YOUNG & HEALTHY

Year 30 Evaluation (2019-2020)

Prepared By:
Young & Healthy and
Vital Research, LLC

Year 30 overview

Young & Healthy celebrated its 30th year serving the children and families of the Pasadena area!

Some highlights from Year 30 include:

- Worked with Envision Consulting to complete a three year strategic plan.
- Received the "Non-Profit of the Year" award from U.S. Congresswoman Judy Chu.
- Trained 3,343 staff at Huntington Hospital.

COVID-19 Pandemic

- In March 2020, the state of California issued a "stay at home order" due to the COVID-19 Pandemic. At that time, the Young & Healthy office closed as well most doctor offices.
- The Pandemic's impact on our service numbers is reflected throughout this report.

Year 30: COVID-19 Response

- As staff moved to working from home, we cancelled several events including parent workshops, the mindfulness program and our annual fundraiser It's Possible.
- We moved Parent Ed and Mindfulness to virtual presentations. We also used Facebook and Instagram to provide programming including "Mindful Mondays" and "Family Fridays".
- We began collecting toiletries, headsets, diapers and masks to serve families affected by the pandemic.

Year 30 Impact by the Numbers

Access to Care

1,216
Unduplicated Children

577
Unduplicated Adults

2,178
Appointments Donated

687
Insurance Applications & Advocacy

$889,088
In-Kind Services

Prevention and Education

3,750
Trained in Trauma Informed Care

629
Parents attended Y&H workshops

1,690
Students trained in Mindfulness

1,390
1st Graders Received Dental Education

Referrals & Outreach

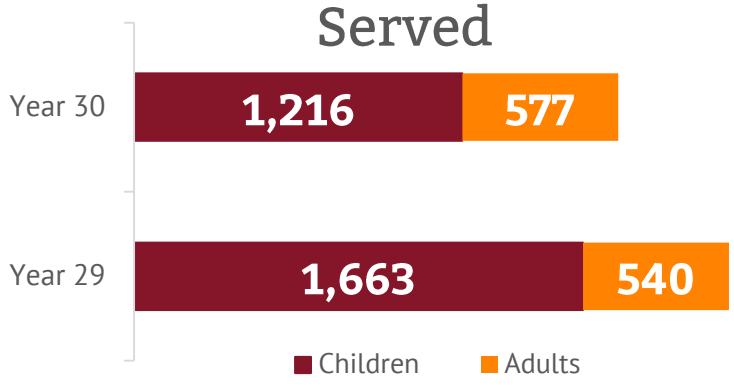
367
Professional Volunteers

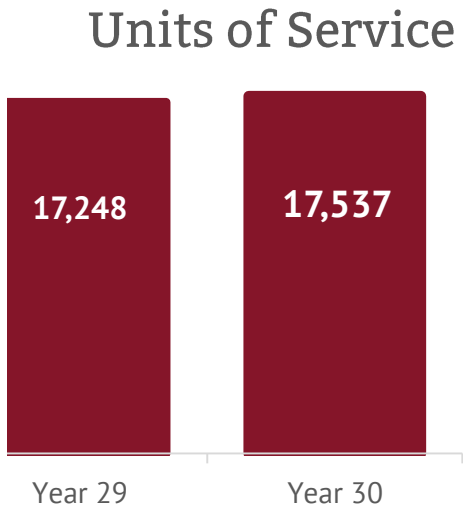
140
Community Volunteers

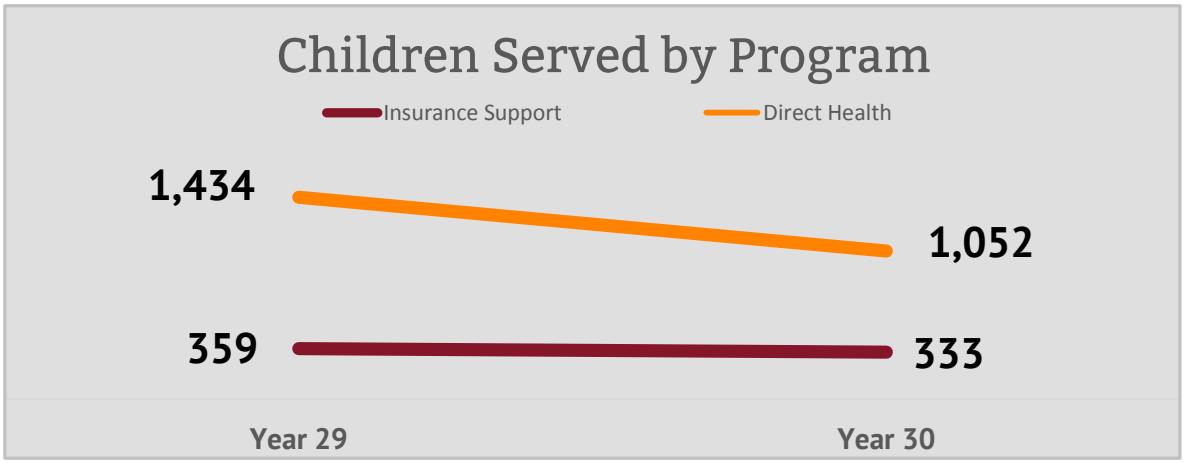
4,768
Volunteer Hours Worked

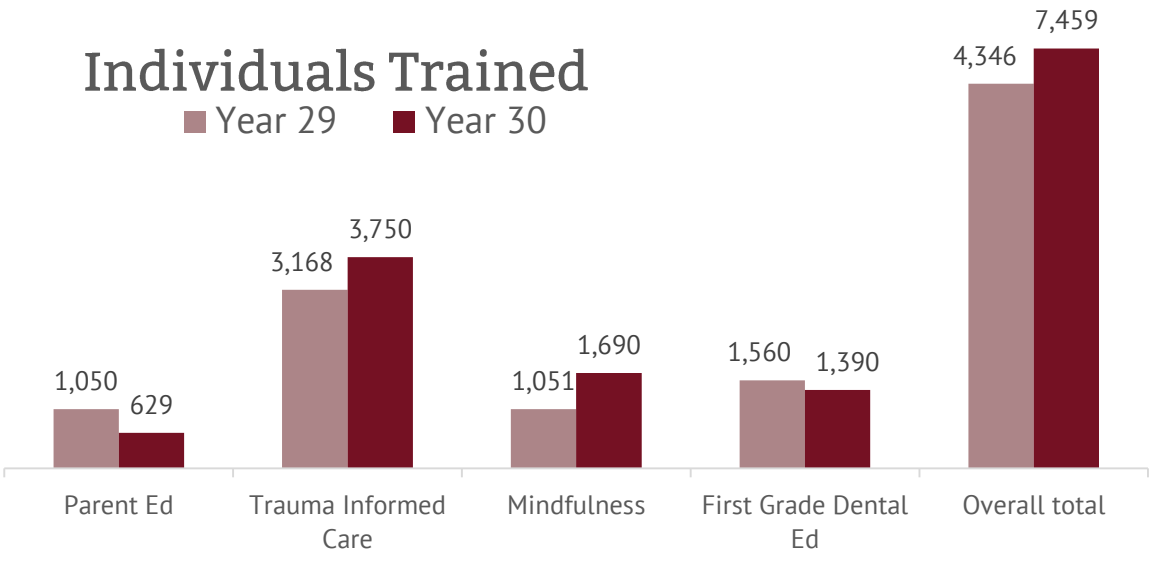
2,350
Outreach and Referrals

Year 30 Impact by the Numbers









Year 30 Impact by Stories

COVID-19 hasn't changed EVERYTHING.

So much has changed in the last few weeks and our collective heads are spinning. Young & Healthy, like so much of the world, is working remotely and trying to find new and creative ways to serve the community.

But so much of what makes us "Young & Healthy" hasn't actually changed at all. We are still moved by the plight of a single child and their family situation and we are still in the company of incredibly generous providers and community members. For example, when a child recently had a toothache and every dental office was closed, one of our empathetic volunteer dentists opened her office to care for the little boy.

With schools closed, we know that families will have trouble accessing care, so we created an outreach effort to get the word out that Young & Healthy is still available to help. To communicate this to families, we collected more than 3000 donated toothbrushes and paste to create oral health outreach kits with information on how to reach Young & Healthy. These kits were distributed through the PUSD free lunch program.

During this COVID crises, children and teens in our community are finding school work and on-line therapy nearly impossible because they lack a set of headphones for privacy and/or to be able to focus. When Young & Healthy learned about this digital divide, we launched a headphone donation campaign.

