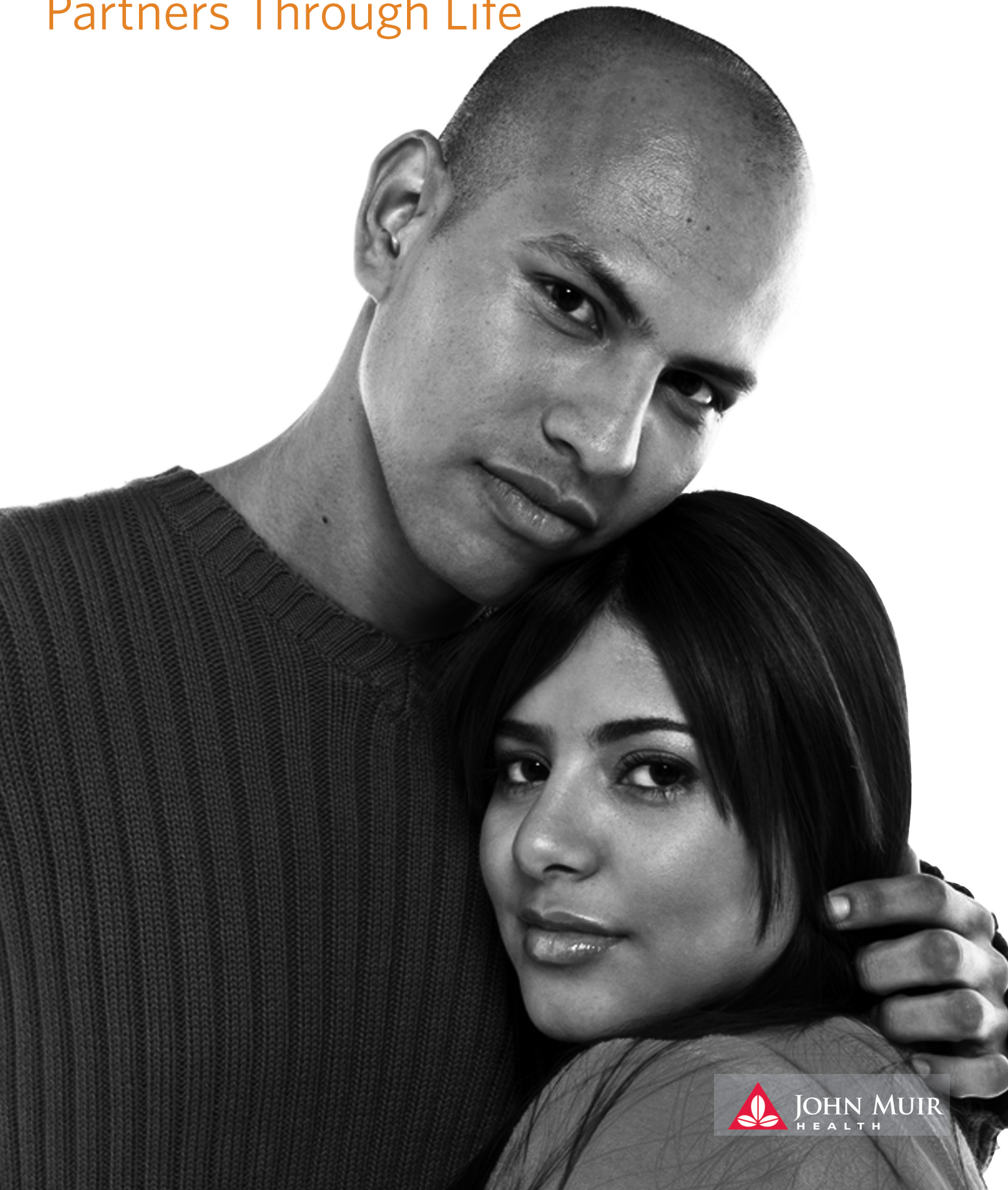


# Partners in Health: Partners Through Life



JOHN MUIR  
HEALTH

**In 2010, John Muir Health provided \$39.2 million in community benefit programs and services to the 19 surrounding service area communities in Contra Costa County. The provision of these services represents John Muir Health's commitment to meet the health needs of individuals and families, increase the capacity of communities to build partnerships, ensure access to medical care broadly and, most especially, for our county's most vulnerable residents. Last year, 82 percent of our community benefit contributions addressed the needs of the county's vulnerable populations: those who are low income, experience significant barriers to care, such as language, culture, transportation, or health insurance, and who are part of groups who experience disparities in health outcomes.**

**However, the number tells only part of the story. The real impact is seen in the lives of the thousands of people we've touched, and you'll read about some of them in this report. In this third issue in a series of reports highlighting our partnerships with our community and those we serve throughout the course of life, programs for vulnerable youth are featured.**

## **Youth**

Between 2000 and 2009 the youth population in Contra Costa County grew twice as fast as the total county population. More than 14 percent of the population is made up of persons between the ages of 10 and 19. The greatest increase in the number of youth occurred among youth of color. More than 50 percent of the county's youth are youth of color and one-third speak a language other than English at home. In 2009, one in four youth lived in households with incomes less than 200 percent of the Federal Poverty Level (\$44,700 for a family of 4).

