

**Los Angeles Coalition of School Health Centers**

Wednesday, November 14, 2012

1:00 PM – 3:30 PM

The California Endowment, Catalina Room

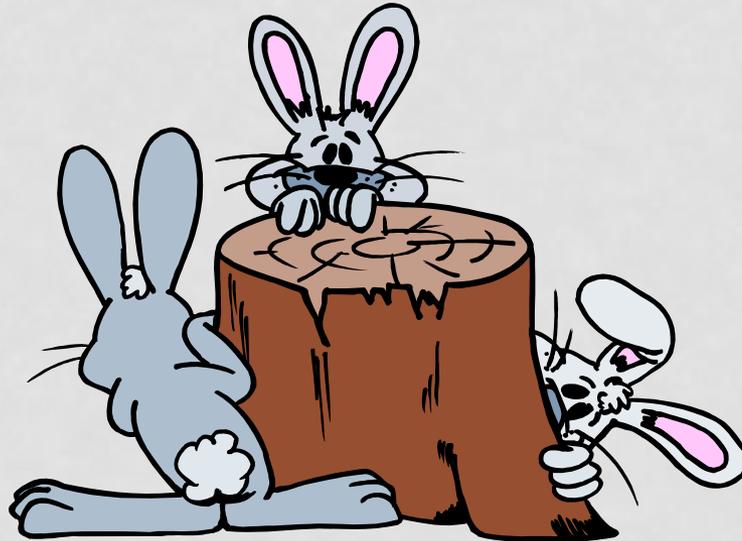
**Meeting Agenda**

- 12:30 – 1:00      **Lunch & networking**  
Sponsored by Health Net
- 1:00 – 1:10      **Welcome & introductions**  
Maryjane Puffer, LA Trust for Children’s Health  
Sandra Jones, California School Health Centers Association former Board Chair
- 1:10 – 1:40      **School health center profile: Pomona Unified School District “Bunny Clinic”**  
Rosalyn Benson, Pomona Unified School District
- 1:40 – 1:50      **CSHC state association policy updates**  
Joanie Rothstein, California School Health Centers Association (by phone)
- 1:50– 2:00      **NASBHC national policy updates**  
Josh Rovner, National Assembly on School-Based Health Care (by phone)
- 2:00 – 2:20      **Health Net’s T2X website presentation**  
Michael Fiore, Health Net
- 2:20 – 2:30      **Discussion on AB 2348—Registered nurses’ dispensation of contraceptives**  
Amy Moy, California Family Health Council
- 2:30 – 2:40      **Group exercise break (video)**
- 2:40 – 2:50      **State policy updates**  
Cynthia Carmona, Community Clinic Association of LA County
- 2:50 – 2:55      **CSHC annual membership & 2013 statewide conference**  
Jan Marquard, Northeast Valley Health Corporation, CSHC Board Member  
Kim Uyeda, Los Angeles Unified School District, CSHC Board Member
- 2:55 – 3:25      **Table talks facilitated group discussions**
- Health Net with Vergia Slade
  - LA Care Health Plan with Leticia Segura
  - Healthy Families, Healthy Kids, Healthy Way LA with Cynthia Carmona
  - Access to reproductive health with Amy Moy
- 3:25 – 3:30      **End of year coalition evaluation; adjourn**



POMONA UNIFIED SCHOOL DISTRICT

HEALTH SERVICES CLINIC



Presenter: Rosalyn Benson, RN, MSN, ACNP

# HEALTH SERVICES CLINIC



Health Services Clinic  
Personnel Unified School District  
Monday to Friday 8:00am to 4:00pm  
959 357-4000 ext. 2000  
OPEN  
Immunizations 10:00am - 12:00pm  
Weekly vaccine - 10:00am - 12:00pm  
Tuesday - 10:00am - 12:00pm

200

# PUSD FACTS

- Schools: 42
  - High Schools: 6
  - Middle Schools: 6
  - K-8 Schools: 6
  - Elementary Schools: 21
- Pupils: 30,000
- Ethnic Makeup
  - Hispanic 83%
  - African American 6%
  - Asian 6% (25% Filipino)
  - White 4%

# HEALTH SERVICES CLINIC HISTORY

- Funded 1973
- Staff: 1.5 School Nurse Practitioners (NP), 1.5 School Nurses (SN), 1.0 Health Clerk.
- 835 physicals exams (PE) first year.
- 1385 PE 1976-1977 school year.
- Funding Sources:
  - The Child Health and Disability Prevention Program (CHDP) of the State of California
  - Limited Special Education Funds

