Young & Healthy
www.yhpasadena.org

626.795.5166

CASE STATEMENT

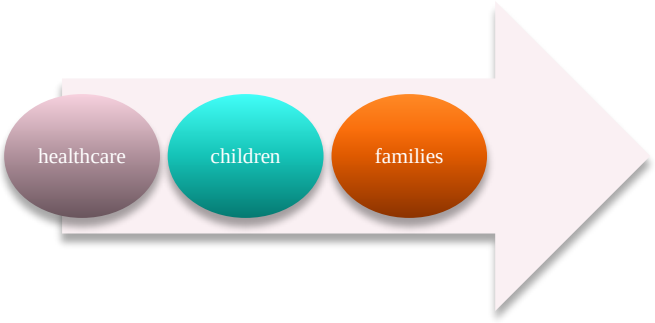
Young & Healthy first came to know Katie when she was twelve-years-old and her desperate mother requested assistance. Katie was a very fragile special needs child who also needed special education services. She suffered from uncontrolled seizures, unexplained weight loss and found school to be extremely difficult. The family did not have medical insurance and Katie's mother was at a loss as to what to do for her daughter. At one point, Katie proclaimed to her mother, "I am just so sick, I probably won't be around much longer!"

Young & Healthy was able to connect Katie and her brother with a volunteer physician who was willing to provide a medical home for the children. For the first time ever, a single doctor would provide continuous and comprehensive care for Katie. Multiple appointments and many medication adjustments later, Katie's physical condition became stable enough such that her mother was able to concentrate on tackling her special educational needs, as well. Katie is now able to thrive because she received the care she needed.

Our *Young & Healthy* staff continues to provide translation services this family's medical appointments and has been instrumental in helping the family understand how to use the special education services available to Katie. With the help of a volunteer provider and some case management assistance, Young & Healthy is able to support many Pasadena area children, like Katie, who are underserved and would otherwise go without the care they need.

MISSION

- *Young & Healthy's* mission is, To provide access to high-quality health care for uninsured and underserved children and families, to improve the quality of life for all children in the greater Pasadena area through prevention, education, and enhanced health care services.



WE BELIEVE

- We believe it is the right of every child to have access to quality health care.
- We believe that if enough people volunteer their expertise and services, the community can make a substantial difference in the lives of its children.
- We believe that our mission can best be accomplished through collaboration with other community institutions.
- We believe that is our responsibility to advocate for children's health care needs.

HISTORY OF ORGANIZATION

Young & Healthy, a Pasadena-based 501 (c) (3), is an organization whose foundation was built upon the dedication and commitment of its volunteers. It began in 1990 as a small group of 19 physicians who agreed to donate their time and services to Pasadena area children who lacked access to medical and dental care and is now sustained by the generosity of a volunteer workforce of healthcare professionals that is 320 strong.

PROGRAM DESCRIPTION

OVERVIEW

Young & Healthy is based on the two-fold conviction that every child should have access to quality health care regardless of their family's income, and that giving a child early and consistent medical attention is an investment in the future of the community. *Young & Healthy's* program arranges free medical, dental, and psychological services for low-income, uninsured children in Pasadena, South Pasadena, Altadena and Sierra Madre. Generous volunteer physicians, dentists, therapists, optometrists, pharmacists and other healthcare professionals treat the children *Young & Healthy* refers to them free of charge in their own offices. They have proven that if enough people volunteer their services, a community can make a substantial difference in the lives of its children.

PROGRAM DESCRIPTION

The problem with health care services in the Pasadena area is not one of availability, but of affordability and accessibility. One of the greatest obstacle to good health is poverty. In the Pasadena community, 33% of children are in need of the kind of care Young & Healthy provides. The majority of children under 18 (54.7%) enrolled in Pasadena Unified Schools live in the area of town that claims the lowest per capita income and the greatest concentration of poverty.

Pasadena Unified School District reflects these statistics: 83% of the students are from families in the three lowest (of six) census income categories based on zone/block characteristics; over 54% are in the two lowest income categories; and only 1.3% are in the highest income bracket. Over 28.6% of the students are from homes receiving Aid for Families with Dependent Children and over 12,639 students (68%) participate in a federally supported free/reduced-price lunch program. These statistics paint a disturbing picture of a polarized city where nearly half the children lack access to many of the basic resources that are readily available to the other half. Young & Healthy occupies a keystone position, anchoring the health safety net for Pasadena-area families with children as the area's sole nonprofit provider of free and fully accessible pediatric health services.

