

UCP 2011 Grants Program Abstracts

The UCSF University Community Partnerships Office and Council offer grant funding to support projects that strengthen partnerships between San Francisco communities and UCSF. All grants are intended to fund partnership projects and programs where community based organizations and UCSF affiliates work together. This year we are proud to announce 18 grant recipients. The 18 awardees represent a broad range of partnership projects that serve diverse communities throughout San Francisco, involve every school at UCSF, and include a mix of students/learners, faculty and staff.

Large Grant

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| Project Name | IMPROVE: Asthma and COPD Clinic Collaboration |
| Community Partner | St. Anthony's Foundation |
| University Partner | Christi Robinson, PharmD |
| Neighborhood | Tenderloin |

The Asthma & COPD Clinic addresses the problem of poor respiratory health among low income, uninsured, culturally diverse individuals in the San Francisco Tenderloin neighborhood. Since 2009, the Asthma & COPD Clinic, based at St. Anthony Free Medical Clinic (SAFMC), has served this diverse patient demographic through collaboration with the UCSF School of Pharmacy. It is the only asthma program offering education by a certified asthma educator for uninsured Tenderloin patients.

Our purpose is to help patients take control of their asthma and COPD through education, to provide multidisciplinary asthma and COPD care, and to enhance UCSF student pharmacist skills in safely and effectively managing asthma/COPD patients. Our goal is to improve care and achieve optimal outcomes in patients with asthma and/or COPD through education, collaboration with SAFMC primary care providers, optimal medication management, and monitoring. We seek to prevent unnecessary emergency department visits and hospitalizations.

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Student/Learner Grants

Project Name **STD Exploratory Partnership***
Community Partner **SF Department of Public Health**
University Partner **Paul Adamson, SOM Student**
Neighborhood **Citywide**

Research indicates that homeless and low-income populations may be at increased risk of acquiring sexually transmitted diseases (STDs) compared to the general population. Lack of access to routine medical care may contribute to this increased burden of disease. Due to increasing rates of STDs in San Francisco, the STD Prevention and Control Section of the San Francisco Department of Public Health has called for increased screening among high-risk populations. Through many bilateral discussions, a partnership has formed between the STD Section and the UCSF Homeless Clinic to determine the need for an STD screening program at the clinic. We propose to administer a clinic survey, in order to gain demographic and risk behavior characteristics of our clinic population. The survey will provide pilot data for informing the development of STD screening protocols and will help us better understand and meet the needs of our clinic population.

Project Name **JOCHS**
Community Partner **John O'Connell High School**
University Partner **Heidi Herrick, SOM Student**
 Anne Mace, SON Student
Neighborhood **Portola, Excelsior**

Healthy Choices represents a unique partnership between John O'Connell High School (JOCHS) and University of California San Francisco (UCSF) to implement a health and wellness class with the goals of improving dietary behaviors, increasing daily physical activity, and decreasing BMI. JOCHS has a diverse student body with a high proportion of Asian Pacific Islander and Latino youth, both of whom are at increased risk for developing weight-related morbidity, such as diabetes and high blood pressure (Madsen, Weedn, & Crawford, 2010). Healthy Choices will target these adolescents.

JOCHS staff will recruit student participants; UCSF representatives will provide education, physical activity training, and psychosocial counseling that will support healthier behaviors across the lifespan. Classes will occur twice weekly during fall semester 2011. It is expected that this pilot study will lead to a sustained program at JOCHS, engaging UCSF students from multiple disciplines in the community to help address pediatric obesity.

Project Name **Mission Bay Neighborhood Wellness Fair**
Community Partner **Pennsylvania Street Gardens**
University Partner **Emily Gogol, Graduate Division Student and**
 Community and Government Relations
Neighborhood **Mission Bay, Dogpatch, Potrero Hill**

"UCSF Mission Bay Neighborhoods Wellness Fair" is a one-day health fair co-hosted by UCSF and Pennsylvania Street Gardens. The Wellness Fair will offer the UCSF community an opportunity to connect with the surrounding neighborhoods through service learning, educational outreach and fulfill leadership roles during the Wellness Fair. The Wellness Fair will offer activities to promote physical and mental well-being, such as guided nature walks and exploration of a native-plant habitat. In

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addition, the Wellness Fair will provide information about how to stay active in the community through athletics, volunteerism, and a walking-map of nearby urban green spaces.