# BUNNY CLINIC TODAY

- One CHDP Provider Nurse Practitioner
  - PE
  - Sick Calls
  - PE Billings
  - Clinic Operation
- One Licensed Vocational Nurse
  - Immunizations (IZ)
  - Medical Assistant Duties
  - IZ Billings
- One Typist Clerk
  - Front Desk Duties
  - Gateway Medi-Cal
  - Screenings

# OPERATION HOURS

- Monday 8:00 am – 4:30 pm
  - Employee PPD all day
  - Audiology clinic 9:00 am – 12:00 pm
- Tuesday 10:00 am – 6:30 pm
  - IZ clinic walk-in 1:30 – 5:30pm
- Wednesday 8:00 am – 4:30 pm
  - PE 8:00 am – 12:00 pm
  - Head Start Clinic TBA
- Thursday 8:00 am – 4:30 pm
  - IZ clinic walk-in 1:30 – 3:30 pm
  - Employee PPD all day
- Friday 8:00 am – 4:30 pm
  - PE all day

# CHDP PHYSICALS

- CHDP Periodicity Schedule
- Dental Screening
- Vision Screening
- Hearing Audiometry Screening
- Hemoglobin
- Urine Analysis
- Blood Glucose
- Blood Lead
- PPD Skin Test
- Immunization

# RECENT STATISTICS

## 2011 – 2012 School Year

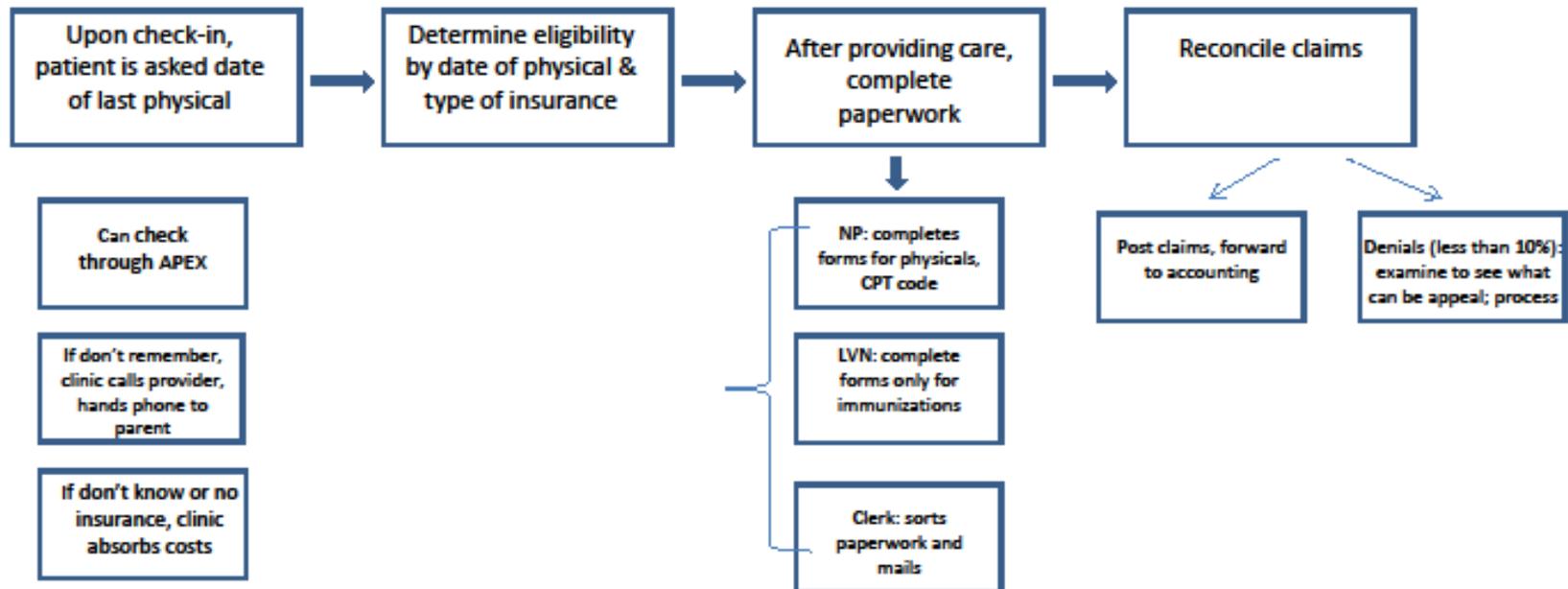
- Before Oct. 2011 walk-in 200 – 800 monthly
- Immunizations
  - approx. 2,500 visits
  - 3,952 shots
  - 1,304 children
- Physicals – 205 \*
  - 1/3 LAC & HNET
  - 2/3 Medi-Cal & Gateway
- Employee PPD
  - approx. 1,000

