



MCHC IN MENDOCINO COUNTY SPRING 2006

Community Connections

MENDOCINO COMMUNITY HEALTH CLINIC, INC.

Providing access to care for the most vulnerable people in the Mendocino County community.

Hillside and Little Lake Health Centers are operated by MCHC, Inc., a local nonprofit healthcare organization.

Welcoming new Board members

Serving MCHC since October of last year, **John Slonecker** has brought his commitment to community service to the support of our Board of Directors. With a strong background in community health, **Cyril Colonius**, Executive Director of the Mendocino County AIDS Volunteer Network (MCAVN) also joined our Board last October. Former Ukiah Unified Board member **Bonnie Carter** joined the MCHC Board in November of 2005. The daughter of a physician, Bonnie offers us her lifelong interest in the practice of medicine and community health. For the last 18 years, **Anne Veno Caviglia** has served as a community program specialist for the Area I Developmental Disabilities Board. The Area I Board serves the developmentally disabled in Lake, Mendocino, Del Norte and Humboldt Counties; we are pleased that Anne is now sharing her advocacy experience with our organization.

WOMEN HELPING WOMEN:



Healthy childbirth and lifetime care

Care for Her is a women's health center operated by Mendocino Community Clinic, Inc. (MCHC). The all-woman staff includes Dr. Tanya Kalmar, MD, OB/GYN, three Certified Nurse-Midwives (CNMs) and a Women's Health Nurse-Practitioner. They provide lifelong healthcare services to women.

Services include midwifery-based obstetrical care, family planning services, complete gynecological care, a Comprehensive Perinatal Services Program (CPSP) and birth control services to insured and the uninsured women in our region.

MCHC's midwives have privileges at Ukiah Valley Medical Center's obstetrical unit (level II nursery services). Care for Her staff has the expertise to follow up on abnormal PAP results, etc. Patients with other health conditions are referred to practitioners within MCHC or other affiliated specialists. FYI, *Care for Her* welcomes County health insurance!

E-mail comments to: mmcclure@mchcinc.org

Spanish-language prenatal ed classes upcoming on April 11, 25

Care for Her is committed to provide seamless services to women in Lake and Mendocino Counties. Our obstetrician, midwives, nurses and childbirth educators are fluent in English and Spanish.

On the second and fourth Tuesday of each month, we offer prenatal education classes in Spanish. The next Tuesday classes begin:

April 11, 6-8 pm: BREASTFEEDING CLASS

April 25, 6-8 pm: NEWBORN SAFETY CLASS

Register by calling 472-4603.

Announcements for the May session will follow.

English childbirth ed series begins May 4

The next *Care for Her* childbirth preparation class begins Thursday, May 4. This six-class series meets on Thursday evenings at 6:00 pm; each class is two hours in length. They meet in MCHC's main conference room, located at 333 Laws Ave.

The classes teach expectant parents about their growing babies and prepares them for childbirth. Topics include nutrition during pregnancy, body changes throughout pregnancy, relaxation and preparing for childbirth, breastfeeding and infant safety. Participation is limited and registration is required. To register, and for more information, call *Care for Her* at 472-4603.

FAST FACTS: *Care for Her*

In 2005, *Care for Her* staff assisted at the births of 195 children; they delivered approximately 18% of the infants born in Mendocino County.

Indicator	National avg.	<i>Care for Her</i> avg.
C-Section rate	29%	13%
Breastfeeding on leaving hospital	70%	87%

MARIA FINNEGAN, CNM

Practicing midwifery since 1997, Maria Finnegan, CNM, recently joined the MCHC's *Care for Her* team. Maria is bilingual in Spanish. She received her degree from the San Francisco General Hospital/UCSF Interdepartmental Nurse-Midwifery Program in 1996.



PCC: SMALL STEPS CAN LEAD TO BIG LIFE CHANGES

PCC is an acronym for a holistic, outcome-based behavioral health program; it stands for Primary Care Consultation. Now fully implemented, this new program is aligned with a model being replicated at community health clinics across the nation.

Using the PCC framework, licensed mental health professionals (the primary care consultant) work side-by-side with medical providers to ensure optimum patient health outcomes. Under the guidance of Michael Mabanglo, Vice President for Behavioral Health Services, PCC is leading to fresh insights as medical providers find collaborative ways to address the behavioral or emotional barriers that stand in the way of physical health.

Research about this short-term therapeutic approach indicates that when a primary care provider works with a co-located mental health professional in an integrated behavioral health approach, patients and providers report better patient health outcomes, improved customer satisfaction with health services, reduction of health care costs and new incentives for patients to address their mental health needs and thus improve their lives. When longer-term treatment is indicated, PCC therapists will refer patients to traditional outpatient therapy services, either at MCHC or to appropriate agencies within the greater community.

Referral for PCC can only be made by an MCHC health provider. If your clients have behavioral issues impacting their medical condition, PCC offers them person-to-person support and assisted goal setting to improve their health by effecting positive lifestyle changes. To refer a client for this short-term therapeutic work, contact Lisa Schat (*see In the Know, this page*).



Give Kids a Smile Day, 2006: Ophelia Mendoza, RDH, taught 10-year-old patient Leslie Lemus about the importance of daily brushing and flossing.

February brought a smile to local kids

On National Give Kids a Smile Day, MCHC dental staff volunteered to help local children who had “fallen through the cracks” when it comes to oral health. Two dozen children and their families received comprehensive oral health education, fillings and sealants. To our hardworking dental staff: Thank you.



In the know!

Lisa Schat, administrative assistant for MCHC's counseling services, is the go-to person for people who wish to access or understand how to obtain behavioral health services in Ukiah or Willits.

Phone: 472-4600

E-mail: lschat@mchcinc.org

CULTURAL LITERACY: WORKING WITH LATINOS

In Latino culture, the extended family is very important. In fact, a Latino “family” extends far beyond the nuclear family, and may even include close friends or godparents. Generally speaking, Latino family relationships are hierarchical with decision-making authority determined by age and experience.

The following guidelines are helpful in delivering culturally appropriate care.

- Allow family members and/or friends to accompany your client to appointments; extended family members may be very important to their decision-making process.
- Understand that your client may seek to delay treatment decisions to seek advice and opinions from family members. Ask your client directly if there are other people with whom they wish to consult.
- Due to his status in the family, the cooperation or approval of a woman's male partner may be crucial before she initiates treatment or other interventions. Assist her by asking if she wishes to talk with her partner to arrive at a decision.

Extracted from Culturally Guided Intervention with Latinos, a training curriculum for service and care providers.

Supporting Access to Health Care

Hillside

Health Center

333 Laws Ave., Ukiah

Hours: Mon. - Fri. 9 - 5

Sat., 9-1 pm

468-1010

Little Lake

Health Center

45 Hazel Street., Willits

Hours: Mon. - Fri. 9 - 5,

Wed. until 6:30 pm

456-9600

Medical Services

Counseling Services

Prenatal Health

Childbirth

Family Health & Pediatrics

Dental Care

Women's Health

Chronic Disease & HIV/AIDS

Specialty Care

Patient Financial Services

Mendocino Community Health Clinic, Inc. (MCHC) is a nonprofit 501(c)(3) healthcare corporation governed by local residents committed to the mission of ensuring access to quality health services for the most vulnerable people in our communities. As evidence of MCHC's excellence, all three of its community health centers are accredited by the Joint Commission of Health Care Organizations (JCAHO).