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| Project Name | Childrens Oral Health Education and Screening Project |
| Community Partner | Wu Yee Children's Services |
| University Partner | Kulginder Sran, SOD Student |
| Neighborhood | Chinatown, Visitacion Valley, Tenderloin |

Kulginder Sran, a first year student at the UCSF School of Dentistry, and Wu Yee Children's Services recognize the need to provide on-site dental screenings and oral health education to treat underserved low-income children at high risk that may not otherwise have access to this care. Through Kulginder and Wu Yee's Health Manager's collaboration, seven on-site screening sessions to reach 200 children (age 0 -5) enrolled in Wu Yee's programs will take place during the grant period. Screenings consist of evaluation of skin and lymph nodes of the head and neck as well as evaluation of the teeth and gums in the mouth exams, recommendation of change of behavioral habits, education of children and parents through materials, distribution of oral hygiene kits, application of fluoride varnish to teeth as a preventative measure and any needed referrals. Children and parents will be asked to return in three months for follow-up screening.

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| Project Name | UCSF Science Camp |
| Community Partner | Junipero Serra Elementary School |
| University Partner | Hsin Kuo, SOP Student |
| Neighborhood | Underserved Elementary Schools in San Francisco |

The UCSF Science Camp was implemented in 2007 by students in the School of Pharmacy to excite, motivate, and inspire 5th – 8th grade students, who are underrepresented and underserved in natural and health sciences, to pursue the natural and health sciences both in college and as a career. The camp, held for one week on the Parnassus campus of the University of California, San Francisco (UCSF), was developed in response to the increasing need to recruit and retain underrepresented minorities in the sciences and health professions. Each year, the camp affords up to fifty-five underrepresented minority students the opportunity to utilize hands-on, inquiry based science to explore scientific laws as well as promotes positive interaction with professional students, campus scientists, and health professionals who serve as role models. The UCSF School of Pharmacy Partners with Elementary Schools the serve underrepresented minority students in the San Francisco Area. The lead school is Junipero Serra Elementary School and others include Bryant School, Moscone School and Paul Revere K-8 School.

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Project Name Youth Outreach Project*
Community Partner Third Street Youth Center and Clinic
University Partner Marguerita Lightfoot, PhD, School of Medicine
Neighborhood Citywide

3rd Street Youth Center and Clinic (3rd Street) launched the Summer HealthStars program in 2010 as a combination pilot and research project with Dr. Marguerita Lightfoot, co-director of the Center for AIDS Prevention Studies (CAPS) and Director of the Technology and Information Exchange (TIE) Core. The project includes a token-economy incentive program for youth (ages 12 – 24) in San Francisco’s underserved Bayview Hunters Point neighborhood, where thousands of adolescents experience profound sexual health disparities and have only limited access to age appropriate health and wellness services. The Summer HealthStars program promotes healthy decision-making by giving participants “stars” for completing self-defined health goals. At the end of the eight-week program, youth may trade the stars they earn for various wellness-themed prizes. Based on the successes and lessons learned during the pilot year of the project, 3rd Street and Dr. Lightfoot will partner again in 2011 to deliver and evaluate Summer HealthStars.

Project Name Dimensions Clinic*
Community Partner Health Initiatives for Youth/Dimensions Collaborative Clinic
University Partner Stephen Rosenthal, MD
Neighborhood Citywide

Dimensions Clinic requests \$2498 in continued support for our project currently supported by the UCP: “Dimensions Clinic-Transgender Youth Symposium”. During the current grant period, we have made significant progress, and will be hosting a symposium in collaboration with UCSF and several community partners on the 5th of March 2011. In building a collaboration of Dimensions Clinic, UCSF and community partners, our expectations have been exceeded this year; an initial meeting hosted in July 2010 by UCSF led to the creation of BayGap (Bay Area Youth Gender Acceptance Project) - a consortium to provide integrated care and assistance to gender diverse and transgender children, youth and their families. BayGap has established a steering committee, discipline-based subcommittees, and a mission and vision. On March 5, members will convene to review recent literature and research, discuss clinical implications, and continue work to expand treatment protocols. Following this symposium there will be considerable work to complete and disseminate. Additional funding for Fiscal Year 2011/12 will allow us to establish a BayGap website, complete expanded protocols, and produce outreach materials.

