

F A L L 2 0 1 6

the Foundation for Teen Health

Caring for their future by caring for them now

2016 Luncheon

Annie Beck and Lauren Randle were co-chairmen of the event with Gina Gaston as the emcee. Ashley Vallone and Lia Vallone were co-chairmen of the silent auction with some exceptional prizes.

Rori Feldman was the chairman of the exciting raffle and when she was unable to attend the luncheon Phyllis Williams and Joann Crassas jumped in to gently encourage the crowd to participate in the raffle and silent auction. All the funds raised from the raffle and auction benefit Project Bootstrap.

The Foundation for Teen Health wishes to thank all of our supporters for the great success of this luncheon.

The Foundation for Teen Health held the annual Hope for the Future Luncheon October 18, 2016 at 11:30 at River Oaks Country Club benefiting the Baylor College of Medicine Teen Health Clinics. It was with great pride that the foundation honored two outstanding members of the Houston community. The Dr. Peggy Smith Award for Professional Excellence was presented to Senator Rodney Ellis. The June and Virgil Waggoner Award for Volunteerism was presented to Jan Carson. Congresswoman Shelia Jackson Lee had Congressional Certificates presented to both honorees for their commitment to community service.

Doe Florsheim was our keynote speaker, discussing the economic benefits of the clinic not only for our patients but also for the community. Providing immunizations and full service medical care prevents an outbreak that could be disastrous for Houston. The joy of a young person completing a training program through Project Bootstrap and becoming contributing members of our community rather than a burden is priceless.

The guests also heard from the Honorable Mike McSpadden about the founder and sole director of the clinics for 45 years, Dr. Peggy Smith. To honor her commitment to public health we have launched the Dr. Peggy Smith Endowed Fund. This fund would be used to attract and retain faculty that support adolescent health.

In memory of Commissioner El Franco Lee, Dr. Peggy Smith presented a \$25,000 gift from the Foundation for Teen Health to Harris County Precinct One Street Olympics. Accepting on behalf of the Street Olympics we were honored to have Kaye Lee and Fran Lee along with Street Olympics director Yvette Chargois.



Hope for the Future

The 2016 luncheon was filled with hope and love for the work of the Baylor College of Medicine Teen Health Clinics and Dr. Peggy Smith's vision of a medical home for teens and young adults.





Dr. Peggy Smith Endowed Fund

Dr. Peggy Smith has been the sole director of the Baylor College of Medicine Teen Health Clinics for the last 45 years. During this time she has also been a Professor in the Departments of Obstetrics and Gynecology, Psychology, and Pediatrics at Baylor College of Medicine, and is committed to the provision of quality mental and physical health care programs to inner city teens and actively conducts research and evaluation concerning a variety of adolescent issues. She has published over 125 articles on teenage sexuality and pregnancy and has published 3 books on adolescent pregnancy and reproductive health. She has been the lead evaluator of a statewide initiative involving young men in the prevention of adolescent pregnancy and has managed the assessments of 5 programs in Texas. She serves on multiple state and federal boards and received awards too numerous to mention. Though Dr. Smith has no intention of retiring

we need to prepare for the future to ensure the Teen Health Clinics long-term continuity and sustainability. To honor her commitment to public health we have launched the Dr. Peggy Smith Endowed Fund. With the long history of caring for this age population the Teen Health Clinics are well suited to provide a medical home for young people and to continue this for generations to come. The Teen Health Clinics mission is to provide this age group with the best medical care in a timely and cost efficient manner in a culturally and age sensitive environment and it works well. The Teen Health Clinics have the proven ability to respond to the needs of our patients and the community. We hope you will consider becoming a member The Dr. Peggy Smith Endowed Fund team. We have a goal of raising \$1,000,000 in the next 12 months. You may use the card in this newsletter to make your pledge today.



*The Foundation for Teen Health
celebrate each of you for all you do.
We hope you and yours enjoy the tradition of
giving, the beauty of the season and
a New Year of Hope and Happiness!
You may use the enclosed card to make a
donation to provide a clinic service.*

How You Can Help

Speakers

Do you need a speaker for your group from a breakfast club to a Rotary Club? The Foundation for Teen Health Board members are ready to address your organization. We have a short presentation with a slide show that will give the history and mission of the Baylor College of Medicine Teen Health Clinics and how your group could be involved. Please contact Anne Van Horn 713-256-6593 or avh@foundationforteenhealth.org.



School Clinics Buildings

Three of our four HISD high school clinics are being rebuilt. Sterling Aviation High School, Worthing High School and Wisdom (formerly Lee) High School will have new schools starting with Sterling in January 2017. This will be followed by a remodeled space (hopefully by spring break) at Worthing that will eventually not only serve the students but will be opened to the Sunnyside Community. Then the 2017-2018 school year will begin with a new school at Wisdom High School. So while we have some lovely donated furniture that we have received from some dear friends and various companies we will need to add to these furnishings or replace them because of their size. Though the spaces will all be new and state of the art they may be smaller than our current “temporary” clinics at these high schools. We will need to purchase desks to fit the new space, storage cabinets and shelves and some medical equipment such as blood draw chairs. Please take a look at the enclosed card and pick an item or two to help us make these purchases.

We will recycle the existing furniture and use the pieces when they will fit and then send some to our Lawn clinic to replace some desks there. We would also love some art work to add to our new clinics. Please contact Anne Van Horn to arrange for pick up. You may call 713-256-6593 or email avh@foundationforteenhealth.org. We believe it is important to have a professional and welcoming environment for our patients.