## 2012 Aug. Sep. Oct.

Walk-in 530-220-209

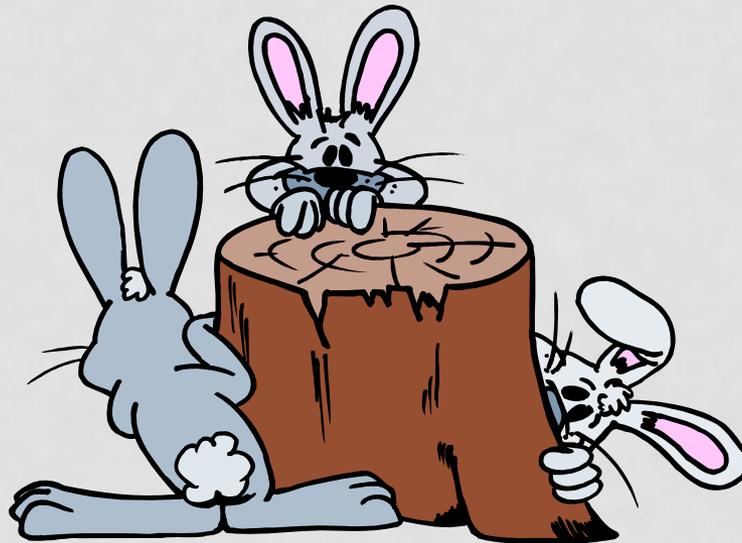
- Immunization
  - 1,036 shots
  - 340 children
- Physicals – 154
- Employee PPD - 109

## Pomona Unified School District SBHC Flow Chart



POMONA UNIFIED SCHOOL DISTRICT

HEALTH SERVICES CLINIC



Presenter: Rosalyn Benson, RN, MSN, ACNP

[Rosalyn.benson@pusd.org](mailto:Rosalyn.benson@pusd.org) 909-397-4800 x3966



# CSHA State Updates

## Election Implications

### Prop 30:

- Expected to raise funding for schools and community colleges by \$2.9 billion in 2012-2013.
- In the first year the funds will largely be used to pay off deferrals owed to schools by the state.

### Prop 39:

- Expected to raise \$1 billion a year.
- For the first five years, half of that money is slated to fund energy efficiency and clean energy projects in public buildings; half goes to the general fund.
- After five years, all the money will go to the general fund.



# State Updates

## Legislature

- Democratic two-thirds majority in each legislative house.
- With a two-thirds vote, the legislature can raise taxes, override a governor's veto, write constitutional amendments, propose bond issues.



# State Updates

## Exchange:

### Essential Community Providers

Latest draft of health plan solicitation states:

- “School-based health centers will be considered ECPs but will not be weighted heavily because of the small population served and the limited scope of service typical to a school-based health center. To the extent these centers have the capacity to contract with issuers and generate claims, the Exchange encourages contracting but they are not counted towards the 15% threshold.”



# State Updates

## Exchange

### Outreach and Marketing Grants

- Latest information is not yet final, but approximately \$40 million available statewide to organizations (public and non-profit, and possibly some for-profit) that will disseminate state-created materials and get the word out about Exchange enrollment.
- RFA to be released Dec. 21st. Due Feb 8th. Awards announced March 22nd.



# California School Health Centers Association

## 2012-2013 Members & Donors

### Partners for Opportunity

Dairy Council of California

Raymond Clayton ✎

### Advocates for Student Success

St. John's Well Child and Family Center  
Dexter Webster

Larry Aceves

### Champions for Healthy Kids

Clinica Sierra Vista ✎  
James Morehouse Project ✎  
Ian Marquard Tormey ✎  
Ken Geisick ✎  
Kristin Andersen ✎  
Martin Gonzalez  
Sang Leng Trieu ✎

Merry A. Grasska ♦  
Mike Miller ✎  
Pamela Kahn ♦  
Providence Little Company of Mary Medical Centers ✎  
Salud Para La Gente ✎  
Serena Clayton ♦

### Organizations

Adventist Health  
Alameda County Health Care Services Agency  
Alameda Family Services ✎  
Asian Health Services  
Bay Area Community Resources ✎  
Bridge Teen Recovery  
California Assn of Rural Health Clinics  
Calif. Healthcare & Education Access Reform  
California Pan-Ethnic Health Network ✎  
Castle Family Health Centers, Inc  
Center for Oral Health ✎  
Children's Hospital & Research Ctr, Oakland  
City of Berkeley  
Coalition of Orange Co Comm. Health Centers  
Contra Costa County Health Services ♦  
East Bay Agency for Children  
East Bay Asian Youth Center  
East Valley Community Health Center, Inc.  
Eisner Pediatric & Family Medical Ctr ✎  
Family Health Centers of San Diego ◊