Project Name Teen Centering Pregnancy*
Community Partner Family Service Agency of San Francisco
University Partner Nurse Midwives of SFGH
Neighborhood Citywide

Family Service Agency of San Francisco’s Teenage Pregnancy and Parenting (TAPP) program and the Nurse Midwives of San Francisco General Hospital (UCSF/SFGH OB/GYN Department faculty) together offer the Teen CenteringPregnancy® program, providing comprehensive prenatal health care and supportive services to pregnant teens and their children. The program is a part of TAPP’s Young Family Resource Center, a peer-directed and operated Center. The Center encourages

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participants to be involved in all activities, such as: running the Center, counseling peers, and assisting staff with workshops (e.g. CenteringPregnancy). CenteringPregnancy is an evidence-based practice that focuses on prenatal care that includes: assessment, education, and support, with each session including a prenatal medical check-up and discussions about family planning, labor, relationships, stress reduction, infant care, psychosocial and parenting education. There are also interactive activities including belly casting and art projects, which create positive experiences and peer bonding that the teens often lack in their community.

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| Project Name | Preserving Hope Partnership* |
| Community Partner | SF Crisis Care |
| University Partner | SFGH Department of Surgery: Wrap Around Project |
| Neighborhood | Citywide |

S.F. Crisis Care in collaborative partnership with U.C.S.F. General Department of Surgery: Wrap Around Project propose to incorporate, revise and customize The Community Partnership Resource Center's (CPRC's) Resource Guides into a digital downloadable Trauma Survivors Support Resource Guide for Survivors of sudden and unforeseen fatalities, their families and their significant others. S.F. Crisis Care helps in the first 2-8 hours of the initial incident of traumatic loss and will help bridge Survivors into the safety net of support services in the City and County of San Francisco. Additional enhanced components will include but not be limited to Spiritual Support Services, Funeral Directors and Rehabilitation Support Services for Survivors of Violent and Traumatic Injuries

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| Project Name | Mission Health Promotion Project* |
| Community Partner | Mission Community Market, CARECEN |
| University Partner | SFGH Healthy Lifestyles Clinic |
| Neighborhood | Mission |

The Mission Health Promotora Project seeks to reduce diabetes and obesity among Mission families through health *promotora* (community educator) outreach activities in a public, fun and accessible community space. It will combine the unique strengths of the SFGH Healthy Lifestyles Clinic and UCSF Pediatrics Department, the Central American Resource Center (CARECEN), and the Mission Community Market (MCM) to create a program that instills an understanding of the relationship between physical activity, nutrition, and health while immediately creating fun opportunities to enact that understanding. In particular, it will incorporate the Healthy Lifestyles Clinic's lesson plans into CARECEN's Spanish--- language *promotora* curriculum and implement the activities at the Mission Community Market. Activities will include a variety of fresh---food---based lessons and physical activities that the public space at the Mission Community Market makes fun, easy and replicable.

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| Project Name | iStartSmart |
| Community Partner | North East Medical Services, Pediatrics Department |
| University Partner | Jyu-Lin Chen, School of Nursing |
| Neighborhood | Citywide |

The "iStart Smart" project aims to advance the prevention and management of childhood obesity through culturally-sensitive, clinic-based interventions. We will partner with North East Medical Services (NEMS), a non-profit community health center targeting the underserved Asian immigrant

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population in San Francisco, to explore the feasibility of implementing an 8-week weight management program for overweight and obese Chinese children. The intervention aims to reduce body mass index and improve healthy lifestyles. As part of the project, we will also develop a clinical toolkit to screen for obesity, eating habits, and physical activity levels, as well as a guide to enhancing communication with children and caregivers. This collaboration will lead to the development of a larger research grant to test the efficacy of a comprehensive obesity management program for underserved new immigrants in the primary care setting.

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| Project Name | Painting a Healthier Smile* |
| Community Partner | SF Department of Public Health |
| University Partner | Department of Preventive and Restorative Dental Sciences, Division of Oral Epidemiology and Dental Public Health |
| Neighborhood | Chinatown, Bayview/Hunters Point, Tenderloin, Mission, Outer Sunset |

This service learning project will continue the partnership of UCSF dental students with the San Francisco Department of Public Health's (SFDPH) Child Care Health Project and the Child Health and Disability Prevention (CHDP) Program, to integrate oral health screenings, education and fluoride varnish applications as part of the services provided. The Child Care Health Project (CCHP), run by SFDPH public health nurses, provides various services to over 3,000 children attending state-subsidized, low-income preschools in San Francisco including basic preventive health education and screenings (dental, vision, hearing); child care site inspections; staff training in emergency response. The CHDP Program provides outreach, community education and information, provider training and monitoring of well child physical exams, case management and referral for follow-up and treatment. The goals of this project are to:

1. Improve the oral health of children from underserved families attending low-income preschools in San Francisco.
2. Provide an educational and skills-building experience for dental students.
3. Continue strengthening the partnership between UCSF School of Dentistry, SFDPH's CCHP, and CHDP and the targeted communities being served.
4. Raise awareness of the importance of dental disease prevention in the community, and early routine dental visits.

