Best Practices Priorities: Dellis Frank, Frances Valdez

Our collective goals this year

- Increase student encounters by 10%
- Implement Wellness Network Best Practice Recommendations’ priorities for 2017-18 School Year
LAUSD Wellness Network
Total encounters (2012 – 2017 YTD)
# LAUSD Wellness Network: 2012-2017 Encounter Data (Total: 304,451) (as of 10.2.17)

<table>
<thead>
<tr>
<th>Year</th>
<th># Encounters by Patient Type</th>
<th># Encounters by Gender</th>
<th># Encounters by Age Range</th>
<th># Encounters by Primary Service</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>School Patients</td>
<td>Non-School Patients</td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td>2012</td>
<td>1,939</td>
<td>2,187</td>
<td>2,678</td>
<td>1,448</td>
</tr>
<tr>
<td>2013</td>
<td>8,882</td>
<td>9,216</td>
<td>10,936</td>
<td>7,162</td>
</tr>
<tr>
<td>2014</td>
<td>16,573</td>
<td>22,189</td>
<td>23,104</td>
<td>15,658</td>
</tr>
<tr>
<td>2015</td>
<td>39,212</td>
<td>41,220</td>
<td>45,868</td>
<td>34,364</td>
</tr>
<tr>
<td>2016</td>
<td>37,514</td>
<td>57,273</td>
<td>55,851</td>
<td>38,936</td>
</tr>
<tr>
<td>2017</td>
<td>27,431</td>
<td>40,815</td>
<td>39,361</td>
<td>26,944</td>
</tr>
<tr>
<td>TOTAL</td>
<td>131,551</td>
<td>172,900</td>
<td>177,798</td>
<td>124,712</td>
</tr>
<tr>
<td>%</td>
<td>43%</td>
<td>57%</td>
<td>59%</td>
<td>41%</td>
</tr>
</tbody>
</table>
Encounters by demographics (January – August 2017)

**Encounters by patient type**
- Non-School Patients, 60%
- School Patients, 40%

**Encounters by gender**
- Male 41%
- Female 59%

**Encounters by age range**
- 0 - 5: 4%
- 6 thru 9: 8%
- 10 thru 14: 19%
- 15 - 19: 22%
- 20+: 47%
Proportion of school patients, by site (January – August 2017)

- Fremont: 17%
- Manual Arts: 17%
- Monroe: 17%
- Jefferson: 32%
- Locke EEC: 39%
- Garfield: 41%
- Crenshaw: 52%
- Washington: 53%
- Belmont: 55%
- Carson: 55%
- Jordan: 55%
- Gage: 59%
- ELC: 62%
- Hollywood: 99%
### LAUSD Wellness Network Best Practice Recommendations:
Priorities for 2016-17 School Year
How did we do?

<table>
<thead>
<tr>
<th>Access</th>
<th>Awareness and Engagement</th>
<th>Referrals</th>
<th>Training for Wellness Centers</th>
</tr>
</thead>
<tbody>
<tr>
<td>• External appearance – create a check list and discuss at first WCC</td>
<td>• Coordinate a Wellness Center tour with 9th grade health classes</td>
<td>• Create a strong referral program with School Mental Health</td>
<td>• Safe Schools</td>
</tr>
<tr>
<td>• Availability: create a checklist to help communicate hours of operations, where and how to distribute, etc.</td>
<td>• Plan and conduct at least 3 student engagement efforts that: raises student awareness of wellness center services; addresses student reported stigma of utilizing wellness center services; and increases student visits to wellness centers on an annual basis</td>
<td>• Create a strong referral program with key school staff (school nurses, Healthy Start) and focus on students with key indicators (asthma, trauma, etc.)</td>
<td>• In-person orientation/training conducted annually by Organization Facilitator + L.A. Trust staff</td>
</tr>
</tbody>
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LAUSD Wellness Network Best Practice Recommendations: Priorities for 2017-18 School Year