Fresno County Office of Education ✎  
Golden Valley Health Centers  
Green Dot Public Schools  
Hatchuel Tabernik & Associates, Inc. ♦  
Healthy Connections  
Kids Come First  
Kings Canyon Unified  
KHEIR Center  
La Clínica de la Raza  
La Maestra Community Health Centers  
LifeLong Medical Care  
Los Angeles Trust for Children's Health ♦  
Native American Health Center  
Northeast Valley Health Corp. ◊  
Oakland Unified School District  
Operation Samahan ✎  
Pacific Health Consulting Group ✎  
PVUSD Healthy Start  
Peninsula Health Care  
Petaluma Health Center

Riverbank Unified School District ✎  
Sacramento City Unified School District ♦  
San Francisco Dept. of Public Health  
Santa Clara Unified School District  
Santa Rosa Community Health Centers  
School Health Clinics of Santa Clara Co. ✎  
Tiburcio Vázquez Health Center, Inc.  
T.H.E. Clinic, Inc ✎  
THINK Together  
Tulare Community Health Clinic, Inc. ✎  
Tuolumne County Office of Education  
UMMA Community Clinic ✎  
University of California, San Francisco  
Vacaville Unified School District  
Vallejo City Unified School District ♦  
Valley Community Clinic ✎  
Valley Health Team, Inc. ✎  
Ventura Unified School District  
West Contra Costa Unified School District

### Individuals

Roberta Bavin  
Paul Nugent

Naota Chosa  
Deanna Staggs ✎

Mark Cooper ✎  
Martin Tokunaga

Linda Garrett  
Sharon Velarde

Debra L. Johnston ✎  
Deborah Wood

# T2X

## Online Community and Health Campaign Solution

Teen Expression, Wellness and Health Literacy

[www.t2x.me](http://www.t2x.me)

# What is T2X?

T2X is an online social network designed to increase teen health care literacy by:

- empowering teens to access and use their health insurance
- helping teens become more engaged in their health care and health behavior decisions
- promoting a pro-health attitude

The T2X.me website hosts a teen-only, moderated community of users.



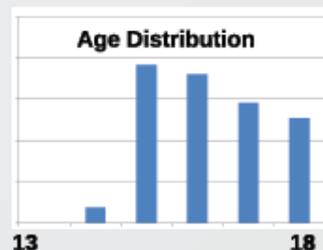
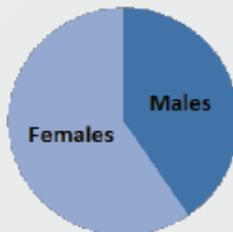
Features Include:

- Teen health articles
- Videos
- Games
- Quizzes
- Blogs
- Competitions
- User-created content
- Health expert chats

## Who is the T2X Audience?

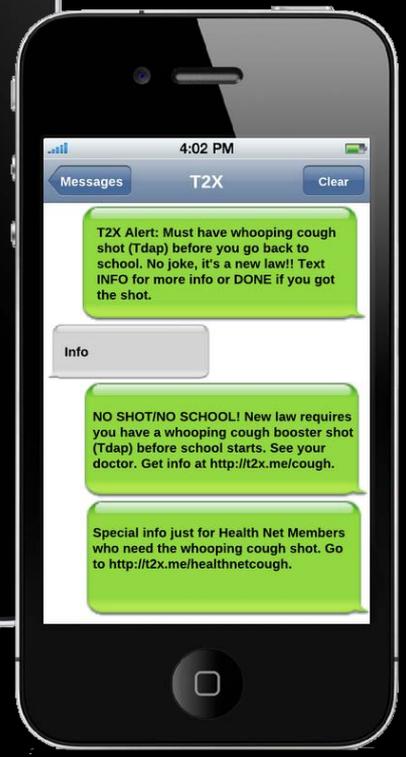
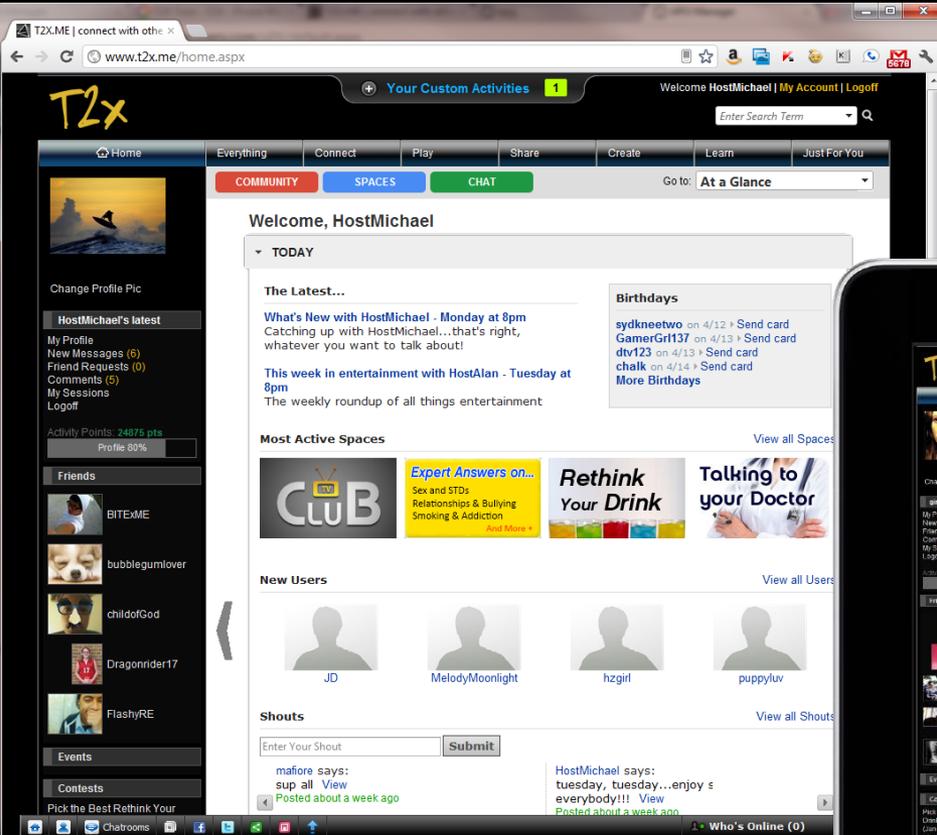
Initially: Low-income teens in California between 13-17 years old

