
Community Youth Focus

FMCH Community Coalition – Building a network of services for youth

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Contra Costa Health Services provides youth-friendly health care

What makes clinical services youth-friendly? Youth-friendly services are confidential, maintain easy access, and employ a staff that welcomes youth without judgment. **Contra Costa Health Services provides youth-friendly services at its Concord and Richmond Teen Clinics and School-Based Health Center at Richmond High School.**

The Teen Clinics are a collaborative effort of the TeenAge Program (TAP), Public Health Clinic Services, and the Office of Ambulatory Care. A variety of low- or no-cost, bilingual services are available to 12-19 year olds, including primary care, reproductive health services, and referrals to community agencies. Members of the Teen Clinic staff, who are near-peers, provide health education to clients and guide them through their clinic visits. Clinical care is enhanced by the coordination of follow-up between clinic providers and TAP staff who work in the high schools. Between July 1 and December 31, 2002, the Teen Clinics saw 115 clients. Teen Clinic appointments are available every Thursday afternoon at the Concord Public Health Clinic (2355 Stanwell Circle) and every 2nd and 4th Wednesday at the Richmond Health Center (39th and Bissell). **To make an appointment, teens can call toll-free 1-866-282-TEEN (8336).**

TAP, Public Health Clinic Services, and Communities In Schools (CIS) at Richmond High School provide a School-Based Health Center (SBHC) to students at Richmond High School and Omega High School. The clinic is in the CIS building at Richmond High School and operates on Monday, Tuesday, Thursday and Friday mornings during the school year. The SBHC provides bilingual services, including primary care, reproductive health services, health education, and referrals to community agencies. It is the only school-based clinic in Contra Costa County, operating since 1992. Between July 1 and December 31, 2002, the SBHC saw 387 clients. **Teens can call 510-232-2656 for an appointment or drop by the CIS building.**

For more information, contact Sue Martini, TeenAge Program Clinical Services Coordinator, at (510) 231-8668. ✉

Teens travel to Sacramento for youth governance academy

In December 2002, the California Center for Civic Participation and Youth Development awarded Contra Costa County six scholarships to attend its **Youth-Full Government Academy** from February 8-11, 2003. This four-day training provided youth and adults with skills in youth development, advocacy, local public policy, project planning, and adolescent health issues.



Contra Costa's team enjoying Sacramento

As part of the training, the Contra Costa team developed a plan for implementing a local youth initiative. This plan includes creating a youth advisory committee to the Family, Maternal, and Child Health Community Coalition (members of which will rotate through general Coalition meetings) and holding an event to celebrate youth accomplishments in Contra Costa and enhance the skills, knowledge, and relationships of youth groups around the county.

The youth members of the Contra Costa team were: Ryan Guptill (Countywide Youth Commission, Orinda), Tania Gutierrez (Peer Outreach Project, San Pablo), Gionna Martinez (Youth Power, Pittsburg), Janice Reed (Empowerment Through Action, Richmond), and Sherinda Walker (Head Start, Richmond).

For more information, please contact Padmini Parthasarathy at (925) 313-6178. ✉

Did You Know?

- ❖ In Contra Costa, chlamydia infection rates for females aged 15-24 rose from 1463 per 100,000 in 1996 to 1788 per 100,000 in 2000, an increase of 22% (Source: CA Department of Health Services, STD Control Branch).

Mentoring programs: Fostering positive opportunities for youth

According to a 2002 report from Child Trends,¹ a nonpartisan research center, **youth mentoring programs are associated with a number of positive outcomes for youth**, including enhanced social and emotional development, prevention of youth risk behaviors, and positive academic outcomes. A recent study² found that **effective mentoring programs foster strong relationships between mentors and youth**, characterized by frequent contact, emotional closeness, and a long duration.

Current Efforts in Contra Costa

A variety of mentoring programs in Contra Costa provide youth with opportunities for growth. **Metas**, meaning *goals* in Spanish, is a tutoring and mentoring program at **Contra Costa College** that works with Latino junior high and high school students to achieve their personal, educational, and career goals through instruction, tutoring, and parent involvement. Services are provided in English and Spanish. College students act as tutors, mentors, and role models to the Metas students. Each student has two tutors, one focusing on math and science, the other on English and writing. The tutoring groups meet twice a month to develop basic study skills and complete homework assignments.

The **Teen Health Council** is a mentoring program at Mt. Diablo High School, sponsored by **Contra Costa Health Services' TeenAge Program (TAP)**. Teen Health Council matches students with health professionals, providing them with hands-experience in health careers. Each student spends 36 hours with his or her mentor and receives academic credit for their participation in the mentorship program.

TAP also sponsors **Pegasus**, which matches students in the Human Services and Health Academy at Richmond High School with mentors from Richmond Health Center, Kaiser Permanente Richmond, and Doctor's Medical Center in San Pablo. Through job shadowing, discussions, summer employment, and core classes, the students explore a variety of career options in the health field. Pegasus promotes professional development and higher education and fosters healthy relationships at school and in the community.

For more information:

Metas—Rosa Valdez, (510) 235-7800 x4608
Teen Health Council—Melissa Harnly, (925) 646-5864
Pegasus—Tamicia Grant, (510) 231-8673 ✉

¹ Jekielek S, Moore KA, Hair EC. Mentoring Programs and Youth Development: A Synthesis. Washington: Child Trends; 2002.
<http://www.childtrends.org/PDF/MentoringSynthesisFINAL2.6.02Jan.pdf>

² DuBois DL, Holloway BE, Valentine JC, Cooper H. Effectiveness of mentoring programs for youth: a meta-analytic review. *Am J Community Psychol* 2002;30:157-97.

TEEN CORNER:

Angelina Price, a student in the Teen Health Council at Mt. Diablo High School, chose respiratory therapy as the topic of her mentorship because of her sister's asthma condition. She says of her experience:

"Taking part in the mentoring program has been an exciting and intriguing experience for me. It helped me focus on my immediate goals for the future. I enjoyed being able to see exactly how a hospital runs. I also saw the importance everyone has in working as a team to ensure that every patient gets the help they need. I learned exactly what traits a respiratory therapist must have in order to be successful. I think every student who wants to work in a hospital should take a course such as this one so they can get a chance to see all of its ins and outs to ensure that this is exactly what they want to do."

RESOURCES

- **Kaiser Family Foundation—Surveys on Children and Teens:**
http://www.kff.org/sections.cgi?section=surveys&sub_section=children&disp=10
- **Adolescent Pregnancy Prevention Knowledge Path:**
http://mchlibrary.info/KnowledgePaths/kp_adolp reg.html
- **Adolescent Violence Prevention Knowledge Path:**
http://mchlibrary.info/KnowledgePaths/kp_adolv io.html
- **National Campaign to Prevent Teen Pregnancy:**
<http://www.teenpregnancy.org>
– *With One Voice 2002: America's Adults and Teens Sound Off About Teen Pregnancy, 2002.*
- **2001 National Household Survey on Drug Abuse—Youth Data:**
<http://www.samhsa.gov/oas/topics.htm#Youth>



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