Youth are vulnerable to their surrounding environment and are often the victims of motor vehicle deaths and homicides. In Contra Costa County, more than half of the unintentional deaths among this age group were due to motor vehicle accidents and 22 percent to homicides. Youth also face transitional challenges, such as unplanned pregnancy and foster care emancipation. Contra Costa County's teen birth rate has increased over the last three years and 50 percent of foster youth do not graduate from high school upon leaving the system.

John Muir Health has developed multi-disciplinary and multi-faceted approaches to preventing injuries and creating a safe environment where adolescents can pursue their dreams and engage fully in community life. The following programs highlight the clinical support services and resource connections provided through John Muir Health's collaborations in 2010.

## Teen Pregnancy Resource Program

Samantha currently lives with her fiancé and just graduated from an alternative school in the area. She is planning to go to college, but will take a little time off to be with her baby. During her pregnancy, Samantha enrolled in classes through The Teen Pregnancy Resource Program at the John Muir Health Women's Health Center. Classes available include: Online Childbirth Class, Newborn Care, Infant Breastfeeding, Infant and Child CPR and Car Seat Safety Check. Samantha also enrolled in the in-person child birth class instead of the online class because she wanted a more hands on experience. After completing all of the classes, Samantha received a free car seat. Samantha's delivery went well and she reported that the classes were very informative. She felt she learned more from John Muir Health's classes than what she learned at the alternative school. She also saw our lactation consultant for breastfeeding support. After delivery, Samantha was concerned that her baby was not gaining enough weight. She asked the Teen Pregnancy Resource Program if there were any parenting classes and enrolled in the Muir Mommies Best Beginnings 0-3 months class. Samantha is very appreciative of the support she has received while a participant in the Teen Pregnancy Resource Program.

## 2010 Teen Pregnancy Program Highlights:

- Referrals were received from 11 schools, community organizations and physician offices; 36 teens participated in the program
- Four out of the five classes offered had completion rates of 100 percent and 56 percent of the teen participants completed four or more of the classes
- 94 percent of teen participants who had given birth by the end of 2010 had full-term deliveries without any complications
- 53 percent of the teen participants who had given birth were still breastfeeding after 30 days