Now open to: All teens 13-18 years old



# T2X





T2X Community Components – website, mobile presence on basic phones, smart phones, iPad/iPhone

# T2X Available Health Campaigns



## Campaigns Under Development

- HPV
- Mono

## Health Programs Under Development

- iQuit – text-to-quit program

**T2X** Example Campaign  
Fit Teen

# T2X Fit Teen Program

**Background:** When it comes to weight loss, there's no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. T2X is not only able to deliver great education on the issue but also an innovative approach which includes use of the award-winning Zamzee physical activity device.

## Basics

- 6 week program
- Includes both fun, interactive learning and physical activity monitoring
- Both web + mobile versions
- Teens collect points and meet goals along the way

## Zamzee Meter

- HopeLab's Zamzee physical activity meters are fully integrated into the program
- Zamzees record both length and intensity of physical activity and provide a great way to measure whether teens are meeting the CDC recommendation of 1 hour of physical activity per day

# T2X Web Activities

Fit Teen



Change Profile Pic

**ginger\_girl's latest**

- My Profile
- New Messages (0)
- Friend Requests (0)
- Comments (2)
- My Sessions
- Logoff

Activity Points: 20495 pts

Profile 70%

**Friends**

-  cholakween
-  gospelgirl16
-  HostTravis
-  Jedassassin167
-  TeenQueen

**Events**

**Contests**

Pick the Best Rethink Your Drink Video from the 4 Options (Jan 10)

### Welcome, ginger\_girl

#### TODAY

##### The Latest...

**What's New with HostMichael - Monday at 8pm**  
Catching up with HostMichael...that's right, whatever you want to talk about!

**This week in entertainment with HostAlan - Tuesday at 8pm**  
The weekly roundup of all things entertainment

##### Birthdays

- laughlikemeli on 4/16 ▶ Send card
- chris on 4/16 ▶ Send card
- BabyCakez14 on 4/18 ▶ Send card
- Kobenextjordan on 4/19 ▶ Send card
- More Birthdays

##### Most Active Spaces

[View all Spaces](#)



**Expert Answers on...**  
Sex and STDs  
Relationships & Bullying  
Smoking & Addiction  
*And More +*



**Rethink Your Drink**



**Talking to your Doctor**

##### New Users

[View all Users](#)



Asia



musiclover



aStop



Poraque

##### Shouts

[View all Shouts](#)

Enter Your Shout

mafiore says:  
sup all [View](#)  
Posted about a week ago

HostMichael says:  
tuesday, tuesday...enjoy s  
everybody!!! [View](#)  
Posted about a week ago

## The Zamzee Meter



### ***A Great Device***

- Measures intensity of activity, not just steps
- Designed by and for kids and teens
- Fits into pocket or clips onto clothes
- Holds a charge for 2 weeks

### ***Research-Proven***

- Kids have spent over 10,000 days testing Zamzee
- Research shows kids using Zamzee moved almost 60% more
- That's like doing an extra 45 minutes of non-stop push ups each week

### ***Strong Partnership***

- HopeLab (the creator of Zamzees) is working closely with T2X to insure the best possible integration!