Some of the most impacted families in our community need diapers and formula for their babies, so we are now collecting those items.

There is continued need for masks and gloves for both the PUSD food workers on the front lines and the hospital. More than 5000 personal protective items have been donated to Young & Healthy and we have redistributed them.

Indeed, this pandemic is awful and yet, we are witnesses to so much kindness and generosity. Young & Healthy has always been proud to be a "barrier remover" so that children have a better shot at a healthier life. Some of the barriers have changed, but we are still here to knock them down.

Year 30 Impact by Stories

Serving the Most Vulnerable

Isn't it enough that Rosie comes from a home where domestic violence is common? Isn't it enough that Rosie and her mom sometimes find themselves homeless? Each of these situations, alone, is more than enough trauma and stress for any 13-year-old to bear. However, poor Rosie has even more going on in her life---she is understandingly depressed and her teeth hurt.

While Rosie's school is working on the really big issues of homelessness and domestic violence, Young & Healthy can be of service by providing mental health and dental care services. Rosie's overall health has been so severely compromised that it has taken three different Young & Healthy volunteer dentists to provide her care!

Life is hard for Rosie and her mom, but thankfully Young & Healthy is available to offer them hope and needed healthcare along their journey.

One Family at a Time

While Young & Healthy is often known for connecting kids with a doctor or dentist when they are sick or hurting, we have become so much more. We have launched a series of parent education classes that support and build healthier and happier families.

Eleven-year-old Catalina has been attending the sessions with her mom and aunt. When the group was asked if they had anything to share about what they learned and incorporated from previous weeks, Catalina's hand shot up. She shared that since her mom and aunt have been attending the parent education sessions with her, she feels like they are all talking to each other more. Catalina feels heard and safer because she feels more comfortable sharing her feelings with the adults in her life.

We thank Catalina for sharing her thoughts. Our children are always paying attention and do notice when parents are trying to make an effort. Young & Healthy has always claimed our motto to be "one child at a time", but perhaps it's time to expand this motto to "one family at a time".

Introduction: Program Overview

Young & Healthy's Mission: Through prevention, education, family support and access to health care services, Young & Healthy protects and improves the physical and mental health of uninsured and underserved children and their families in the greater Pasadena area.

Vision: We envision a future in which all children in our community have a "village: that cares about them and an equal opportunity for a healthy like.

Core Values:

- We believe it is the right of every child to have access to quality health care.
- We believe in the connection between mental health and physical health.
- We believe that by investing in the health of underserved youth, we can create a more equitable society.
- We believe community needs change over time, and that we are in a position to respond.
- We believe in collaboration, working together with other community institutions and volunteers to make a difference in children's lives.
- We believe in treating everyone with respect and serving with integrity.

Introduction: Program Overview

To carry out our mission, Young & Healthy provides the following services to our children and families:

- **Medical Care: 296** 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: 38** 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 109 children in the community with the greatest needs. The value of services provided through the 2020 dental clinic was calculated at $154,955.

      PUSD elementary
    - •Prevention: 10 volunteer dentists and dental hygienists have adopted sites and provide the state mandated oral health assessment for kindergarten students on an annual basis. The USC Dental School continued their support of the Pasadena community by screening students at four schools over two days.
    - •Teeny Teeth: Another prevention program. Children at Pre-K School sites are screened by dentists and dental students from USC. The parents of those children are then called by You & Healthy regarding follow-up.
- **Mental Health Care:** Currently, 7 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.

Introduction: Program Overview

- **Case Management:** After the initial referral, full-time case managers 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.

- **Insurance Support Services**: We have renewed our insurance advocacy program to prepare our families to enroll in and to navigate insurance coverage. Our goal is to engage, inform and enroll Pasadena-area individuals and families and to assist the residually uninsured to access needed care. A team of certified insurance assistors are available at *Young & Healthy* to help families enroll in a Medi-Cal or Covered California healthcare plan. (See page 26 for more information about the Insurance Support Program)

Introduction: Glossary of Terms

There are three different ways that participants and the services they receive (direct health services, support services, and advocacy services) are tracked in the *Young & Healthy* database. These include Unduplicated Clients, Referrals, and Units of Service, which are defined below.

Unduplicated clients	Unique individuals served by *Young & Healthy* in the current fiscal year
Referrals	Any incident in which an individual is given an appointment for care donated by a professional volunteer. An individual may receive more than one referral for the same or different health problems
Units of Service	A referral may lead to one or more units of service. All professional health services are assigned one unit of service, whereas support and advocacy services are tracked in 15 minute increments, each equaling one unit of service

Introduction: Glossary of Terms

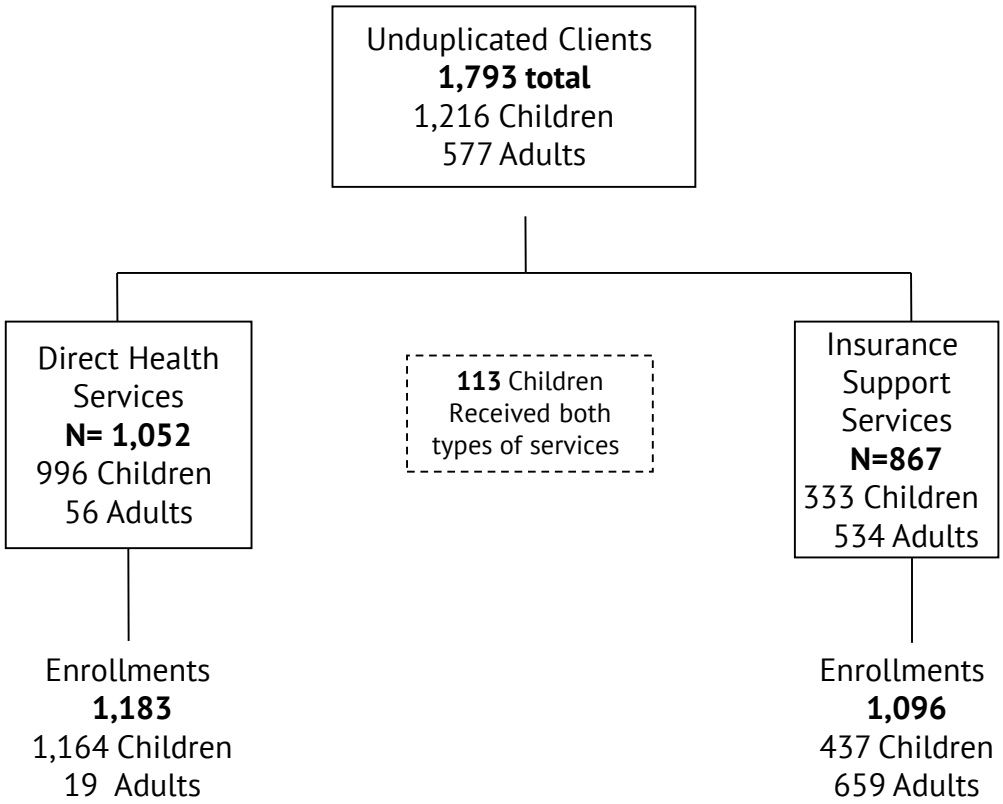
Healthcare education and wellness promotion services are tracked separately from direct health service, support services, and advocacy services. They are tracked through Participants Reached and Units of Service, which are defined below.

Participants Reached	Number of participants served at each event or program. These are not necessarily unduplicated numbers; for example, a parent who attends more than one education session will be counted each time s/he attends a session.
Units of Service	Each unit of service for health care education or wellness promotion is equivalent to 15 minutes of provider time for the event or service. Whereas direct service units are provided to individuals; healthcare education is delivered to groups of people (e.g., children, parents, teachers, community members at large).

Service Utilization & Unduplicated Clients

Figure 1: Year 30 Service Utilization

- **17,537 units of direct service were delivered to 1,793 unduplicated clients**



Service Utilization
Client Profiles*

- 1,793 total clients
  - 897 clients were female (50%); 894 were male (50%)
  - Most clients were Latino (59%)
  - Among the clients, 742 primarily spoke English (61%); 332 primarily spoke Spanish (27%); 14 spoke other languages (Chinese, Korean, Armenian etc.) (1%); data not available for 125 clients (10%)
  - The median age of children served was 10 years, 1 month.