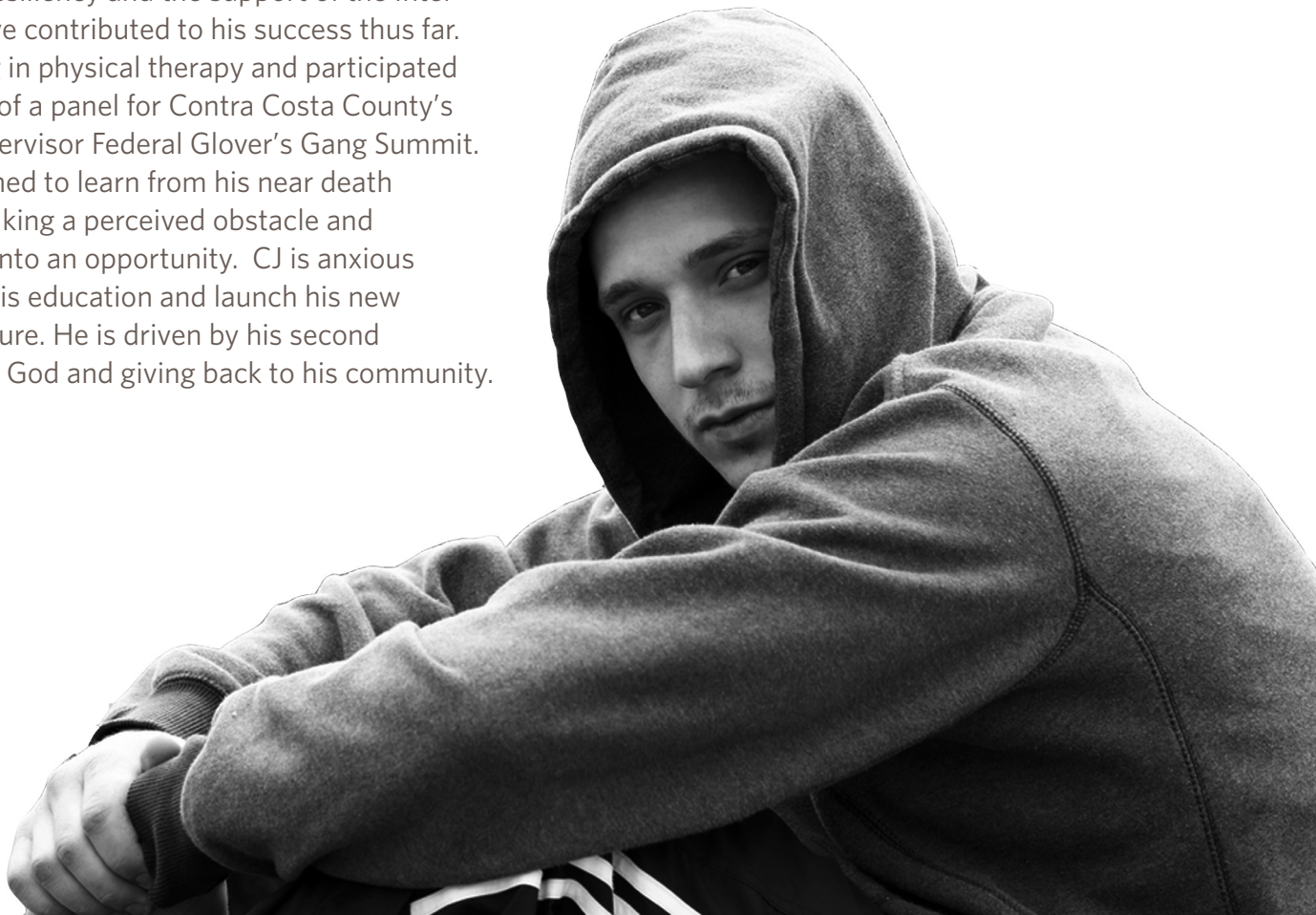
## Beyond Violence

Beyond Violence is an intervention program for trauma patients treated at John Muir Health between the ages of 14-25 who are victims of intentional injuries (e.g. gunshot, knife assault) and reside in the cities of Richmond or Antioch. The program collaborates with Intervention Specialists from community-based organizations who offer case management, linkages to community resources, and follow-up care to injured youth. The purpose is to promote positive alternatives to violence and to reduce recidivism and retaliation.

CJ is a 23 year-old single father of one and a complete paraplegic as a result of four gunshot wounds to the neck and chest at point blank range. He dropped out of high school in 9th grade, and was unemployed and homeless at the time of his injury. CJ was released to his mother's home and the Interventionist began to help CJ work through his Post Traumatic Stress, the anticipation of criminal proceedings against the perpetrator, and the denial of his new reality of being unable to walk at 23 years of age. CJ's resiliency and the support of the Interventionist have contributed to his success thus far. CJ is excelling in physical therapy and participated as a member of a panel for Contra Costa County's District 5 Supervisor Federal Glover's Gang Summit. CJ is determined to learn from his near death experience, taking a perceived obstacle and converting it into an opportunity. CJ is anxious to complete his education and launch his new business venture. He is driven by his second chance at life, God and giving back to his community.

## 2010 Beyond Violence Program Highlights:

- The Beyond Violence Interventionists received consents from all 38 (100 percent) of the referred clients and provided over 959 client contacts through in-person and phone check-ins, family meetings, school consultations, etc.
- 90 percent of clients remained engaged in the program after three months and 68 percent remained engaged after six months
- 100 percent of clients remain alive and avoided reinjury after three months and six months of participating in the program
- 100 percent of clients were not involved in a criminal incident after six months of participating in the program



## Community Nurse

The Community Nurse Program, started in the fall 2008, places a nurse in schools where over 90 percent of students are eligible for the federal free lunch program. The Community Nurse advances the well-being, academic success, and lifelong achievement of students by promoting health and safety, intervening in health problems, providing care management services, and connecting the students and their families with community resources. The Community Nurse in Pittsburg focuses on children with diabetes and asthma. The Community Nurse in the Monument area of Concord focuses on nutrition and activities to avoid diabetes, obesity and other chronic diseases.

A 4th grade student was referred by her teacher to the Community Nurse early in 2010 due to being chronically tardy and sleepy in class. The Community Nurse met with the student and found out that the student got very little sleep because she was stressed due to her great-grandmother's problems. The Community Nurse set up a meeting with the student's mother and discovered that the mother was taking care of her 87-year-old grandmother who had Alzheimer's. The grandmother was living in the home and was very confused and constantly berated the student. The student did not understand fully what was happening and her mother was stressed, resulting in lack of sleep for the student and problems getting to school on time.

After multiple conferences with the mother and student, the Community Nurse made a referral to a physician for the student and the student was also referred for counseling. The Community Nurse provided some referral resources for the mother, and was able to assist with placing the grandmother in an Alzheimer's Day Care program. The grandmother is now in day care, the mother is less stressed, and the student has been on time to school and is doing well academically in 5th grade. She continues to attend counseling sessions.

## 2010 Community Nurse Program Highlights:

- 303 referrals were made to the Community Nurse, resulting in 2,864 interventions, which included family consultations, vision, hearing and lice screenings, first-aid care, and immunization compliance
- 64 percent of students reported improved health status and 11 percent experienced positive behavior change as a result of the interventions received
- 98 percent of students with missing immunizations completed their requirements by the end of the year



At John Muir Health, our community benefit programs are rooted in our mission and values.

We are dedicated to improving the health of the communities we serve with quality and compassion.

Core Values:

Excellence

Honesty/Integrity

Mutual Respect/Teamwork

Caring/Compassion

Commitment to Patient Safety

Continuous Improvement

Stewardship of Resources

Access to Care

For more details on the JMH community benefit programs and contributions go to  
[www.johnmuirhealth.com](http://www.johnmuirhealth.com)