

Summer Newsletter

UCSF Pediatric Primary Care Track News

Spring – Summer 2017

Upcoming Events

October 4
Primary Care Track Seminar

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Bayview Hill Gardens Partnership: Augmenting Pediatric Healthcare

Project Goal:

- *Improve* access to primary healthcare and medical homes for children in the Bayview Hill Gardens community by augmenting family trust in existing medical relationships

Residents: Rosy Hao and Beth Links

Bayview Hill Gardens Community Liaisons: Jasmine Ephraim, Resident Services Coordinator and Tiffany Davis, Youth Services Coordinator

Actions Taken To Date

- *Foster rapport with the Bayview Hill Gardens community* through themed monthly community dinners. The last was on June 28 and the theme was “Chili and Chill.”
- *Offered health education* through six monthly, casual community dinners in which (pediatrics) residents served (community) residents a healthy, low cost meal (along with its recipe) and discussed a health topic like developmental milestones, when to see your doctor, and asthma.
- *Completed a needs assessment* by surveying the community coordinator and residents (including 68 children). Learned that community’s preferred learning methods include books, handouts, video, and discussion; and that health topics they would like to learn more about include nutrition, vaccines, asthma and safety.

Next Steps

- *Better understand* barriers to medical home access and implement strategies to solidify children’s access to a medical home.
- *Develop* strategies for guiding future residents in an unstructured curriculum, and for linking back with medical homes in a meaningful way.
- *Measure outcomes:* rate of identified medical home/primary provider, immunization rates.



Bayview Hill Gardens Partnership: Literacy Promotion in Formerly Homeless Youth

Project Goal:

- *Increase* access to books and to promote early literacy and family engagement with reading in this high-risk community

Residents: Beth Links

Actions To Date

- *Hosted literacy fairs* in 2/2016 and 3/2017.
- *Raised about 50 books* to expand the Bayview Hill Gardens' children's book library.
- *Promoted book borrowing* by augmenting a partnership already formed with Raising a Reader and creating 12 "borrowing bags" for your adult aged readers.

Next Steps

- *Participate* in additional community literacy workshops and afterschool reading sessions.
- *Potential community partners* including SF Families Resource Center, Center for the Book, and the local public library.
- *Assess read-aloud behaviors* and attitudes toward reading.



Bayview Hill Gardens Family Mindfulness Program

Project Goals:

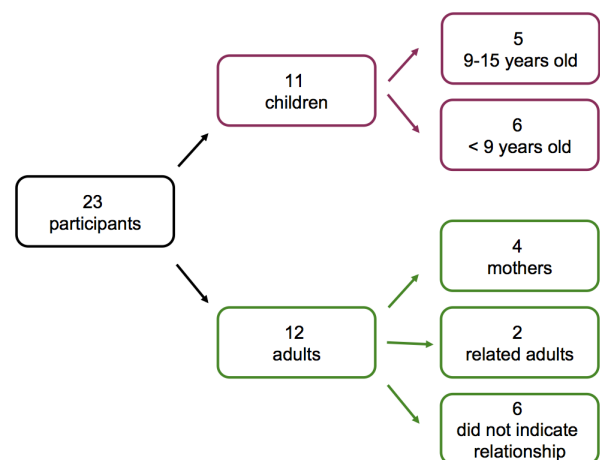
- *Collaborate* with Bayview Hill Gardens to develop a family mindfulness program.
- *Evaluate* the feasibility and acceptability of such a program in a transitional housing development and to build a pathway towards sustaining the program.
- *Strengthen* the partnership between Bayview Hill Gardens and the Primary Care Track.

Resident: Bianca Argueza

Actions to Date

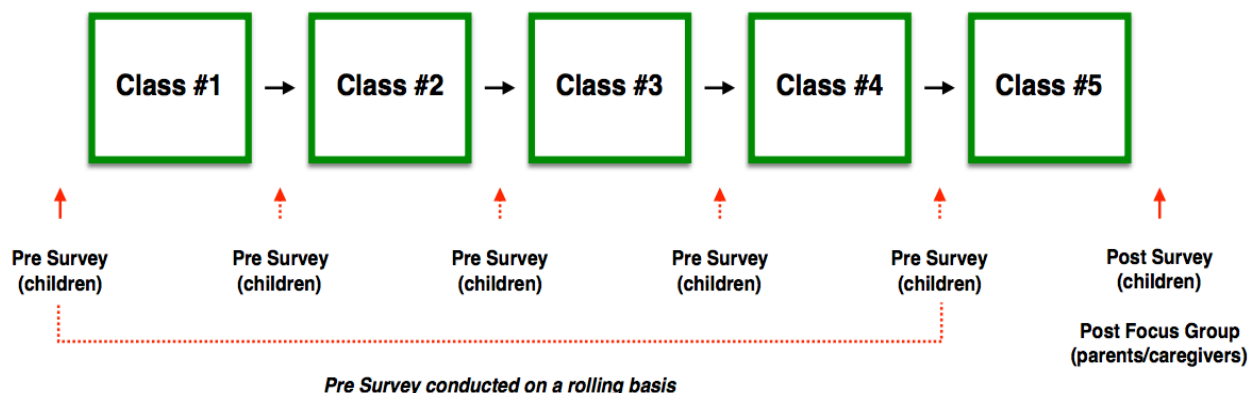
- *Debriefed with community partners* about the envisioned mindfulness course.
- *Received feedback on the program from colleagues* including at the APA regional meeting and with Works in Progress
- *Organized and executed* a mindfulness course for 11 children in the Bayview Hill Gardens and 12 of their adult guardians.
- *Conducted a pre- and post-survey and a focus group* of mindfulness course participants.
- *Planned next iteration of the program* involving combined child and adult courses over eight weeks in summer 2017.