Table 1: *Young & Healthy* Client Ethnicity

Ethnicity	2016-17 Year 27		2017-18 Year 28		2018-19 Year 29		2019-20 Year 30	
	#	%	#	%	#	%	#	%
Latino	825	68%	1074	63%	1094	66%	722	59%
African Am.	112	9%	105	6%	92	6%	49	4%
Caucasian	111	9%	294	17%	128	8%	101	8%
Asian	71	6%	80	5%	66	4%	47	4%
Other	47	4%	73	4%	64	4%	40	3%
Unknown	41	3%	66	4%	219	13%	256	21%
Total	1207	100%	1692	100%	1663	100%	1215	100%

**In year 28, these numbers reflect all clients (children & adults) Other years count children only.*

Parents Referral Sources

- When parents of new clients were asked how they learned about *Young & Healthy,* 35% mentioned they were repeat clients and 43% identified the School/PUSD Health Office.

Table 2. How Parents Learned about *Young & Healthy*

Source of Referral*	Year 29 2018-2019	Year 30 2019-2020
School/PUSD Health Office	50%	43%
Y&H Outreach	1%	1%
Community Agency	9%	5%
Friend/Family	12%	12%
Non-PUSD School	0.4%	0.3%
Flyer – School	1%	2%
Other**	1%	0%
No data Available	-	1%
Repeat Client	26%	35%

Referral Sources
Schools, Outreach Centers & Clinics

Table 3. Summary of Client Referral Sources and Current School

Referral Source= How the referral was initiated with Y&H.
Current School= Where the client attends school

Referral Source	% of Child-Client Referral Sources		% of Child-Client School Level	
	Yr 29: 2018-2019 (N=2,807)	Yr 30: 2019-2020 (N=2,279)	Yr 29: 2018-2019 (N=2,807)	Yr 30: 2019-2020 (N=2,279)
Preschools*	2%	1%	2%	1%
Elementary Schools	35%	30%	46%	42%
Middle Schools	8%	0.2%	12%	4%
High Schools	>1%	0.5%	6%	14%
Non-traditional Schools**	1%	6.7%	3%	4%
Outreach Centers	53%	60%	31%	36%

Referral Sources
Schools, Outreach Centers & Clinics

Table 4: Clients Served in Years 29 and 30 by School/Site and District/Area*

School/Site	Yr 29: 2018-19	Yr 30: 2019-30
PASADENA UNIFIED SCHOOL DISTRICT	**1319**	**859**
PUSD Clinic	**0**	**6**
Preschool/Children Centers	**70**	**28**
Elementary School	**979**	**678**
Altadena	124	11
Don Benito	13	4
Field	23	24
Franklin	14	3
Hamilton	12	4
Jackson	197	13
Jefferson	6	202
Longfellow	122	2
Madison	26	217
Norma Coombs/Pasadena Alternative	9	1
Roosevelt	7	1
San Rafael	2	0
Sierra Madre	2	0
Washington Accelerated (K-5)	395	3
Webster	9	192
Willard	18	1

**Schools received USC screenings.*

Referral Sources
Schools, Outreach Centers & Clinics

Table 4: Unduplicated Child-Clients Served in Years 29 and 30 by School/Site and District/Area (continued)

School/Site	Yr 29: 2018-19	Yr 30: 2019-30
PASADENA UNIFIED SCHOOL DISTRICT	**1119**	**859**
Middle School	**227**	**3**
Eliot	70	1
Sierra Madre Middle School	1	0
Washington	155	2
Wilson	1	0
High School	**7**	**10**
John Muir	2	1
Pasadena	2	7
Rose City High School	3	2
Nontraditional Configurations	**36**	**134**
Blair (7-12)	18	128
Marshall Fundamental (6-12)	4	6
McKinley (K-7)	14	0

Referral Sources
Schools, Outreach Centers & Clinics

Table 4: Unduplicated Child-Clients Served in Years 29 and 30 by School/Site and District/Area (continued)

School/Site	Yr 29: 2018-2019	Yr 30: 2019-30
PASADENA AREA		
Outreach/Other	1496	1016
AMG Clinic	6	1
CHAP	1	0
DCFS	5	3
Dor of Hope	1	0
Elizabeth House	1	0
Families in Transition	2	6
Five Acres	3	0
Focus Point Academy	1	1
Foothill Unity Center	8	0
Fuller	5	1
Head Start	11	1
Journey House	0	0
HH Asthma Clinic	3	0
Learning Works	2	0
Families Forward (formerly Mother's Club)	17	0
Outreach	1417	989
Pasadena Health Department	9	2
Ronald McDonald House-Pasadena	0	2
Salvation Army	0	2
USC School of Dentistry	0	4
Villa Parke Community Center	1	3
WIC	5	1
Hillsides, Union Station, Sycamores	1 each	1 each

Referral Sources
Schools, Outreach Centers & Clinics

Table 4: Unduplicated Child-Clients Served in Years 29 and 30 by School/Site and District/Area (continued)

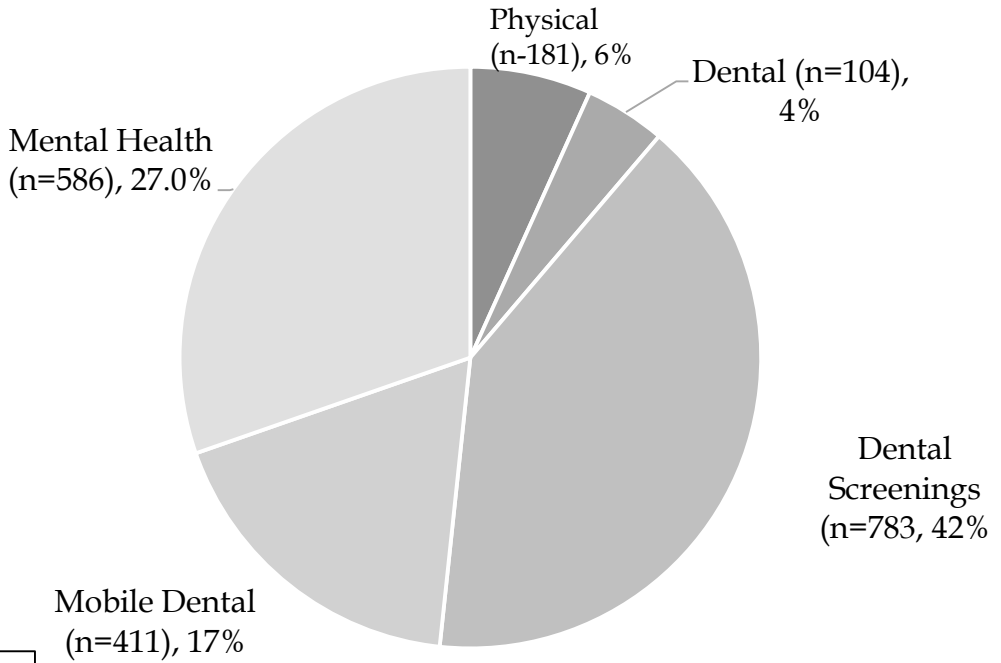
School/Site	Yr 29: 2018-19	Yr 30: 2019-30
PASADENA AREA		
Private Schools	0	0
St. Andrews Elementary	0	0
Maranatha High School	0	0
SOUTH PASADENA UNIFIED SCHOOL DISTRICT	**2**	**3**
Arroyo Vista Elementary	0	0
Marengo	0	0
Monterey Hills	0	0
South Pasadena High School	1	1
South Pasadena Middle School	1	2
TOTAL	**2,807**	**2,279**

Health **Service** Referrals
and Number of Clients Served

Table 5. Health Services Referrals & Number of Child-Clients Served

Donated Appointments	Yr 29: 2018-2019		Yr 30: 2019-2020	
	# (%) Appointments	# Clients Served	# (%) Appointments	# Clients Served
Physical	360 (15%)	214	181 (6%)	135
Dental	104 (4%)	56	92 (4%)	45
Dental Screenings	1144 (46%)	1125	783 (36%)	759
Mobile Dental	411 (17%)	105	469 (16%)	102
Mental Health	452 (18%)	24	586 (27%)	27

Figure 2: Percent of Health Services Referrals (N=2,279)