# How it works

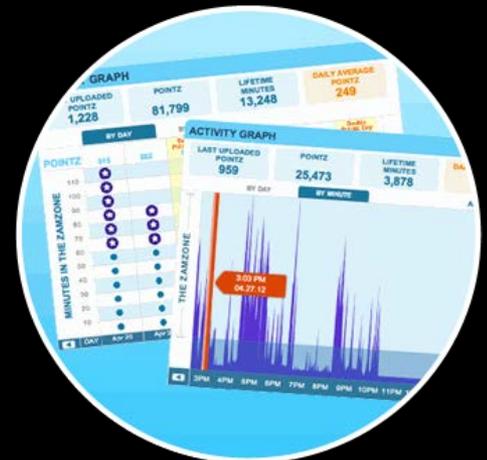
1. User plugs in their Zamzee and points are automatically uploaded



2. User is automatically connected to T2X



3. User can easily see their progress complete their learning



## *How it can be used with groups*

- All the kids from an organization are able to track progress towards a group goal (i.e. 100,000 points for the entire group)
- Parents can join in as well
- Sponsors can help cover the cost of the Zamzee meters and can provide support for incentives which can be awarded when kids meet goals



Host

- View Photos
- View Videos
- Add Friend
- Become a Fan
- Send Message
- Send eCard

About Host Michael

Age: 24  
Community: Los Angeles, CA

Friends



BITExME



bubblegumlover



childofGod



Dragonrider17



FlashyRE

Fans



clubAllison

View All

Recent

Profile

Photos

Videos

Blogs

More About Me

### Rethink Your Drink: make healthier beverage choices

Posted about 3 months ago

[Back to All Videos](#)



"Rethink Your Drink" // produced by The Boston Public Health Commission's Center for Chronic Disease Prevention and Control. Directed by Margaux Joffe, Anchor: Susan Harrington, Guest: Kathy Cunningham, Fuller's Market Customer: Claudel Pierre, Fuller's Market Cashier: Paulo Gonzalez, Camera: Margaux Joffe, Grip: Yeral Gonzalez, Editor: Margaux Joffe. \* \* Thank you to Fuller's Market

#### Comments



1: Getting Started



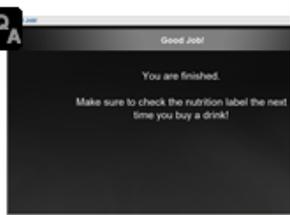
2: Nutrition labels are for drinks too



3: Do the math - can of soda



4: Do the math - bottle of juice



5: Good Job!

## Do the math - can of soda

Resum

# So how much sugar is in this can of soda?



Nutrition Facts	
Serving Size 1 can (12 fl oz)	
Servings Per Container 1	
Amount Per Serving	% Daily Value*
Calories 140	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
<b>Sugars 39g</b>	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

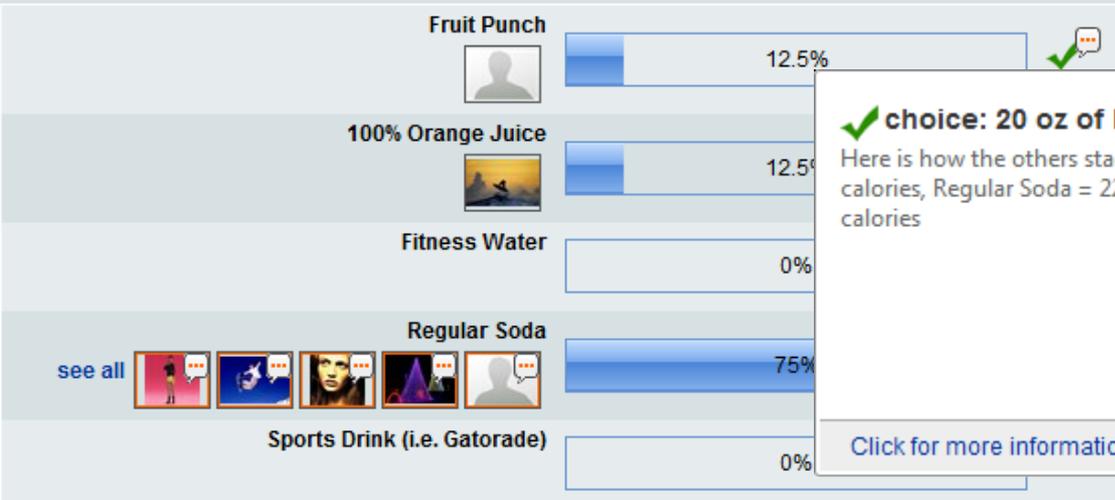
To answer this question, do some simple math

$$\begin{array}{rcccl}
 \text{Servings} & \times & \text{Sugars} & = & \text{Total Sugar} \\
 \downarrow & & \downarrow & & \downarrow \\
 1 & \times & 39 & = & 39 \text{ grams}
 \end{array}$$