PROGRAM ACTIVITY

Young & Healthy staff members accept telephone requests for services from public schools, the public health department, homeless shelters, daycare centers and other agencies serving low-income children. Care is taken to rotate referrals among all the volunteer doctors and health providers. Specially designed forms help us keep accurate track of referrals, diagnosis and recommendations, follow-up needs, and

Program Activity cont'd.

parent satisfaction. Young & Healthy programs include the following services to our children and families:

Medical Care: 275 local volunteer pediatricians, physical therapists, optometrists, podiatrists and other specialists are available on a rotating basis to provide medical treatment to children in their offices. Surgical and other outpatient services are also available. Huntington Medical Foundation, has "adopted" Y&H, and provides actual medical homes for uninsured Y&H families, a generous and positive step toward better comprehensive medical care.

Dental Care: Forty volunteer dentists are available on a rotating basis to provide acute dental services to children in their offices. In addition, there are three other dental programs:

•Education: A monthly extensive dental education program for first grade students to teach them how to care for their own teeth

•Annual Clinic: An annual Mobile Dental Clinic from USC School of Dentistry to provide comprehensive dental care for 120 children in the community with the greatest needs. The value of services provided through the 2015 dental clinic was calculated at $177,587.

•Prevention: Eleven volunteer dentists and dental hygienists have adopted PUSD elementary sites and provide the state mandated oral health assessment for kindergarten students on an annual basis.

Mental Health Care: Currently, 14 volunteer licensed mental health care professionals are available to provide free individual counseling to students on a first-come, first-served basis. A range of general mental health concerns, as well as more specific behavioral and emotional problems, may be covered.

Case Management: After the initial referral, a full-time case manager follow up on each child referred to one of our professional providers. They help parents obtain any additional or ongoing care their child might need, and equip them with information about other kinds of community resources. Our experience and expertise can provide clients with that assistance in "navigating the healthcare system" often needed by families in order to utilize their insurance benefits.

Alma Stokes Healing Fund: *Young & Healthy* established the Alma Stokes Healing Fund to cover follow-up medical costs for special medical procedures and prescriptions that are not donated. Donations are also solicited from individuals and community groups.

Community Outreach: The Community Outreach Program was developed in response to targeting a "difficult-to-reach" segment of our population. An outreach coordinator, with the help of trained parent leaders, promotes *Young & Healthy* services throughout the Pasadena area by attending health fairs, community and church events, and parent education venues.

Access to Care – Insurance Outreach: We have renewed our insurance advocacy program to prepare our families to enroll in and to navigate the new Affordable Care Act system. Our goal is to engage, inform and enroll Pasadena-area individuals and families newly eligible for coverage under the ACA and to assist the residually uninsured to access needed care. A team of certified insurance assistors, including both staff and volunteers, are available at *Young & Healthy* to help families enroll in a Medi-Cal or Covered California healthcare plan.

IMPACT OF THE ORGANIZATION

Last year, *Young & Healthy* was able to provide comprehensive direct and preventive health services, free-of-charge, to 4,735 Pasadena-area children of whom 841 received direct clinical services. Over the past year, each dollar of overhead was matched by an additional $1.75 of donated in-kind services.

Since 1990, we have provided donated professional services valued at nearly $16,816,029 to over 21,569 local children in need. *Young & Healthy's* impact over a twenty-four year period sends a strong message to the entire community and beyond: ***In Pasadena, every child maters.***

TESTIMONIALS

"This is a perfect example of how the church, medical and educational communities can work together on behalf of underprivileged children. *Young & Healthy* successfully coordinated leaders in the community with enough ability and compassion to solve what seemed like an insurmountable problem." *ABC's World News Tonight* with Peter Jennings

"What has happened in Pasadena is a dramatic statement of what can occur when people in a city decide to be a true community, by claiming responsibility for its most vulnerable member (its children)." Pasadena Mayor, Bill Bogaard

"If you want to evaluate *Young & Healthy's* success in providing free medical care to underprivileged children, you can check the numbers: thousands of children treated at no cost." *Pasadena Outlook*

HOW CAN YOU HELP

When you choose to support *Young & Healthy*, you are choosing to provide our children with access to quality healthcare.

- $1200 a year provides access to comprehensive health services for 3 children each year. For that, each child receives a full range of services including dental care for a child at our Mobile Dental Clinic, vision care, antibiotics, and a variety of specialty care.
- $4000 a year allows you to provide for **10 children.** For context, that's about half of a 2nd grade classroom. We know that many of you are part of a company or foundation or you may just be in a position to consider giving at this level.
- $8,000 would be an amazing investment in supporting **20 children** this next year. This is a big number to match a big need – given that 33% of Pasadena area kids don't have access to adequate health care.

YOUNG & HEALTHY