Missed Appt. (n=28) 1%

Referrals
Physical Health Services

Table 6: Referrals to Physical Health Services

Diagnosis/Service	Frequency	% of all Referrals
Cardiology	**0**	**>1%**
Cardio evaluation	0	
Dermatology	**6**	**>1%**
Ingrown Nails	3	
Other skin problems: insect bites, acne, eczema, dermatitis, herpes, impetigo, etc.	3	
Ear	**3**	**>1%**
Ear Infection	3	
Other ear problems: cerumen, hearing loss, foreign bodies/insects, etc.	0	
Eye	**59**	**3%**
Vision screening		
Glasses	18	
Eye Problem	1	
Vision Problem	40	
General/Preventive	56	**3%**
Physical examination	52	
Immunizations	4	
Internal Medicine	**7**	**>1%**
Urologic Problem	4	
GI Disorder	3	

Referrals
Physical Health Services

Table 6: Referrals to Physical Health Services (continued)

Diagnosis/Service	Frequency	% of all Referrals
Pharmacy	**14**	**1%**
Medication	14	
Neurological	**5**	**>1%**
Headache/ Migraine	1	
Neurological Problem	4	
Respiratory	**6**	**>1%**
Allergies and hay fever	0	
Asthma, bronchitis, and pneumonia	6	
Respiratory Infection	0	
Trauma	**39**	**2%**
Burns	1	
Fractures	11	
Head injuries	0	
Human/Animal Bite	5	
Lacerations/ contusions	0	
Foot Problem	1	
Physical Therapy	13	
Sprains/Strains	8	

Referrals
Physical Health Services

Table 6: Referrals to Physical Health Services (continued)

Diagnosis/Service	Frequency	% of all Referrals
Other Problems	**53**	**2%**
Common childhood infection	37	
EEG	0	
Labs	3	
Head lice	0	
MRI	0	
Nose Bleeds	0	
Radiology	4	
Sinusitis	0	
Other problems	9	
Cat Scan	0	
PHYSICAL HEALTH SERVICES: OVERALL	248	**11%**

Referrals
Dental & Mental Health Services

Table 7: Referrals to Dental Services

Diagnosis/Service	Frequency	% of all Referrals
DENTAL SERVICES: OVERALL	92	**4%**
Dental Problems	50	
Dental hygiene	9	
Endodontic	11	
Orthodontic screening	17	
Oral Surgery	5	
DENTAL SCREENING	783	**36%**
MOBILE DENTAL CLINIC: OVERALL	469	**22%**
DENTAL HEALTH SERVICES: OVERALL	1344	**62%**

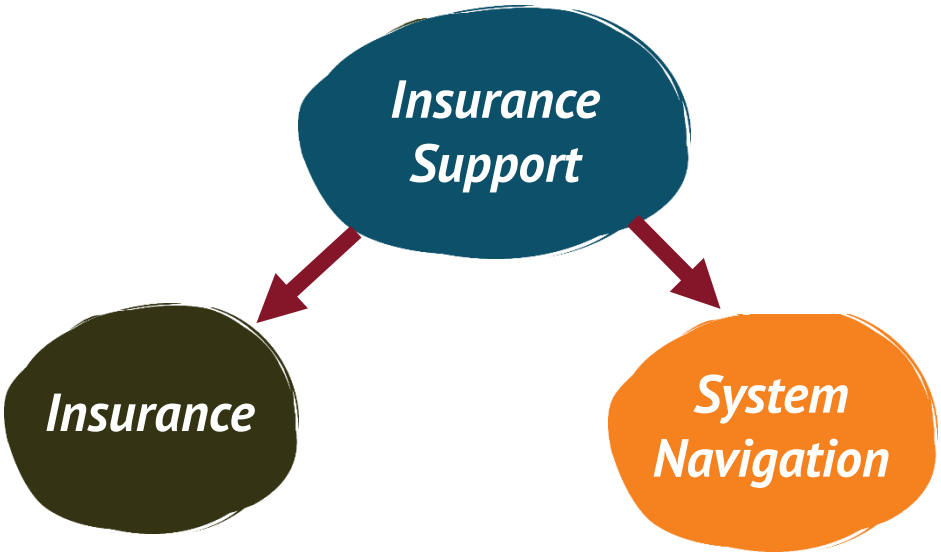
Table 8: Referrals to Mental Health Services

Diagnosis/Service	Frequency	% of all Referrals
Mental Health Problems	586	
MENTAL HEALTH SERVICES: OVERALL	**586**	**27%**

Insurance Support Services

Insurance support at Young & Healthy is:

- Any support that does not involve donated care by our professional volunteers.
- Clients can be any age or at any income level.



Insurance: Getting and Keeping Insurance

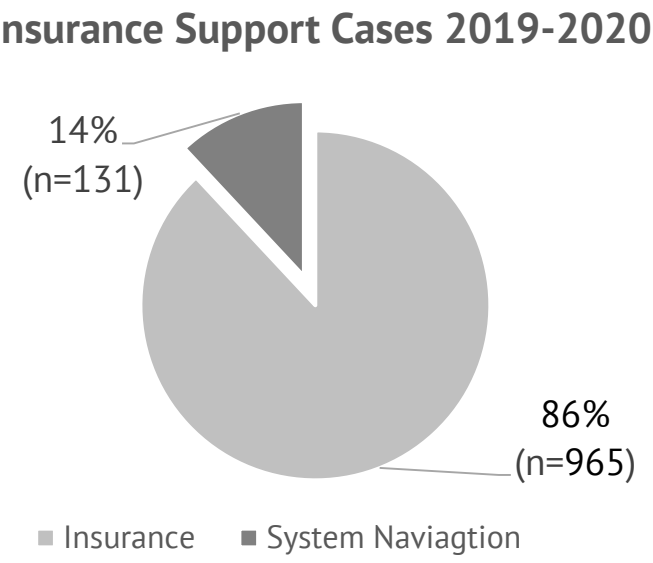
- Applications for Medi-cal and Covered California.
- Help with renewing coverage each year
- Plan Education: Reviewing the summary of benefits.
- Help client navigate paying their premium
- Working with the county if they make a mistake (wrong name on account, counting income differently than they should etc.)
- Helping the client report changes (family size, income, address change etc.)
- Filling out paperwork to choose a plan.

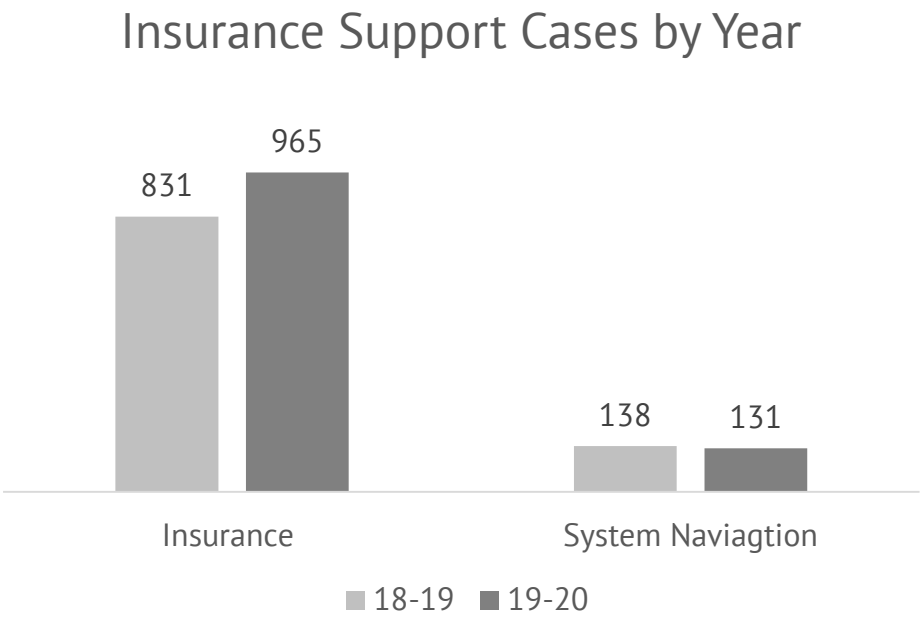
System Navigation: Using Insurance

- Helping clients read their explanation of benefits to help understand their bills.
- Finding a doctor or changing plans to go to the doctor they want to.
- Making appointments for clients to use their insurance.
- Verifying whether or not the treatment they need is covered.
    - In some cases getting second opinions.