**A can of soda has 39 grams of sugar**



# Which drink has the most calories (20 oz size)?



✓ **choice: 20 oz of Fruit Punch has 320 Calories!**  
Here is how the others stack up from most calories to least: 100% Orange Juice = 280 calories, Regular Soda = 227 calories, Sports Drink = 165 calories, Fitness Water = 36 calories

[Click for more information](#)

You chose: "Regular Soda"

Total votes: 8

## Why did you choose 'Regular Soda'?

**Suggestions:**

- mafiore**  
still 0 - 0...go galaxy!
- Wilhelm**

**childofGod** says:  
okay, i'm surprised.

Posted about 2 months ago

Home

Everything

Connect

Play

Share

Create

Learn

Just For You



Change Profile Pic

ginger\_girl's latest

- My Profile
- New Messages (0)
- Friend Requests (0)
- Comments (2)
- My Sessions
- Logoff

Activity Points: 21645 pts

Profile 70%

Friends



cholakween



gospelgirl16

## Pick the Best Rethink Your Drink Video from the 4 Options

[Back to Contests Main](#)

View All Entries

### Videos

◀ Previous 4 | Next 4 ▶



#### Do You Drink

Posted about 3 months ago  
by HostMichael



#### Soft Drink and

Posted about 3 months ago  
by HostMichael

Do You Drink 93 Sugar Packets a Day?

23oz. Tea:  
**18** PACKETS OF SUGAR

00:04 / 00:30

⏮ ⏪ ⏩ ⏭ 🔊 + 🌐 🗄

What message is most effective? Pick your favorite video.

# T2X Mobile Activities



## T2x is a website just for teens 13-18 years old

Got personal questions you can't ask your parents?

Want to know more about your health?

Want to meet other teens like you?

Looking to show off your creative work?

## T2x lets you talk about the things

- View videos and pictures, read blogs
- Chat with friendly health experts.
- Get correct health information.
- Get answers to questions you're unsure of
- Learn how to use your health insurance

T2X is a project of Health Net, EPG Technologies and the UCLA Fielding School of Public Health



On your phone  
On the web

## Get started now!

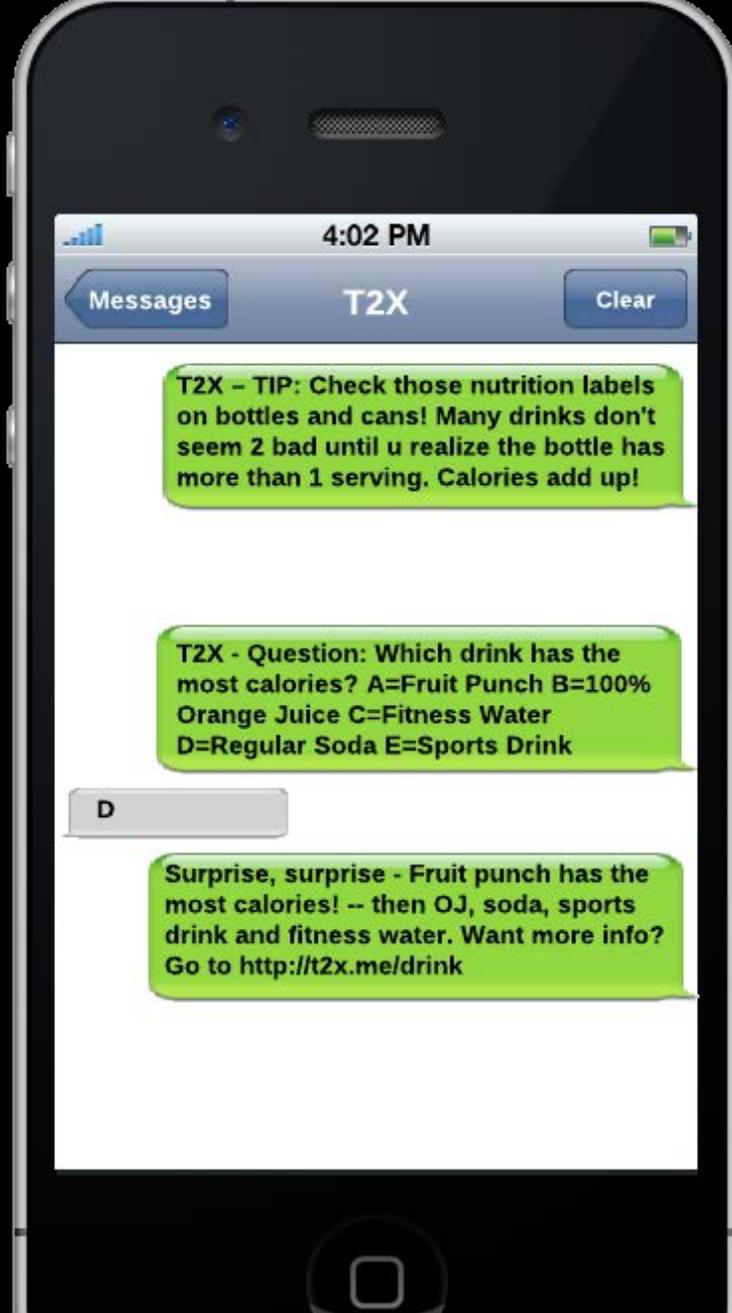
**On your phone** - text drink to 424-230-7947