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<tr>
<td>• External appearance – Create a check list and discuss at first WCC</td>
<td>• Passive awareness: Multiple signage posted signs in school hallways, classrooms, lunchrooms, and gyms about clinic services with hours, location and phone numbers posted</td>
<td>• Create a strong referral program with School Mental Health</td>
<td>• Safe Schools annual orientation</td>
</tr>
<tr>
<td>• Availability: Create a checklist to help communicate hours of operations, where and how to distribute, etc.</td>
<td>• Marketing: Better integration into registration process for incoming students / special events</td>
<td>• Create a strong referral program with key school staff (school nurses, Heath Start) and focus on students with key indicators (asthma, trauma, etc.)</td>
<td>• Trauma – informed Schools: Collaboration between school mental health and Mental Health partners at wellness sites</td>
</tr>
<tr>
<td></td>
<td>• Cultivate relationships: Cultivate stronger relationships and the integration between the school and Wellness Centers with the school administrators, school nurses, clinic managers, and specialists</td>
<td></td>
<td>• Conduct substance abuse prevention training</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Referrals</td>
<td>• Wellness Center and school staff shall be trained on California minor consent and confidentiality laws</td>
</tr>
</tbody>
</table>
Part 2: The L.A. Trust's Champions for Change Program

Deborah Ebrahemi & Rosario Rico
The L.A. Trust for Children’s Health
CHAMPIONS FOR CHANGE LUNCH & LEARN

Thursday, August 3, 2017 | 11:00 am-12:30 am
Edward Roybal Learning Center
Building 1, Room 106
SNAP-Ed History

1987
5 a Day is initiated by the California Department of Health Services
Recommend 5 servings a day of fruits and vegetables

1997
California Nutrition Network
Partnership of community-based organizations to deliver the 5 a Day message. Grows from 4 local organizations to 160 in ten years

2005
New Dietary Guidelines for Americans
Recommends almost doubling fruits and vegetables, outdating 5 a Day’s recommendation

2007
Network for a Healthy California
New health messaging: Eat the daily recommended cups of fruits and vegetables and be physically active

2013
Champions for Change
New SNAP-Ed focus: Make half your plate fruits and vegetables, be physically active, and help change conditions in communities that contribute to obesity
Champions for Change Awardees

SPA 1
• Antelope Valley Partners for Health

SPA 2
• Northeast Valley Health Corporation
• California State University, Northridge – Marilyn Magaram Center
• Glendale Adventist Medical Center

SPA 3
• Day One
• Institute for Public Strategies

SPA 4
• Occidental College – Urban & Environmental Policy Institute
• Para Los Niños
• Special Services for Groups
• Youth Policy Institute
• Episcopal Diocese

SPA 5
• Children’s Hospital Los Angeles

SPA 6
• Sustainable Economic Enterprises – Los Angeles (SEE-LA)
• The Children’s Collective, Inc.
• National Health Foundation
• Los Angeles Trust for Children’s Health
• Children’s Bureau of Southern California

SPA 7
• YWCA of Greater Los Angeles
• Human Services Association
• AltaMed Health Services Corporation
• The Whole Child – Mental Health & Housing

SPA 8
• Social Justice Learning Institute
• Lawndale Elementary School District
• Office of Samoan Affairs
Goal and Purpose

Reduce the prevalence of obesity and chronic diseases in SNAP-Ed eligible communities through a coordinated approach:

- Nutrition education and physical activity promotion
- Community/stakeholder engagement and mobilization
- Policy, systems, and environmental changes
The L.A. Trust’s Champions for Change Program

- **Funder**
  - The Los Angeles County Department of Public Health

- **Goal**
  - To reduce the prevalence of childhood obesity in SNAP-Ed eligible populations

- **Targeted Sites**
  - Feeder sites: Miramonte EL, Bethune MS, John Muir MS, Edison MS, West Adams HS

- **Partners**
  - LAEP & LA’s Promise Fund

- **Project Period**
  - Term 1 - January 2017 – September 30, 2017
  - Term 2 – October 1, 2017 – September 31, 2018
  - Term 3 – Oct 1, 2018 – Sept 30, 2019
1) Nutrition education and physical activity

- Provide training to P.E teachers to conduct evidence based physical activity curricula - SPARK
  - $$$$ for P.E equipment/year
  - Pre & Post-Tests
  - T.A.