Insurance Support Service Yr 30: 2019-2020

Figure 3 & 4: Insurance Support Cases





Insurance Support Service Yr 30: 2019-2020

Table 11: Insurance Support Services

Insurance Applications*	Minors	Adults	Overall
Covered CA w/ Subsidy Application	5	104	109
Covered CA w/o Subsidy Application	3	11	14
Medi-cal Application	149	152	301
Total	157	267	424

Renewals*	Minors	Adults	Overall
Covered CA renewal	8	104	112
Medi-cal Redetermination	67	84	151
Total	75	188	263

Instances of Case Management	Minors	Adults	Overall
Case Management- Direct Health Service	4,841	364	5205
Insurance Case Management	1,752	2,488	4240
System Navigation for Health Need	77	267	344
Total	6670	3119	9789

Other insurance support (are included in numbers above)	Minors	Adults	Overall
Call to Covered CA	19	118	137
Client Bill Navigation	11	46	57
Covered CA- Plan Choice	8	67	75
Insurance- Document submittal	379	535	914
Medi-cal Choice Forms	61	30	91
Medi-cal: Call to DPSS	50	94	144
Medi-cal: Email to DPSS	6	15	21

**Renewals and insurance applications are combined on page 20 for units of service.*

Units of Service
by Health, Support, & Advocacy Services

Table 9: Insurance and Health Units of Service Received by Clients

Diagnosis/Service	Number	Percentage of Subtotal
Medi-cal Enrollment	452	15.8%
Covered CA Enrollment	235	8.2%
Physical Health	181	6.3%
Dental Health	875	30.6%
Mobile Dental	469	16.4%
Mental Health	586	20.5%
Pharmacy	13	0.5%
Other*	53	1.9%
Insurance and Health Units of Service Total	2,864	100%

*Glasses, lab, radiology, transportation, and other services

Units of Service
Support Services

- *Young & Healthy* provided a total of **14,673** support units of service related to children's case management compared to **14,025** last year

Type of Treatment Needed	Units of Service
Case Management Time	
Direct Health Services	6,580
Insurance Support	5,372
Referrals	2,407
Case Management Subtotal	14,359
Eyeglasses	27
Pharmacy/Medicine	30
Translation	158
Transportation	5
Other (radiology, lab, other)	94
Supportive Units of Service Total	14,673

Overall Units of Service TOTAL	17,537

Community Volunteers
Number, Hours, Estimated Value of Time

Table 12: Community Volunteer Table

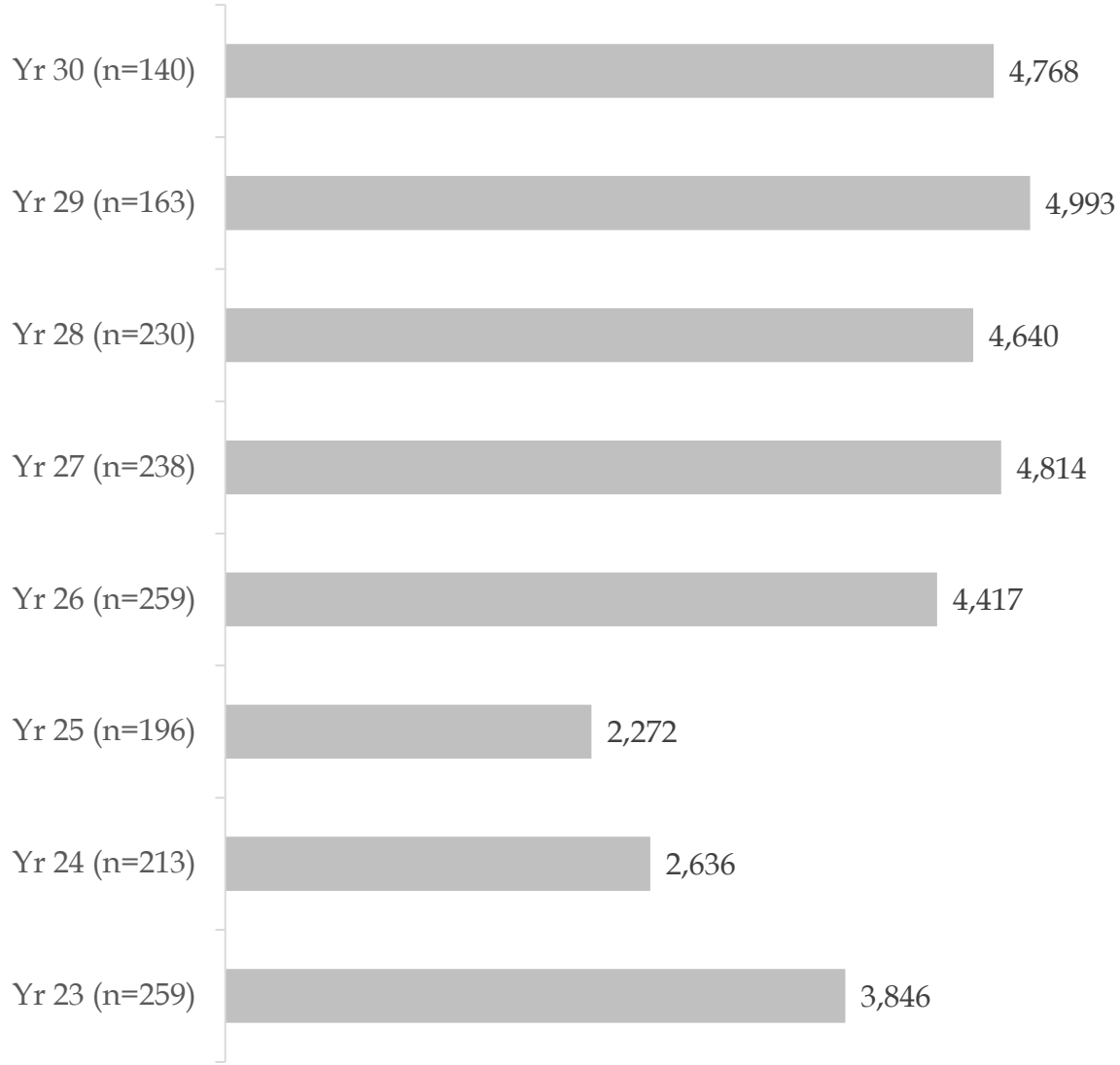
	Yr 29: 2018-2019	Yr 30: 2019-2020
Active Volunteers	163	140
Volunteer Hours	4,992.50	4,767.75
Estimated Value of Volunteer Time	$126,959 (at $25.43/hr.)	$129,683 (at $27.20/hr.)*

*According to Independent Sector, which is the leadership network for nonprofits, foundations, and corporations committed to advancing the common good. Their nonpartisan coalition's networks collectively represent tens of thousands of organizations and individuals locally, nationally, and globally.

(Retrieved August 228, 2020 from www.independentsector.org/volunteer_time)

Community Volunteer Hours by Years

Figure 3: Community Volunteer Hours



Professional Volunteers

- There were **367** professional volunteers during Year 30, the number increased from **339** volunteers during Year 29

- There were 42 new active professional volunteers
  - 41 new physicians
  - 1 new dentists

- By the end of the Year 30, 4.4% of the professional volunteers were lost to:
  - 13 left practice/office closed (3.8%)
  - 1 moved (<1%)
  - 1 passed away (<1%)
  - **Otherwise, retention rate was 95.6%**

Professional Volunteers
Number Available and Utilized

Table 13: Health Professional Volunteers

Volunteer Type	Yr 28: 2017-2018		Yr 29: 2018-2019		Yr 30: 2019-2020	
	Available Number	Number Utilized	Available Number	Number Utilized	Available Number	Number Utilized
Physicians	255	36	270	40	296	28
Dentists	39	23	37	35	38	22
Mental Health Practitioners	12	3	7	3	7	1
Optometrists	6	6	6	6	6	6
Podiatrists	3	2	3	0	2	1
Pharmacies	7	4	6	5	6	2
Other	9	3	10	5	12	6
Total	**328**	**77**	**339**	**94**	**367**	**66**

Education & Health & Wellness Promotion: Summary Table

Table 14: Summary of Healthcare Education/Promotion Services

Type of Service	Program	Total Hours	Units of Service	Number of Participants Reached*
Healthcare Education	Parent/Staff Education	66	264	629
Healthcare Education	First Grade Dental Health Education	192	768	1,390
Health & Wellness Promotion	"Teeny Teeth" Screenings – (0-5 children)			79
Health & Wellness Promotion	Kindergarten Oral Health Assessment Mandate Screenings			322
Health & Wellness Promotion	USC Dental Screenings			1,259
Health & Wellness Promotion	Trauma Informed Care Training	162	648	3,750
Health & Wellness Promotion	Power Up!	20	80	453
Health & Wellness Promotion	Mindfulness (Kindergarten and 6th Grade)	366	1464	1,690
Information & Referral	Information Only Calls	76.75	307	278
Information/ Outreach Referrals	Outreach Initiative	96	384	2,350
Totals		978.75	3,915	12,200

*Participants may be served more than once

Education
Parent/Staff Education

- A total of 66 parent and school staff education sessions were held in Year 30, which decreased from 98 sessions in Year 29.
- A total attendance of 629 parents, staff members, and clients was reached, a increase from the 1,0511 participants in Year 29.
- Topics included:

  - What's Going on in there?
  - Growth Mindset
  - Teaching Gratitude
  - How to talk to your kids about racism
  - The Importance of Attachment
  - Family Dynamics & Adolescence
  - Nutrition
  - Mindfulness
  - Social/Emotional Development
  - Self Care
  - Self-Regulation
  - Raising Compassionate Kids

Education
Dental Education

- 1,390 children received dental education instruction in 47 classes.

