

VALENCIA

HEALTH SERVICES

PEDIATRICS ◊ ADOLESCENTS ◊ YOUNG ADULTS

VOLUME 3, NO. 1 CLINIC NEWSLETTER

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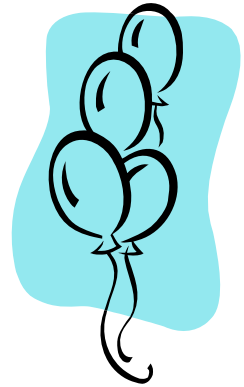
Welcome to Our Clinic!

Valencia Health Services provides comprehensive care for infants, children, and teenagers.

- Well-Baby and Well-Child Exams
- Bilingual Staff (English/Spanish)
- Check-Ups and Sports Physicals
- Confidential Services for Teens
- Immunizations
- Family Planning
- Tuberculosis and Anemia Screening
- Health Education
- Sick Visits
- Nutrition Counseling
- Mental Health Counseling
- Referrals to Specialists
- Case Management for Clients with Chronic Conditions
- After-Hours Telephone Consultation for Urgent Problems
- Affiliation with Local Hospitals and UCSF

VHS OPEN HOUSE March 16th, 2-5pm

The goal of our Open House is to promote health in the community we serve (i.e. YOU!). We'll be promoting literacy, nutrition, and health education. To achieve this we will be celebrating with the following:



- A free book to each child attending*
- Free after school snacks*
- A gift bag to each caregiver attending*
- Free Prizes*
- Meet the Providers and Staff*
- Children's Activities*

Parents Can Influence Teen Behavior—REALLY!

There seems to be a common sense belief that the influence of friends during the teen years is more influential than that of their parents. A 2004 poll by Child Trends found one half of adults believing in such a pattern. This idea can be daunting if you are the parent raising a teen. But according to a new study, you may have more influence on your adolescent than you realize. And if a positive bond can be established between the parent and teen, research is now showing that the teen is more likely to do well. Looking at a slew of different research, here is what Child Trends found and detailed in their December 2004 article by Moore, Guzman, Hair, Lipman, and Garrett:



- ◆ Positive parenting relationships during adolescence can be linked to fewer violent behaviors, delinquency, use of alcohol/tobacco/drugs, and sexual activity.
- ◆ Studies of looking at both non-Hispanic white people and Hispanic people show similar conclusions.
- ◆ In a study of 12,000 teens, more than 3 quarters really enjoy spending time with their mother and father.

VHS Staff

Clinical Director: Helen Martin, FNP
Business Manager: Sandra Aguilar, BS
Administration/Front Desk: Aracely Hernandez
Administrative Biller: Teri Leary
Programmer/Analyst: Jim Rutherford
Project Assistant: Adam Christensen

PROVIDERS:

Larry Granader, MD
Marylupe Flores, LCSW
Barbara Hollinger, FNP
Molly Savitz, FNP
Naomi Schapiro, PNP
Kristen Sligar, FNP
Linda Torres, RN
Sarah White, PNP

MEDICAL ASSISTANTS:

Carolina Garcia
Carmen Navarro

Did You KNOW

VHS provides Youth Services.

- Plan B (emergency contraception) here at the clinic
- Condoms here at the clinic
- Birth control counseling and prescriptions, and safer sex counseling
- Pregnancy testing and counseling
- Referrals for prenatal care or abortion
- STD testing and treatment
- Pelvic exams and pap smears
- These services are *confidential*, which means that adolescents do not need their parents' permission to get them and that health care practitioners cannot talk to parents, or anyone else, about them, unless the teen gives permission.

Community Resources

TAPP

San Francisco's Teenage Pregnancy and Parenting Project provides a friendly environment for pregnant and parenting teens to receive support and assistance through comprehensive case management services.

Case managers help ensure that pregnant and parenting adolescents have access to all available health, education, and social services to which they are eligible, regardless of whether they are in school. TAPP also provides a myriad of support services, including child development and parenting education, childcare support services, nutrition and health education, job readiness, mental health programs, relationship violence prevention, and academic counseling.

(415) 695-8300

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Precita Eyes

Precita Eyes community art classes enable children, youth, and adults to develop their individuality and confidence through creative activities, and to experience unifying, positive social interaction through collaboration.

Precita Eyes Mural Arts Center offers a variety of low-cost art classes for adults, teens and children five days a week every week. These classes run on a drop-in basis throughout the year.

(415) 285-2287

How much does all this cost?

- ALL *confidential* services are FREE!

When is the best time to come by?

- VHS provides a Teen Drop-In Clinic, no appointments needed, from 2-5pm on Monday afternoons. You can make appointments for other days.

What age do I have to be to get health care at the Teen Drop-In Clinic?

- 12—20 years old

Reminders

- ◆ If you park in the parking lot, you must park only in a VHS Parking Spot. Once in the clinic, please write the make, model, and color of your car next to your child's name when you sign in so that your car will not be towed.
- ◆ If you cannot accompany your child to an appointment, you must send (with a responsible adult) written permission for us to see and treat your child—and include a contact number.
- ◆ If your child is sick and it is not an emergency, please call us for advice or an appointment during business hours. We can often fit your child in with a clinician the same day.