- Conduct nutrition education – Build a healthy plate, cooking demos, Rethink Your Drink presentations to PE classes, SAB’s, health fairs, community & school events

- Student Advisory Board campaigns
Institutional Layer

2) Expand and implement organizational policies that increase physical activity & nutrition education

- Community Mapping & Partnerships for on campus and external community resources
- Implementation of the Blueprint for Wellness Fitnessgram policy
  - scorecard
- Apply Smarter Lunchroom Movement standards at 2 school sites to support consumption of a balanced meal
3) Policy, Systems and Environmental (PSE) change strategies

- Provide support to 5 Wellness Centers sites for Wellness Rx & Food Insecurity screening implementation
- Establish a referral process to SNAP-Ed and/or Food Dispensaries/Food Bank
- Utilize tool to set healthy behavior goals and refer to on campus/community nutrition & physical activity resources
Champions for Change Wellness Center Statistics

- **Fremont HS**
  - 60.3% students failed to meet all 6 fitness standards for the Fitnessgram
  - 89.03% enrolled in Free & Reduced Meal Program

- **Jefferson HS**
  - 82% students failed to meet all 6 fitness standards for the Fitnessgram
  - 94% enrolled in Free & Reduced Meal Program

- **Jordan HS**
  - 58.8% students failed to meet all 6 fitness standards for the Fitnessgram
  - 55.67% enrolled in Free & Reduced Meal Program

- **Locke HS**
  - 52.4% students failed to meet all 6 fitness standards for the Fitnessgram
  - 94.95% enrolled in Free & Reduced Meal Program

- **Manual Arts HS**
  - 55.9% students failed to meet all 6 fitness standards for the Fitnessgram
  - 78.73% enrolled in Free & Reduced Meal Program
WELLNESS PRESCRIPTION
Wellness Rx

My Wellness Prescription

Name: ___________________________ Date: __________

MY GOALS:

☐ Increase vegetable servings to ____ each day.
☐ Consume ____ daily servings of fat-free/low-fat dairy.
☐ Drink ____ glasses or bottles of water each day.
☐ Increase activity: ____ mins. ____ days each week.
☐ Try the school breakfast and/or lunch program.

☐ Increase fruit servings to ____ each day.
☐ Swap out ____ servings of grains for whole grains.
☐ Reduce sugar-sweetened drinks to ____ each week.
☐ Decrease screen time to ____ mins. each day.

Go to HealthyEating.org/HealthyTeens to complete the online nutrition modules for a chance to win a FitBit® and other prizes.

Don't forget to see the doctor on: ________________

Student Signature ________________________________

Doctor Signature ________________________________

NOTES/PROGRAM REFERRALS

Community Resource Guide

Thomas Jefferson High School Resource Guide

Community Partners

School on Wheels Inc: 600 East 7th St, Suite 109 Los Angeles, CA 90021 (805) 641-1678
[They provide academic assistance for youth that are living in shelters, hotels, cars, streets and foster youth.]
A Place Called Home: 2830 S Central Ave Los Angeles, CA 90011 (323) 232-7653
[Supports youth to stay in school, arrive for higher education, & become contributing citizens]
Write Girl: 1320 Factory Place, Unit F104 Los Angeles, CA 90013 (312) 233-0665
[Guiding organization that empowers adolescent girls]
YMCA: 2090 Whittier Blvd Los Angeles, CA 90023 (323) 260-7005
Boys & Girls Club of Los Angeles: 1655 Pasadena Ave Los Angeles, CA 90031 (323) 223-3111

