

Overview of VCC Health Promotion Center

Health Promotion Center (HPC)

- The Health Promotion Center (HPC), located at our La Tortuga Administrative and Program office, offers a variety of programs and services that make healthy choices possible.
- HPC programs are funded by different grants and contracts VCC receives from a variety of sources, including government agencies (federal, state, county and city), private foundations and partnerships with other community-based organizations.

HPC Program Areas

- Education and Outreach

Programs that provide direct services to our patients and community members.

- HIV Programs
- Youth Development Programs
- Parent & Child Health Programs
- Medical Assistant Training Program
- Migrant Health & Community Engagement Programs
- Outreach

- Policy and Advocacy

Programs that promote community level changes, including local policies, to improve the health and well-being of the communities we serve.

- North Coastal Prevention Coalition
- Tobacco Control Program
- Healthy Cities, Healthy Residents Coalition

HIV Programs

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HIV Programs in the community provide:

- Education
- Outreach
- HIV and hepatitis C virus (HCV) rapid counseling and testing

HIV Programs in the clinic provide:

- Pre-Exposure Prophylaxis (PrEP)
 - *daily pill to lower the chances of getting HIV*
- HIV primary care at VCC: Horne and VCC: Grapevine
- Medical case management and treatment adherence
- Early Intervention Services (EIS) Center at VCC: Horne
- Routine rapid HIV testing offered at all North County VCC clinics

Target Populations:

- HIV positive individuals
- Men who have sex with men
- Transgender individuals
- People who inject drugs
- High risk youth



Parent and Child Health Programs

The PCH programs aim to support parents through education and the coordination of services to ensure that the children in the household have a safe and healthy child development and to improve family function.

Programs are community based and accept clinic referrals.

Dads' Club- Provides parenting, healthy relationship workshops, and case management services to fathers through home visits. **Eligibility Criteria:** Low income fathers

Contact: Angel Flores- Extension 7181

- **Childhood Lead Poison Prevention-** Outreach and education providing information about lead poisoning, sources of lead, and prevention. **Eligibility criteria:** Parents

Contact: Esther Lopez Extension 7141



Youth Development Programs

Project REACH: *Recreation, Employment Readiness, Academic Achievement, Communication Skills, Healthy Life Styles*

- Free after school youth program for ages 12-18 in Vista and Oceanside open Monday-Friday from 2-6PM
 - Sites are located at Rancho Buena Vista High School, Libby Lake Community Center, and Joe Balderrama Recreation Center
 - Students benefit from academic assistance, educational and fun fieldtrips, health services, and free supper meals

HERO: *Health Education, Resources and Outreach*

- The HERO team provides teens with health resources and education, and linkage to VCC Teen Services
 - Community and school presentations regarding health topics focusing on youth
 - Sexual Health, Birth Control, Sexual Transmitted Infections, Substance Abuse, and Healthy Relationships/Life skills
 - Street and tabling Outreach to inform youth of VCC Teen Services
 - Teen Social Media and Teen Texting Number
 - Confidential communication with teens to answer questions and schedule appointments
 - Condom Drop-Offs

RESILIENCE Community

Mentoring Program:

- 6-month group mentoring program that provides services to youth and young adults currently on probation referred by the Probation Department
 - Linkage to community resources
 - Regular one on one mentor-mentee meetings
 - Fieldtrips and Cash Incentives



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Medical Assistant Training Program

MA Training Program:

- Provided through a partnership with CSUSM Extended Learning
- 6-month training to become a Medical Assistant
- Internship and Externship Experience provided



Requirements:

- 18yrs or older
- HS Diploma or GED
- Active Health Insurance

Application Process:

- Submit Application
- Phone Interview (20min)
- In-Person Interview (1hr)

For more information

MAProgram@vcc.org
(760)4071430

VCC Outreach

Outreach in the community:

- VCC representation at community events
- One-on-One Health Education
 - Screenings: Blood Pressure, BMI, & Glucose
- One-on-One Outreach
- Partner Services:
 - Presentations
 - Onsite health education
 - Onsite appointment scheduling
- VCC event coordination: National Health Center Week (August), Bi-national Health Week (October)

Patient Services:

- Appointment assistance
- Connection to resources: Food Distributions, and other partner resources
- Clinic Transportation referrals
- VCC Patient Advisory Committee



Find a Provider



Find a Clinic

Migrant Health Programs

Patient Services:

- **Contact:** Jose Conde x7138 or Eduardo Gomez x7139
- One-on-one outreach
 - Personalized Health Education
- Appointment assistance
- Transportation
- Care Coordination
 - Chronic disease management support
 - Connection to resources: food distributions and other partner resources

Programs and Grant Projects:

- Poder Popular: Group of community leaders working on various health Promotion Projects, including the ones below. The group meets two times per month in our WC classrooms.
- Healthy City, Healthy Residents: Local policy and built environment change for the Townsite Neighborhood in Vista, in the areas of place-making, food environment, and active transportation/active living



Community Engagement

- City of Oceanside Neighborhood Revitalization Strategy Area (NRSA)
 - Facilitate the Eastside Neighborhood Association (ENA) and Crown Heights Neighborhood Association resident groups to engage the community in positive and healthy activities
- SANDAG CBO (San Diego Association of Governments Community Based Outreach)
 - Facilitate outreach and engagement of low-income, minority groups in Oceanside and Vista to be understand and be active in regional planning
 - Collaborate with NLRC (National Latino Research Center) and the Alliance for Regional Solutions in serving North County communities

NCPC Alcohol & Drug Prevention

- NCPC is a prevention program that uses a community change model approach to prevent alcohol and drug problems. Efforts focus on 4 County prevention initiatives:
 - Binge and Underage Drinking
 - Prescription Drug Task Force
 - Methamphetamine Strike Force
 - Marijuana



Website:

northcoastalpreventioncoalition.org

Services:

- Youth coalitions for high school youth leadership development at Oceanside High, El Camino High, and RBV High (lunch time club meetings with community events and advocacy).
- Service learning opportunities with Mira Costa, Palomar, and CSUSM to promote prevention advocacy.
- Responsible alcohol sales and service training for businesses and special events.
- Community forums and presentations (primarily for parents) on alcohol and other drug issues.

Tobacco Control Programs

Tobacco Control Programs in the community provide:

- Policy to reduce exposure to secondhand smoke
- Policy to reduce youth access to tobacco products
- Education presentations for vaping/e-cigarettes
- Outreach and Education on Tobacco Control and Cessation
- Youth Coalition

Tobacco Control Programs in the clinic provide:

- Smoking cessation classes and seminars *starting Nov. 2019*
- Referrals to the CA Smokers Helpline (free phone counseling)
- CA Smoke-Free Homes program

Target Populations:

- People who smoke tobacco products
- People exposed to secondhand smoke
- High school youth

Smoke Free Multi-Unit Housing

Nancy Rocha
x 1050

Youth Access to Tobacco

Haley Guiffrida
x 7153

CA Smoke Free Homes

Carina Esquivel
x 7158

Smoking Cessation

Lisa Archibald
x 7165