- 62 trained *Young & Healthy* volunteers taught the dental education program
  - 16 dental hygienists served 16 first grade classes, for a total of 1982 volunteer hours.
  - 11 community volunteers served 12 first grade classes, for a total of 144 volunteer hours.
  - 35 dental students from USC served 18 first grade classes, for a total of 420 volunteer hours.
- The dental education program ran 4-5 sessions from Oct. 2019 to mid-March 2020 (later sessions were cancelled due to COVID-19); each session lasted approximately 30 minutes.

Education
Pre-K Dental Program

- *Young & Healthy* collaborates with the USC School of Dentistry to implement a prenatal dental education program called "Teeny Teeth."
- The goal of the program is to educate parents and children about keeping teeth healthy starting at an early age.
- Parent & Child Education and Screening: *Young & Healthy* and USC sponsored **4** dental education and screening days for Pasadena community children and parents. Events were held at PUSD's Children's Centers, Families Forward and PCC Child Development Center. USC dental students screened the children and instructed them on healthy dental habits, brushing and flossing techniques utilizing puppets. Dental "goodie bags" along with pertinent materials in English and Spanish were also distributed.
- There were **79** children screened this year, which is a decrease from the **176** children screened from last year.

- *There were 2 screenings scheduled for late March and April 2020 that were cancelled due to school closures for COVID-19. These cancellations contribute to the decrease from previous years.

Health & Wellness Promotion

Kindergarten Oral Health Assessment Mandate

- Effective January 2007, all students entering public school (Kindergarten and 1st grade) are required to have an oral health assessment by a licensed dental professional.

- **322** Kindergarten students were screened as part of the 2019-2020 Kindergarten Oral Health Assessment Mandate. *

- Screenings were conducted at **7** schools by licensed dental health volunteers. *

- All students identified with dental decay were contacted by *Y&H* to ensure access to dental treatment. Children without dental insurance were referred to a *Y&H* professional dental volunteer.

*There were 10 screenings scheduled for late March and April 2020 that were cancelled due to school closures for COVID-19. These cancellations contribute to the decrease from previous years.

Education
Mindfulness Program

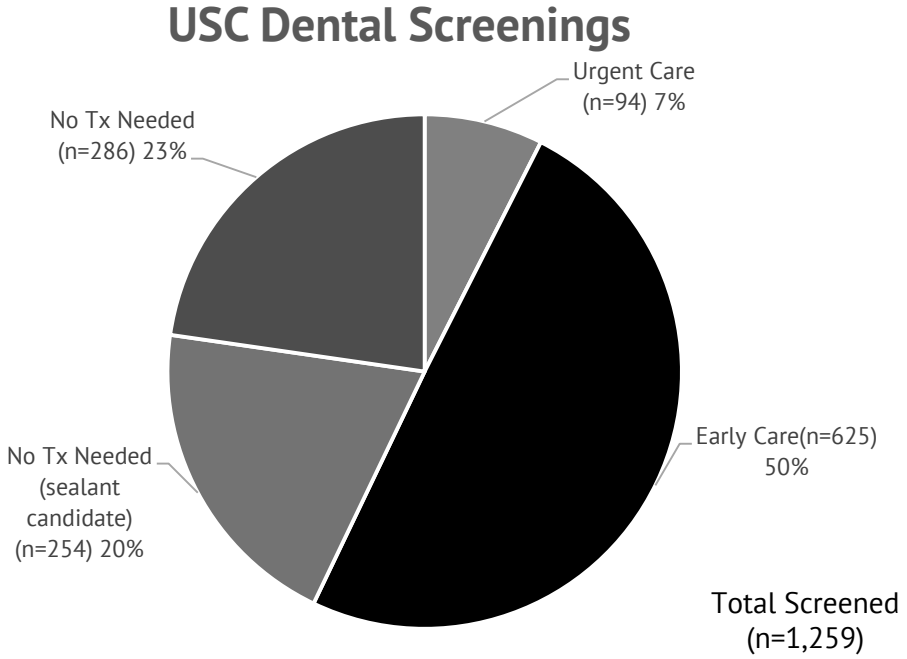
- Young & Healthy implemented a six-week, trauma-informed, mindfulness and art-based curriculum that they developed, with the help of six mindfulness volunteers, at 13 schools (Altadena Elementary, Eliot Arts Magnet Academy, Field Elementary, Franklin Elementary, Jackson Elementary, Jefferson Elementary, Madison Elementary, McKinley School, Norma Coombs Elementary, Roosevelt Elementary, Sierra Madre Elementary, Sierra Madre Middle, and Willard Elementary) in Pasadena Unified School District for our two rounds of program implementation planned for the 2019-2020 academic year.
    - We were unable to complete our third round of program implementation due to COVID-19 school closures
    - We also served 318 students over the summer from the Boys and Girls Club and the Day One Skills program.

Mindfulness	Year 29	Year 30
Hours of Instruction	234	366
Participants	1,051	1,690
Schools	10	13
Classes	33	6

See additional Program findings at the end of this report.

Health & Wellness Promotion
USC Dental Screenings

- In response to decreasing participation in the USC Mobile Dental Clinic over recent years, Young & Healthy coordinated 2 days of screenings at 4 different schools:
    - Blair, Jefferson, Madison and Webster.
- In total, 1,259 children were screened and classified as “Urgent Care Needed”, “Early Care Needed”, “No Treatment Needed (sealant Candidate)”or “No Treatment Needed”.



Health and Wellness Promotion
Pasadena Healthcare Consortium

- During 2019-2020 Young & Healthy hosted meetings attended by 64 Care Managers from 52 local agencies. This collaboration was a driving force for strong community support and outreach of the Affordable Care Act and insurance enrollment.

- Bi-monthly case manager meetings included continuing education on: Regional Center, Growing Together PASadena, Urban Strategies, Planned Parenthood, Census 2020, PCC Foster Care Program

Information/Outreach
Publicity and Dissemination

- *Young & Healthy* staff members presented at **83** meetings and **13** Health Fairs reaching **2,350** individuals.
- Young & Healthy received the Non-Profit of the Year award from Congress Woman Judy Chu.
- In addition there were:
  - Articles in the *Pasadena Outlook, Pasadena NOW* and *Pasadena Star News*.
  - Young & Healthy was also mentioned in local newsletters and blogs from a variety of organizations, such as *Altadena Women's Network, Collaborate PASadena, Growing Together PASadnea , Poly Paw Print, Communities Lifting Communities, Flintridge Center News and the STARS Volunteer Newsletter*
  - 232 postings on the Y&H Facebook, Instagram and Wesbite.
  - Publicity Events –E-mail/phone blasts, flyers, PUSD Insider, PUSD Peach jar Parent Emails, website announcements to over 17,550 individuals.
  - Collaborations with 59 community agencies.

Information/Outreach
Publicity and Dissemination

The chart below provides outreach totals for July 2018 thru June 2019.

Table 15: Summary of Publicity and Dissemination Activities

Outreach Activities	Frequency	People Reached
MEETINGS/CLASSES	127	1843
FAIRS	9	439
PUBLICITY	7	2995
TOTAL	143	5,277

Table 16: Trauma Informed Care Trainings

The below figures are included within Table 14 totals.