The Clinics Work

by Doe Florsheim

There are 10 Baylor College of Medicine Teen Health Clinics throughout Houston, including 4 in HISD High Schools. Our goal is to provide a full service medical home to uninsured teens in Houston. We provide medical, pharmacy and social services to young adults between the ages of 13 to 24.

While it costs money to run medical clinics, we want to tell you what we're saving because of our clinical services. Some of our participants come to us for immunizations that they have missed early on and we provide those immunizations free of charge. We like to think we're preventing the types of outbreaks that have been in the news lately. Imagine what a measles or meningitis outbreak could do in an HISD school.

Our Teen Health Clinics provide full medical testing for the young men and women involved in sports, and we're very proud of the fact that these physicals are provided by a certified sports medicine doctor. We could be saving some lives of these young athletes.

The Teen Health Clinics provide comprehensive women's care to our clients, including birth control. Through the generosity of an anonymous Houston donor, we have a fully underwritten grant to provide long-acting (3 year) birth control. Finishing high school without getting pregnant can change every aspect of a young person's life. And for our state the costs are staggering. The National Campaign to Prevent Teen Pregnancy tells us that between 1991 and 2010 there have been 1,063,399 teen births in Texas, costing taxpayers a total of \$24.3 billion **over that period.**

But for our community the costs and savings are just as significant; finishing high school without getting pregnant can save the local governments thousands of dollars over the life of that teen and her baby in medical, social services, TANF, food stamps, daycare, Medicaid and even more if the mother is sick or the baby is premature. An even more tragic cost is that of future earnings for a young woman who drops out of high school or cannot complete college because of an unplanned pregnancy? And how do you monetize the cost of lost opportunity or the pride of a young person fulfilling a goal?

We at the Foundation for Teen Health really do try to understand the world of our teens. If a young boy or girl needs a medical home, we're there to help. If a young girl needs prenatal care we are here to help. If she needs parenting skills, coping skills or even food or car seats, we are here to help. If the girl and her partner need help in staying in school, we are here to help. We also know that every baby also needs a good father and so we work with the young men as well.

A proxy for this philosophy is one of our farthest reaching programs: Project Bootstrap. In addition to providing young people quality healthcare, our enrollees, some of whom are already fathers, are helped to develop a blueprint to finish high school or get a GED. They're given counseling and one on one mentoring aimed at helping them discover skills that can be channeled towards trade schools or community college. We have worked with Houston's businesses to provide part time jobs and/or stipends. These young people need help, 1 on 1 counseling, and life skill lessons to help them move their lives forward. They need job skills.

A quick story. A participant in project bootstrap was placed in a local small business where he discovered a knack for small carpentry and repairs. He started a 1 man business offering himself as a handy man. He worked as hard at getting his name out there as he did on the repair jobs. He hired some cousins to help out with the increased business, and decided to use some of his salary for truck driving school. He's now a cross-country driver and employs half his family to keep the handyman business going. The latest word is that he'd like to start a trucking business. Teen Health Clinics gave him the 1-stop all-inclusive program to get where he is- health services, education advice, life and job skills and counseling.

In our clinics throughout Houston we are fortunate to have the support of our community partners, HISD, the Tejano Center, Precinct One and Harris Health who provide us among other things space and facilities at little or no cost in which our clinics operate. Because of their generosity we are fortunate to have in-kind and rent support. Our challenge is to find the resources both public and private to support our doctors, nurses, nurse practitioners, social workers and medical supplies. We truly make a difference in young lives.

The vision of Dr. Peggy Smith to treat the whole person is a national example for health care delivered in a culturally sensitive and age appropriate environment. We are empowering young people to take charge of their lives, their health, their education, keeping them in school, out of the criminal justice system so they become contributing members of our community. By supporting the Baylor College of Medicine Teen Health Clinics you are not only helping these young men and women but you are helping Houston. It is a Win Win because the young people the clinics see today are the future of our city and healthy citizens are productive citizens.

Our History & Mission

The Baylor College of Medicine Teen Health Clinics began in 1969 at the old Jeff Davis Hospital as a one-day a week maternity clinic funded through a Rockefeller Grant. In 1972 the clinic director died unexpectedly and the clinic lost its funding. Dr. Peggy Smith was brought in to close the clinic but once she saw the need, Dr. Smith had a different idea. She has been the director and the driving force to expand locations and services since that time. Presently there is a network of ten clinics located in areas with an at risk population; Ben Taub Hospital, LBJ Hospital, Chavez High School, Lee High School, Worthing High School, Sterling High School, Cavalcade Clinic, Cullen Clinic, Tejano Center for Community Concerns and Lawn Clinic.

Each clinic offers both young men and women ages 13 to 24 full service health care including immunizations and prescriptions, social services including case management, peer support groups, job placement, GED and other educational and vocational training. Better educated healthy, drug free teens are more likely to stay in school, demonstrate responsible social behavior, avoid the criminal justice system, and become contributing members of society rather than a burden. To support the work of the Baylor College of Medicine Teen Health Clinic, the Foundation for Teen Health was formed in 1990. The goal of the foundation is to raise funds and awareness of the programs provided to young men and women at the Teen Health Clinics. The clinic's patients are the future of our community and we believe providing health care and social services at no cost to the patient is not only the right thing to do but makes economic sense.



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