Upcoming Events:

December 2 APA project submission deadline

February 11-12 Regional APA Conference

February 15 Primary Care Panel

May 3 Primary Care Seminar

Monterey, CA Regional APA Conference

Accepting submissions! Including completed projects and works in progress, great for getting feedback.

https://www.academicpeds.org/secure/meeting/region9_10abstracts/

Deadline for Submissions: 12/2/16 at 5PM EST

Resident Community Projects

Bayview Hill Gardens Partnership: Solidifying Medical Homes for Transitioning Families........................................2
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Bayview Hill Gardens Partnership:
Solidifying Medical Homes for Transitioning Families

Project Goal:

- To 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: Adam Knappe, Beth Links, Katia Vaisberg, Long Vinh, and Lynne Wu

To Date

- Foster rapport through attendance at health fairs, spring 2016 literacy fair, community engagement, and talks
- Survey of medical access/homes, needs assessment, and health education interests
- Create health education curriculum, including normal development, vaccines, and when to go to the doctor

Next Steps

- Implement curriculum, starting with normal development presentation
- Measure outcomes: rate of identified medical home/primary provider, immunization rates
Bayview Hill Gardens Partnership: Literacy Promotion in Formerly Homeless Youth

Project Goal:

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

Residents: Adam Knappe, Beth Links, Katia Vaisberg, Long Vinh, and Lynne Wu

To Date

- Literacy fair 2/10/16
- Raised about 50 books to expand on-site children’s book library

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:**

- To collaborate with Bayview Hill Gardens to develop a family mindfulness program
- To evaluate the feasibility and acceptability of such a program in a transitional housing development and to build a pathway towards sustaining the program
- To strengthen the partnership between Bayview Hill Gardens and the Primary Care Track

**Resident:** Bianca Argueza

**Next Steps**

- Nurture partnership with Bayview Hill Gardens
- Find project mentors, community leaders, and mindfulness and resilience experts
- Create assessment tools and parent survey
Huckleberry Youth Programs

Project Goals:

• To partner with Huckleberry Youth Programs to “educate, inspire, and support underserved youth to develop healthy life choices, to maximize their potential, and to realize their dreams”
• To increase access to health care in primary medical homes for arrested and high-risk youth through a multi-pronged outreach and education strategy aimed at youth, their families, referring assessment staff, and juvenile justice staff

Residents: Julia Shalen and Katia Vaisberg
Mentor: Yamini Rao

Wellness Academy

A college preparedness program for students interested in health professions careers.

Components:
- Training in health education
- Interships placements
- Weekly meetings to discuss emerging community and global health issues
- Academic guidance and tutoring
- SAT/ACT preparation
- College tours
- Academic case management
- Assistance with college applications, as well as scholarship and financial aid applications
- Parent education and support

Julia’s Project:
- Supporting sophomore Wellness Academy cohort in their community-based survey about homelessness and gentrification in SF
- Workshop on qualitative vs. quantitative data and facilitating discussion on community engagement and how to use data to influence positive change
- Shadowing program in clinic

Juvenile Justice Center

Education and youth empowerment for currently incarcerated youth in SF.

Project:
- Flexible curriculum for based on UCSF team expertise and interest

Past Curriculums:
- Health insurance and access to care
- Human anatomy
Project Goal:
• To empower youth in our community to choose healthy living through a school-based afterschool program focusing on gardening, healthy eating, and exercise

Past Sessions
• built planter boxes, added soil, and installed sprinklers
• made individual succulent terrariums with students
• education surrounding My Plate and foods for bone health, muscle strength, vitamins, and energy, as well as a blind fruit, vegetable, and herb taste-testing game
• created individual succulent terrariums for students to take home
• mini cooking class in which students prepared guacamole from a recipe with fresh ingredients, with crunchy vegetables as a substitute for chips
• identify serving size, fat, salt, fiber, sugar, and vitamins as important components of the nutrition facts (emphasis on healthy vs. unhealthy fats, salt, sugar, and fiber)
• comparing nutrition facts game to find healthier snack option
• mini cooking class in which students prepared a healthy salad from cabbage, carrots, soybeans, green onions, raisins, and ramen
• categorized food from photos as “green” (eat anytime), “yellow” (eat sometimes), or “red” (eat rarely)

Opportunities
• student gardening committees meeting Wed. 1-2PM and Thurs. 3:30-5PM
• potential seasonally themed sessions incorporating nutrition into gardening education
• plans to expand garden
• joint sessions with gardening/yoga groups on stress and mindfulness
And Introducing…

The Epic Intern Project

Project Goals:

• To assess perceptions of providers from the point of view of adolescent patients who are connected to with Huckleberry House
• To better understand needs and health education interests of adolescent patients and to help improve communication between these patients and their doctors

Residents: Liat Bird, Zachary Marcus, and Shamita Punjabi

Next Steps

• Continue to develop partnership with Huckleberry House
• Meet with teens to assess goals
• Facilitate sessions with Huckleberry peer health educators/mentors about student-selected topics
• Consider project to improve communication between adolescent patients and providers