**On the web** - register at [t2x.me](http://t2x.me) and enter drink



You will automatically be enrolled in our Rethink Your Drink program!

You will automatically be enrolled in our Rethink Your Drink program!



Rethink Your Drink Mobile Campaign – Morning Tip and Afternoon Activity

# T2X Organization Pages

Example Simple Space:  
*CHANGE* Project



The C.H.A.N.G.E Project  
 www.youthinkwell.org  
 info@youthinkwell.org  
 members: 36

## Welcome to the C.H.A.N.G.E. Project in T2X

**CHANGE = Creating Hope in a New Generation Everywhere**

As parents and educators, we know that it is easy for students to feel overwhelmed with the day-to-day stresses of life, but we also know that it is essential to provide perspective. And pictures of children who cannot go to school because they must walk for water – these pictures provide invaluable perspective. They are also terrifically motivating. What better reason to learn to write well than having something important to say?

[Learn More](#)

Do you have an invitation code to join the C.H.A.N.G.E. Project?

[Register Now](#)

Don't have an invitation code, [request a code here](#).

Preview the  
**C.H.A.N.G.E Project in  
 T2X**



***STRESS...dealing with it.***

An online experience  
 created by members of  
 the C.H.A.N.G.E. Project

[View All C.H.A.N.G.E. Resources](#)

About T2X	More Info For	Health Resources	Get Started	The Latest
-----------	---------------	------------------	-------------	------------

Site Tour	Teens	Campaigns	T2X Trends Blog	
History	Parents	Programs	Twitter	
T2X Partners	Teen Organizations	Teen Organizations	Facebook	
Moderation	Instructors	Instructors		
Site Rules	Health Professionals	Health Professionals	Sign Up Now	

# T2X Provider App

Health Learning and Patient Assessments

Select an option below to get started.

Staying Healthy Assessment

Explore Health Campaigns

Create a new T2X Account

If you already have an account, [login in here.](#)

First Name:

Last Name:

Date of Birth:

Gender:

Attending School:

Grade Level:

Mobile Number: ( ) -

Email Address:

Register

Do you drink or eat 3 servings of calcium-rich foods daily, such as milk, cheese, yogurt, soy milk, or tofu?

- Yes >
- No >
- Skip >

Next >

### Staying Health Assessments (IHEBA)

Click on a patient's name to view their assessment.

Name	Completed	Review
<a href="#">Michael Fiore</a>	7/14/2012 10:13am	

### Staying Healthy Assessment Questions

Click on a question to add notes

Patient: Michael Fiore

#### Section 1: Nutrition

Question	Response
<a href="#">1. Do you drink or eat 3 servings of calcium-rich foods daily, such as milk, cheese, yogurt, soy milk, or tofu?</a>	No
<a href="#">2. Do you eat fruits and vegetables at least 2 times per day?</a>	Yes
<a href="#">3. Do you eat high fat foods, such as ...</a>	

Patient: Michael Fiore

### Question: 1 from Nutrition Section

Do you drink or eat 3 servings of calcium-rich foods daily, such as milk, cheese, yogurt, soy milk, or tofu?

Patient Response: No

### Provider Feedback:

You should really and eat more of these....

< Back to Questions

# T2X

T2X is a project of Health Net, EPG Technologies and the UCLA Fielding School of Public Health.



**For more information:**

[www.t2x.me](http://www.t2x.me)

Email: [michael.fiore@epgtech.net](mailto:michael.fiore@epgtech.net)

Phone: 1-818-903-6334

Online Tour: [www.t2x.me/tour](http://www.t2x.me/tour)