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| Project Name | Empowering Deaf and Hard of Hearing Teens |
| Community Partner | Hearing and Speech Center of Northern California |
| University Partner | UCSF Center on Deafness |
| Neighborhood | Citywide |

The Hearing and Speech Center of Northern California (HSC) and the University of California Center on Deafness (UCCD) will partner to help youth, 13 to 18 years old, who are Deaf or Hard of Hearing develop key life skills through a series of four interactive group sessions. The sessions will cover four areas of high need among this population, beginning with a self-esteem, group-building theme and working toward more challenging topics. Topics are: (1) identity, self-awareness, social skills and coping skills for Deaf and Hard of Hearing growing up, (2) Relationships, self-esteem, making good choices and respecting one another, (3) Sex, drugs and peer pressure, and (4) domestic violence.

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Counselors from each institution will attend and guest presenters will run the activities. The participants will fill out pre- and post- surveys to show how the process increased their level of understanding and comfort with the subject presented.

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| Project Name | Bayview Better Breathers* |
| Community Partner | BVHP Health and Environmental Resource Center |
| University Partner | UCSF/SFGH Health San Francisco Asthma and COPD Program |
| Neighborhood | Bayview/Hunters Point |

Chronic obstructive pulmonary disease (COPD) is a morbid and common disease that causes poor quality of life and premature death. Patient “self-management” skills have been shown to improve COPD care. Our “**Bayview Better Breathers**” partnership has been formed to successfully implement a community-specific and culturally-effective revision of the “**Better Breathers: A Guide to Self-Managing Your COPD**” course into Bayview-Hunters Point (BVHP), one of the highest-risk underserved COPD populations in San Francisco. This partnership features the UCSF/SFGH Healthy San Francisco Asthma and COPD Program (author of the original course curriculum), a community resource center (BVHP HERC – Health and Environmental Resource Center) and primary care clinic (Southeast Health Center) that have collective expertise and sensitivity to identify, reach, and care for BVHP patients and residents, and a non-profit organization and original sponsor for course development that has extensive expertise in running San Francisco community-based programs relevant to COPD (Breathe California).

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| Project Name | A Comprehensive Evidence Based Smoking Cessation Program |
| Community Partner | Maitri |
| University Partner | Marta Kochanska, MD, School of Medicine |
| Neighborhood | Citywide |

We propose to develop an evidence-based smoking-cessation intervention program at Maitri, a residential care facility for patients with HIV/AIDS. Maitri houses indigent patients with HIV/AIDS in need of intensive skilled nursing, or hospice care. Smoking rates among Maitri residents average at 90%. The proposed intervention will have a multi-pronged structure, incorporating several evidence-based modalities for smoking cessation, including a mindfulness-based support group curriculum, use of pharmaceutical adjuncts where appropriate, and financial incentives for patient participation. The intervention will be implemented by Marta Kochanska, an associate physician at UCSF’s 360: Positive Care Center, who will facilitate support groups and prescribe adjunctive medications when appropriate. We hope this pilot program will serve as a springboard for involvement of UCSF medical students and residents in facilitating future smoking cessation programs at Maitri. The program also has potential for expanding smoking-cessation teaching opportunities for UCSF trainees.

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| Project Name | TEEI |
| Community Partner | SF LGBT Center |
| University Partner | Center of Excellence for Transgender HIV Prevention |
| Neighborhood | Citywide |

The Transgender Job Fair and Wellness Forum will include a combination of an employer job fair targeting Transgender job seekers and a Wellness Forum for job fair attendees. This innovative event will present a more holistic approach to economic empowerment. It will include:

- Presenting transgender job seekers with health and wellness resources
- A resource fair of transgender-friendly employers
- An employer workshop highlighting the implementation of transgender-inclusive health care policies, showcasing UCSF's leadership in this area
- Transgender Economic Empowerment Initiative (TEEI) workforce development staff will register new clients in the TEEI program
- TEEI mentor program staff will work with UCSF to identify potential mentors who will be matched with job seekers that are interested in pursuing a career path in healthcare.