Fitness & Recreation Centers

Exposition Park: 701 State Dr Los Angeles, CA 90037
Ross Snyder Recreation Center: 1501 East 41st St Los Angeles, CA 90011 (323) 231-3964
Fred Roberts Recreation Center: 4700 South Honduras St Los Angeles, CA 90031 (323) 234-8650
Central Park Recreation Center: 1377 E 22nd St Los Angeles, CA 90011 (310) 485-4433
Gilbert W Lindsay Recreation Center: 439 E 40th Place Los Angeles, CA 90011 (323) 846-7584
Lou Costello Recreation Center: 1141 East Olympic Blvd Los Angeles, CA 90021 (213) 485-9111
EXPO Center: 3980 Bill Robertson Ln Los Angeles, CA 90037 (213) 763-0199

Grocery Stores

Whole Foods: 788 S Grand Ave Los Angeles, CA 90017
Ralphs: 645 W 6th St Los Angeles, CA 90015
Smart & Final: 843 S Figueroa St Los Angeles, CA 90017
Superior: 2000 S Central Ave Los Angeles, CA 90011
Food For Less: 2750 E 1st St Los Angeles, CA 90033

Farmers Market

Central Avenue Farmer’s Market: 4301 Central Ave Los Angeles, CA 90011
[Thursdays @ 11:00am-3:00pm]
Fig at 7th Farmer’s Market: 735 S Figueroa St Los Angeles, CA 90017
[Thursdays @ 11:00am-3:00pm]

Emergency Food Resources

Our Lady Queen of Angeles Catholic Church: 335 N Main St Los Angeles, CA 90012
[Mon-Fri @ 8:00am-10:00am & 12:00pm-1:00pm]
Fred Jordan Mission: 445 Towne Ave Los Angeles, CA 90013 (310) 483-8703
[Sun-Thur @ 8:00am-10:00am & 12:00pm-2:30pm]
Salvation Army: 905 S Francisco St (213) 866-9317
[Mon-Thurs @ 8:00am-12:00pm & 12:00pm-4:00pm]

Fitness Options

Crenshaw Yoga & Dance: 4619 Crenshaw Blvd Los Angeles, CA 90034 (310) 691-8578
Annual Rose Run Los Angeles/A Rare Run: Griffith Park Half-Marathon:
[4730 Crystal Springs Dr Los Angeles, 90027]
FOOD INSECURITY
Food Insecurity

Limited resources or uncertain access to adequate food to live an active, healthy lifestyle

Unable to acquire food in socially acceptable ways

Can be chronic or sporadic; different levels of food insecurity
Effects of Food Insecurity

- Triggers behaviors that exacerbates poor health.¹
- Competing financial priorities
- Food insecure children are at risk²,³ for:
  - acute infections, iron deficiency, asthma;
  - poor school performance, behavioral problems;
  - impaired or delayed growth and development
- Food insecure adults are at risk² for:
  - hypertension, diabetes, overweight/obesity, depression


Social Determinants of Health

Rising Food Insecurity in Los Angeles County

July 2015
Figure 1: Food Insecurity Trends among LA County Households with Incomes <300% FPL\textsuperscript{§}, LACHS 2002-2011

- **Food Insecure**: 530,000 households
- **Very Low Food Security**: 221,000 households

\textit{§} Federal Poverty Level (FPL) thresholds are based on the U.S. Census data at the time of interview.
Percent of LA County Households (<300% FPL) Experiencing Food Insecurity, by Child Status, LACHS, 2011

- Households with Children: 33.5%
- Households without Children: 28.0%
Obesity Prevalence

Source: Los Angeles county Department of Public Health. Office of Health and Assessment and Epidemiology. Obesity and Related Mortality in Los Angeles County: A Cities and Communities Health Report; September 2011

Source: California Department of Public Health. SNAP-Ed County Profile 2014, Los Angeles County
1. Within the past 12 months, we worried whether our food would run out before we got money to buy more.