Trauma Informed Care	Year 29	Year 30
Trainings	112	163
Attendance	3,168	3,750
Power Up!	**Year 29**	**Year 30**
Attendance	-	453

Cost-Effectiveness
In-Kind Donations by Providers

- Cost of health care has risen each year
- The average fee per diagnosis was revised this year in order to produce more accurate estimates of the in-kind donations received from volunteer health care providers*

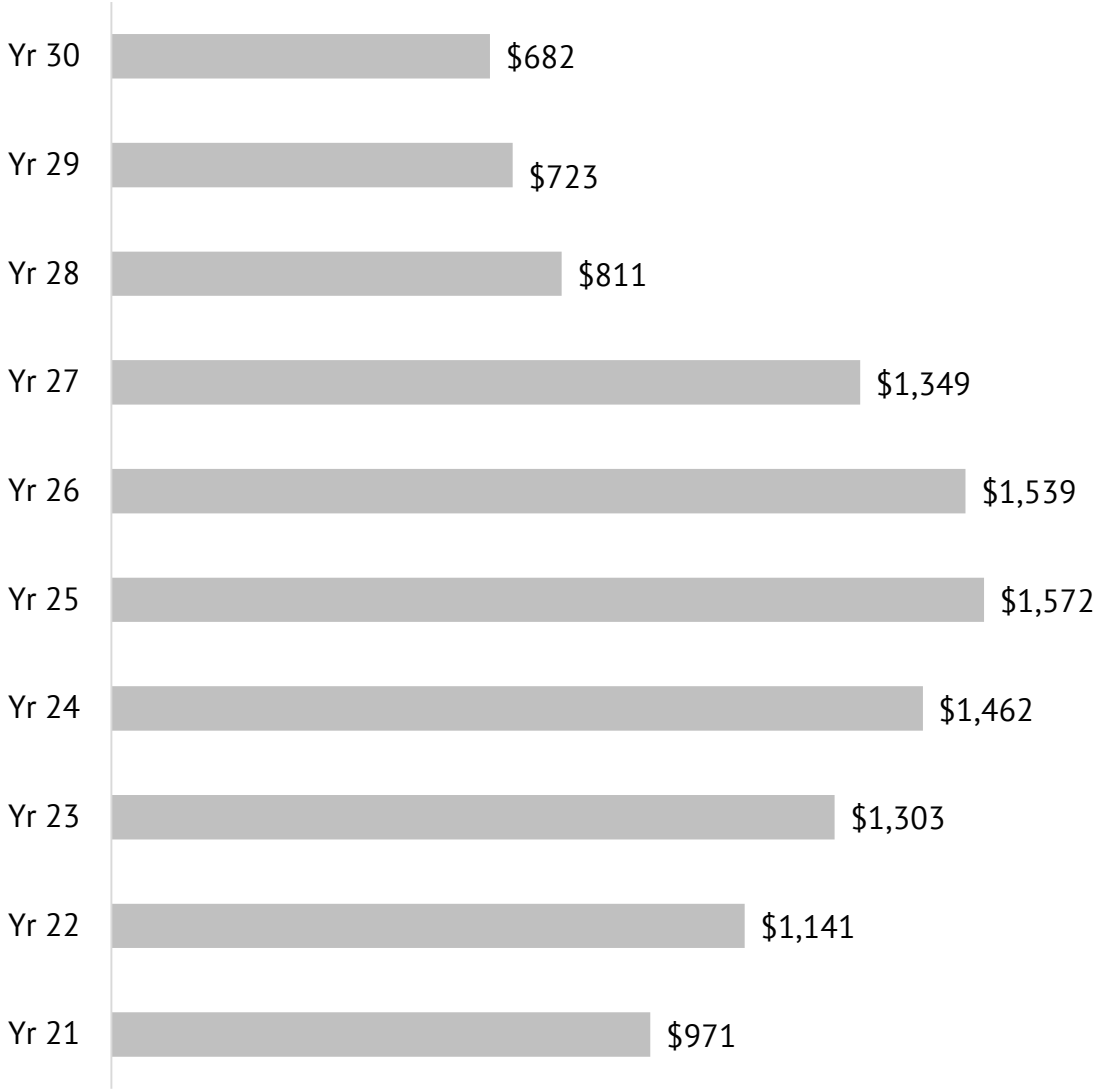
Table 17: In-Kind Donations by Providers, Years 26-30

Type of Service	Estimated Value				
	Year 26	Year 27	Year 28	Year 29	Year 30
Physical Services	$376,337	$231,948	$126,741	$169,634	$117,640
Dental Services	$548,163**	$450,819**	$250,594**	$133,318	$102,542
Mobile Dental Clinic Services	$145,241	$162,743	$135,107	$172,053	$154,955
Mental Health Services	$369,818	$364,019	$262,590	$156,171	$212,390
Surgical Services, Medical Procedures, Tests	$99,731	$139,727	$36,085	$91,680	$94,681
Total	**$1,539,290**	**$1,349,256**	**$811,117**	**$722,856**	**$682,208**

*2017 Towers Watson Health Care Changes Ahead Survey Report
**Includes in-kind donations for Kindergarten Oral Health Assessments

Cost-Effectiveness
In-Kind Donations by Providers

Figure 4: Value of Volunteer Health Professionals In-Kind Donations
(Dollar amounts are in thousands)



Cost-Effectiveness
Total In-Kind Donations/Expenses

- Total in-kind donations to *Young & Healthy* were $889,088
  - $682,208 was from health care professionals
  - $77,197 was from other organizations/ businesses
  - $129,683 was from community volunteers

- Total expenses increased from $1,197,517 in Year 29 to $1,243,655 in Year 30*

- An additional $0.71 of in-kind services were realized this year for each dollar of overhead costs

*Figures are accurate as of June 30th of the corresponding fiscal year, but may change after year end audit adjustments.

Cost-Effectiveness
Total In-Kind Donations/Expenses

Table 18: Summary of Funding

Expenses	Year 26	Year 27	Year 28	Year 29	Year 30
Personnel and Contracts	$758,295	$816,599	$862,271	$911,176	$868,266
Program Expenses	$193,050	$231,064	$105,558	$232,951	$213,882
USC Mobile Dental Clinic	$47,500	$47,500	$47,500	$47,500	$47,500
Total Expenses	$998,845	$1,095,163*	$1,136,879	$1,197,517	$1,243,655
Donations	**Year 26**	**Year 27**	**Year 28**	**Year 29**	**Year 30**
Professional Volunteers	$1,539,290	$1,349,256	$676,010	$550,803	$527,253
USC Dental Clinic	$145,241	$162,743	$135,107	$172,053	$154,955
Healthcare Professional Subtotal	***$1,684,531***	***$1,511,999***	***$811,117***	***$722,856***	***$682,208***
Professional Donation	$0	$17,200**	$7,775	$10,725	$0
PUSD***	$20,000	$20,000	$20,000	$20,000	$20,000
Other Donations	$50,412	$83,570	$53,550	$95,598	$57,197
Other Organizations/ Businesses Subtotal	***$70,412***	***$120,770***	***$81,325***	***$126,323***	***$77,197***
Community Volunteers Subtotal	***$104,065***	***$116,198***	***$114,568***	***$126,959***	***$129,683***
Total In-Kind Donation	$1,859,008	$1,748,967	$1,007,010	$976,138	$889,088

Figure does not include capital expenses made during office relocation.
***In year 27, Professional Donations include In-Kind time from professional providers who did not treat children but offered professional support to Young & Healthy programs.*
****This is an estimate for PUSD District Personnel's In-kind time spent contributing to Young & Healthy Programs.*

Young & Healthy
At a Glance Year 30

Service Utilization Summary

Clients Served	Year 29	Year 30	Comparison
Children (Health Services)	1,434	996	
Children (Insurance Support Service)	359	333	
Children (Total)	**1,663**	**1,216**	**-27%**
Adults (Health Services)	78	56	
Adults (Insurance Support)	540	534	
Total Children & Adults	**2,256**	**1,793**	**-21%**
Units of Service	**Year 29**	**Year 30**	**Comparison**
Total Children & Adults	**17,248**	**17,537**	2%
Average Units of Service	**Year 29**	**Year 30**	**Comparison**
Total Children & Adults	**7.6 units**	**9.8 units**	

Education and Trainings Summary

Parent Education	Year 29	Year 30	Comparrison
Sessions	98	66	-33%
Attendance	1,051	629	-40%
Trauma Informed Care	**Year 29**	**Year 30**	**Comparrison**
Trainings	112	162	45%
Attendance	3,168	3,750	18%
Mindfulness	**Year 29**	**Year 30**	**Comparrison**
Hours of Instruction	234	366	56%
Students	1,051	1,690	61%
First Grade Dental Ed:	**Year 29**	**Year 30**	**Comparrison**
Classrooms	52	47	-10%
Students	1,560	1,390	-11%
Power Up!	**Year 29**	**Year 30**	**Comparrison**
Students	-	453	

Young & Healthy
At a Glance Year 29

Professional & Community Volunteer Summary

	Year 29	Year 30	Comparrison
Health Professional Volunteers	339	367	8%
Community Volunteers	163	140	-14%
Community Volunteer Hours	4,993	4,768	-5%

Cost Effectiveness: Total In-Kind Donations/Expenses

An additional **$0.77** of in-kind services was realized this year for each dollar of overhead costs.