Participation



Next Steps

- *Partner* with Holly Vo to finish analyzing focus group data.
- *Collect* more feedback from community partners.
- *Identify* more sustainable funding (e.g., Mercy Corps, Center for Youth Wellness, or outside organizations)



Gateway Middle School Garden



Project Goal:

- *Empower* youth in our community to choose healthy living through a school-based afterschool program focusing on gardening, healthy eating, and exercise.

Residents: Pooja Singal, Sarah Schaffer DeRoo, and Emily Peitzman

Actions to Date

- *Built* planter boxes, added soil, and installed sprinklers
- *Made* individual succulent terrariums with students
- *Educated* about My Plate and taught about specific nutrients in crops.
- *Organized* a blind fruit, vegetable, and herb taste-testing game
- *Guided* students in teaching one another about crops and make murals and posters.
- *Created* individual succulent terrariums for students to take home
- *Held* mini cooking classes including making guacamole with fresh ingredients and using crunchy vegetables as a substitute for chips, and preparing a salad from cabbage, carrots, soybeans, green onions, raisins, and ramen
- *Taught* students to identify serving size, fat, salt, fiber, sugar, and vitamins on nutrition labels; and identify healthy snack options
- *Demonstrated* sugar content of various foods
- *Guided* students with categorizing food from photos as “green” (eat anytime), “yellow” (eat sometimes), or “red” (eat rarely)

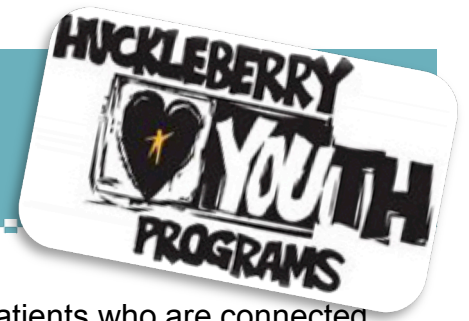


Next Steps

- *Continued partnership* and garden program with student leadership.
- *Organize* seasonally themed sessions incorporating nutrition into gardening education
- *Plan* an expansion of the garden
- *Develop* joint sessions with gardening/yoga groups on stress and mindfulness



Adolescent Healthcare Needs As Identified By Adolescents



Project Goals:

- Assess perception of providers from point of view of adolescent patients who are connected with Huckleberry House
- *Learn* what these patients need from providers, what they expect from providers, and what providers can improve.
- *Implement* a project to address the above

Residents: Liat Bird, Zachary Marcus, and Shamita Punjabi

Actions To date:

- *Met with representatives* at Huckleberry House.
- *Met with adolescents* involved in Huckleberry House college prep program, and discussed what they like and dislike in their health care.
- *Taught* a class about organs to adolescents at the juvenile hall in San Francisco.

Next Steps

- *Organize* routine sessions with Huckleberry peer health educators/mentors about topics selected by students.
- *Consider* project educating teens/doctors regarding communication

Previous Partner Projects

- Wellness Academy - Supported the Sophomore Wellness Academy Cohort in their community based project - a large community survey about Homelessness and Gentrification in SF. Gave a workshop on qualitative vs. quantitative data and facilitating a discussion on community engagement and how best to use the data they collected to influence positive change.
- Juvenile Justice Project – Organized and led curriculums including on health insurance and access to care, and human anatomy

Other Opportunities for Resident Involvement

- *Sunday Streets:* Huckleberry's Health Center tables and leads activities at each Sunday Streets. Please contact Ashley Rojas (arojas@huckleberryyouth.org) if you would like to help with tabling/activity leading.
- *SF AIDS Walk:* Huckleberry participates in the AIDS Walk every year. This year's event is on July 17th. We are also a beneficiary organization. Click to join team Huckleberry: <https://sf.aidswalk.net/huckleberryyouthprograms> or contact Heather Mathews (hmathews@huckleberryyouth.org) for more information.