- often true
- sometimes true
- never true
- don’t know/refused

2. Within the past 12 months, the food we bought just didn’t last and we didn’t have money to get more.

- often true
- sometimes true
- never true
- don’t know/refused

Source: Hunger Vital Sign™
Referral for Positive Food Insecurity Screening

**Organization System**
- Internal capacity (e.g. social workers, case managers, health educators)
- Partner with community-based organization

**Resources**
- SNAP-Ed nutrition class
- CalFresh
- WIC
- School or summer meal program
- Food pantries
Champions for Change Promotion

Website: http://cachampionsforchange.cdph.ca.gov
Contacts

Deborah Ebrahemi
deborah@thelatrust.org
Rosario Rico
rosario@thelattrust.org

@thelatrust
Facebook.com/thelatrust
@thelattrust
Part 1: Overview of the NEAR Science and Trauma-Informed practice
Introduction of LAUSD Strategic Plan and Action Plan

Pia Escudero
LAUSD School Mental Health

Maryjane Puffer
The L.A. Trust for Children’s Health
Part 3: Creating a Trauma-Informed Wellness Network

Part two:

Video presentation: Remembering Trauma: Expert Commentary
Group discussion and commitment on trauma-informed work

Pia Escudero
LAUSD School Mental Health

Rocio Graciano
LAUSD School Mental Health
Part 3: Creating a Trauma-Informed Wellness Network

www.rememberingtrauma.org
Part 4: Promoting a Culture of Customer Service

Frances Valdez & Gloria Velasquez
Customer Service
Video
Pair share

• Share worst customer service experience
• Share best customer services experience or personal expectations
Words of Wisdom

“Make every encounter a positive encounter”

Tonya Ross-Nursing
Clear and Consistent Messaging:

- Be a great listener
- Effective Communication
  - skills
  - body language
  - handle surprises well
  - positive language
• Be calm & have patience
• Friendly & Compassionate
• Be Honest
• Know your organization; become an expert
• Take the extra step; Negotiate & Persuade
• Learn from your mistakes; Analyze
• Place yourself in the other person's shoes
Part 5: L.A. Trust Program Updates

Upcoming convenings: SBHC conference, Y2Y
Grant updates

Maryjane Puffer
Krystle Gupilan
Kelly Bui
YOUTH to YOUTH CONFERENCE

SAVE THE DATE

November 16, 2017
The California Endowment
8:00 am-3:00 pm
FREE conference
Transportation provided
Space is limited.

meet new people
develop leadership skills
attend wellness workshops
learn about your wellness center

Want more information? Email info@thelatrust.org
SAVE THE DATE

OCT 30
2017

2ND ANNUAL L.A. COUNTY SCHOOL HEALTH CONFERENCE

The California Endowment, 9AM-3PM
Upcoming Conferences

- **Y2Y Conference (Youth to Youth)**
  - Thursday, Nov 16th
  - 8:30AM – 2:30PM
  - Engage LAUSD middle and high school students to discover their full potential by building their leadership capacity and increase their knowledge around health and wellness.

- **L.A. County School Health Conference**
  - Monday, Oct 30th
  - 9:00AM - 3:00 PM
  - Bring together providers and advocates of school-based health care to share strategies and best practices, and to re-ignite the school-based health center movement
L.A. Trust Program Updates

• Data Xchange has 4 sites uploaded and next 11 sites planned for this year

• Participation in the Data Xchange will be required in the new operating agreement

• DMH Innovations grants submitted by LAUSD SMH/The L.A. Trust and focused on Fremont Cluster of schools

• Empowered Communities grant with Vision Y Compromiso pending

• Harbor Community Asthma Prevention Program continues

• Kindergarten Mandate focus for 2017-18 school year and goal of 100% across LAUSD in two years

• Dental Chairs pending for Jefferson
Thank you and best wishes, Dr. Uyeda

Our wise leader is Dr. Uyeda
She's so smart, folks try to evade her
She knows the schools
And follows the rules
Why in the world would we trade her?

Kim Uyeda is really low key
She's way more than people can see
A planner indeed
At politics speed
She moves policy and she can ski!

Kim is an asset on boards
She knows how to play all of the chords
L.A. Trust, LA Care
The Alliance up there
She manipulates all of the lords!
Please complete a meeting evaluation before leaving today