	Year 29	Year 30	Comparison
Total In-Kind Donations to Y&H	**$ 996,645**	**$ 889,088**	**-12%**
Health care professionals	$ 722,856	$ 682,208	-6%
Community volunteers	$ 126,959	$ 129,683	2%
Other organizations/ businesses	$ 126,324	$ 77,197	-64%
Total Expenses	**$ 1,197,517**	**$ 1,243,655**	**4%**

Mindfulness Report 2019-20

Project Accomplishments

Young & Healthy and their lead mindfulness educator, Rebecca Bokoch, implemented a six-week, trauma-informed, mindfulness and art-based curriculum that they developed, with the help of six mindfulness volunteers, at 13 schools (Altadena Elementary, Eliot Arts Magnet Academy, Field Elementary, Franklin Elementary, Jackson Elementary, Jefferson Elementary, Madison Elementary, McKinley School, Norma Coombs Elementary, Roosevelt Elementary, Sierra Madre Elementary, Sierra Madre Middle, and Willard Elementary) in Pasadena Unified School District for our two rounds of program implementation planned for the 2019-2020 academic year. We were unable to complete our third round of program implementation due to COVID-19 school closures.

Program Evaluation

Student Participants. We served 1,690 students in total this year. There were 1,372 students in these two rounds of program implementation, with 849 kindergartners from Altadena, Field, Franklin, Jackson, Jefferson, Madison, McKinley, Norma Coombs, Roosevelt, Sierra Madre, and Willard Elementary, and 523 6th graders from Eliot Arts Magnet Academy, McKinley School, and Sierra Madre Middle. We also served 318 students over the summer from the Boys and Girls Club and the Day One Skills program.

Teacher Participants. Forty-eight teachers were involved in this second round of program implementation, with three teachers from Altadena Elementary, four teachers from Field, one teacher from Franklin, five teachers from Jackson

Elementary, five teachers from Jefferson Elementary, four teachers from Madison, six teachers from McKinley School, four teachers from Norma Coombs, four teachers from Sierra Madre Elementary, four teachers from Sierra Madre Middle School, three teachers from Roosevelt Elementary, and five teachers from Willard Elementary.

Measures

Student program evaluation. The student program evaluation is a non-standardized survey created by Young & Healthy to gather information about the program reception, outcomes, implementation, and overall experience.

Teacher program evaluation. The teacher program evaluation survey, which was a non-standardized survey created by Young & Healthy to gather information about the program reception, outcomes, implementation, and overall experience.

Results

Student quantitative results. There were a total of 404 completed middle school surveys, and 409 completed kindergarten surveys viable for data analysis. All students rated the program as moderately favorable in all areas, on a scale of 1 to 4, with 4 being the highest possible scores. The kindergarten ratings (Q1: M = 3.28 , SD = .947, Q2: M = 3.51, SD = .783, Q3: M = 3.02, SD = 1.07, Q4: M = 3.21, SD = 1.02, Q5: M = 3.39, SD = .902, Q6: M = 3.34, SD = .994, Q7: M = 3.46, SD = .837, Q8: M = 3.13, SD = 1.10) were slightly higher than middle school student ratings for each item (Q1: M = 3.05, SD = .860, Q2: M = 3.36, SD = .900, Q3: M = 1.83, SD = .872, Q4: M = 2.48, SD = 1.02, Q5: M = 2.48, SD =

1.08, Q6: M = 3.01, SD = 1.04, Q7: M = 3.26, SD = .998, Q8: M = 2.47, SD = 1.08), and for their combined overall mean score for the program evaluations for kindergartners (M = 3.24, SD = .602) vs. middle schoolers (M = 2.76, SD = .733). The kindergarten and middle school ratings were about the same as last year. The lowest average score was for item 3 for both groups, which stated, “I like to teach mindfulness to my friends and family.” This may suggest that we need to teach children how to teach mindfulness to others in more depth to improve the program in this area. Additionally, item 8 was a lower-scored item, which stated, “I plan to continue to use mindfulness on my own;” thus, suggesting a need to emphasize the importance of continued practice after the program ends.

Student qualitative results. Students shared several aspects of the program that they liked and perceived benefits. In response to, “What is your favorite mindfulness lesson or practice? Draw it below,” the kindergartners and middle schoolers drew pictures of several of the mindfulness and art practices, most prominently: the glitter jar, heart pillow, loving kindness, and art activities.

In response to the prompt: “A time when I practice mindfulness on my own is…” most middle schoolers said before bed and during homework. In response to the prompt: “After doing mindfulness I feel…” middle schoolers gave various positive responses, with the most prevalent being: calm and happy. The middle schoolers also gave several positive responses to the open ended questions. For example, in response to “The mindfulness activities…” students shared responses that indicated how the mindfulness helped them, such as: calm, fun, good, and helpful. For example, “The mindfulness activities are amazing,

calming, and make me feel good," and, "The mindfulness activities are very helpful. I am grateful I get to do meditation and art to calm me down."

Also, in response to "The art activities…" students shared positive responses, including: "Are fun and help me take my mind off stressful stuff," and "Are fun, awesome, and exciting. I love them!." Student responses also suggested that the art supported the mindfulness, with responses like, "are fun. I have become excited about mindfulness."

Teacher quantitative results. There were 24 completed teacher program evaluations available for data analysis. Teachers gave highly positive feedback for program reception, outcomes, implementations, and overall impression. On a scale of 1 to 5, with 5 being the highest possible score, all subscales were rated between three and five, indicating that they were above average (Reception: M = 4.37, SD = .612, Outcomes: M = 3.80, SD= .504, Implementation: M = 3.45, SD = .715, and Overall Impression: M = 4.11, SD = .818). The overall mean score for teacher program evaluations was also above average (M = 3.92, SD = .476)

Teacher qualitative results. Teacher feedback was very positive. For example, one teacher shared, "I loved that it gave my student stools to focus on how they are feeling and how to navigate emotions when they have big feelings." Another teacher shared, "…I loved the kid friendly lingo to communicate mindfulness to little learners. I have begun using the same speech throughout the day with my students." In addition, another teacher shared, "My students liked the physical/tangible components of the mindfulness lessons, i.e. glitter bottle, pillow, body scan, and breathing poses. It helped take an abstract concept

and make it more concrete for them." Another teacher shared, "…My students have spoken of using the strategies at home, such as breathing or using the glitter bottle when they feel sad or upset. We also are able to talk a lot in class about focusing on what we're doing 'right here, right now' and they have seemed to grasp the concept of focusing on school when it's time for school for the most part." These quotes reflect positive reception, outcomes, and implementation.

Teacher feedback has also helped us to understand what is working well and what isn't working well with the program. Teachers shared that students seemed to use the calming strategies at school, by using the glitter jars and heart pillows in their calming corners, and at home, as parents also expressed an openness to learning and using the calming strategies. Teachers also expressed a desire for more time and supportive materials so that they could feel more confident continuing to practice mindfulness with their students. This is something we hope that we can implement in the future.

Recommendations. Overall, the program received moderate to strong positive feedback from students and teachers. Also, it is exciting that we were able to have a wider reach this year, reaching more schools and more students than ever before. We were able to do this by training volunteers to implement the program, in addition to the lead mindfulness educator. We want to make sure that the quality of the program is maintained with the addition of new instructors. It seems that the new instructors were well received, and we saw similar ratings on program evaluation scores; thus, suggesting that the quality of the program was maintained.

Also, based on teacher feedback, we hope to extend our mindfulness program to increase the amount of time and support that teachers are getting with the program. We could potentially extend or expand the program by offering more than six weeks of the curriculum, or doing follow-up lessons and evaluations to see if the program is having a lasting effect with the students and the teachers in the classrooms. Another avenue we are considering, is offering more teacher trainings to learn additional ways to practice mindfulness with their students, even when the program is finished.

Scores on individual program evaluation items also suggested a need to improve the program on emphasizing sharing mindfulness with others, and the importance of continued practice. We recommend emphasizing these areas and strategies to support this in volunteer training for the next academic year.