



HEALS, Inc.
Health Establishments at Local Schools

What does HEALS do?





HEALS a 501(c)3 non-profit
School-based medical and dental care for low income children in Title I schools in Huntsville & Madison County



Who does HEALS serve?



2,000 children/year
Medicaid, ALL Kids
Birth to age 19
Students & siblings
Referrals from other schools


HEALS Medical Clinics

Martin Luther King, Jr.  Morris 



Madison Cross Roads  University Place 

Medical Services

Staffing	Services
<ul style="list-style-type: none"> • Paid physician, nurse and clinic coordinator • Paid nurse practitioners 	<ul style="list-style-type: none"> • Well-child check-ups • Immunizations • Acute care • Lab work • Prescriptions • Chronic disease management • Nutrition, weight management



HEALS Dental Clinics

Martin Luther King, Jr.  Madison Cross Roads 

Dental Services

Staffing

- Paid and volunteer dentists
- Paid hygienists and dental assistant



Services

- Cleanings, X-rays
- Fluoride, Sealants
- Fillings
- Root canals
- Extractions
- Crowns

Mental Health and Social Services



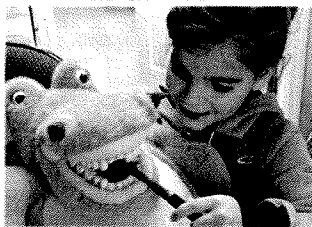
Collaboration with mental health counselors

Crisis intervention

Community service referrals

Public insurance applications

HEALS Funding



50% Grants

25% Medicaid Reimbursement

25% Donations

Four BIG THINGS we see

1. Asthma
2. Obesity
3. Mental health problems
4. Inappropriate use of ER

Ten Ways HEALS addresses these

1. Provide care at school; transport to dental clinic
2. Every child in the family
3. Write prescriptions
4. Give common over-the-counter medications
5. Help with public insurance applications
6. Partner with NOVA for mental health services
7. Partner with NACC for nutritional counseling
8. After hours on-call service
9. Refer to community services
10. Teach, teach, teach

Then everything is GREAT, right?



YES!

Until it isn't.

Why isn't everything great?

- Limited mental health services
- Limited public transportation
- Families don't have money for basic OTC meds and healthy food
- Families may lack knowledge

And sometimes parents...

- Miss appointments
- Don't give their kids medications as prescribed
- Use ER when it's not an emergency
- Wait till their child is very ill and have to go to ER
- Don't encourage kids to get enough exercise
- Don't tell us what we need to know to be able to help
- Make poor choices

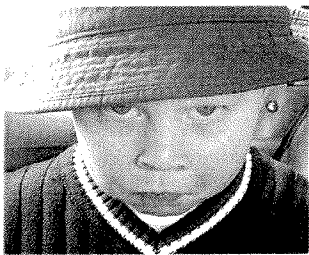
Because parents are...

- Juggling priorities (rent, utilities, job)
- Negotiating favors
- Influenced by family, friends, culture, upbringing
- Embarrassed to say the don't understand
- Don't trust us enough to give us the information
- Having trouble planning ahead
- Making poor choices that lead to more problems

Scarcity Mindset & Bandwidth Poverty

- When you don't have enough of something you desperately need, you focus on that need. Important things on the periphery get ignored.
- Constantly solving money problems takes up a huge amount of cognitive capacity – a limited resource. There's very little of your attention left to pay attention to things that aren't right in front of you.

And that's not all...



Adverse Childhood Experiences (ACE) Study

- 17,000 people CDC analyzed data
- 63% experienced at least 1 category of childhood trauma
 - Over 20% experienced 3 or more categories

The more categories of trauma experienced in childhood, the greater the likelihood of experiencing:

poor health-related quality of life	STDs
multiple sexual partners	COPD
ischemic heart disease	smoking
liver disease	obesity
intimate partner violence	alcohol abuse
unintended pregnancies	

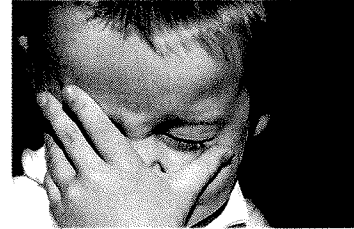
Poly-victimization Research

Poly-victimization: Multiple victimizations of different kinds (vs. a single form of victimization)

Physical or sexual abuse, bullying, witnessing family violence, exposure to community violence

- Many kids identified as victims of child abuse, bullying or other single forms of violence *have experienced multiple kinds of victimization*
- Poly-victimization *explains most of the psychological consequences of victimization*

So, what can we do about this?



As organizations

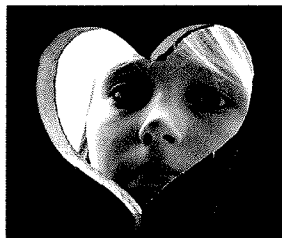
- Simplify forms, eliminate steps
- Allow time for reminders, follow-up and relationships with families
- Educate donors about types of food to donate
- Train staff, stakeholders and board members on Adverse Childhood Experiences Study and Poly-victimization Research

As communities

- Understand and use the research on Adverse Childhood Experiences and Poly-victimization
- Expand mental health services for kids and adults
- Expand programs to prevent child abuse/neglect
- Expand therapy services for child victims
- Examine our food programs for children

Gavin DeBecker

The Gift of Fear
Protecting the Gift



References

- Turner, H., Hamby, S., Banyard, V. (2013). *Poly-victimization: Childhood Exposure to Multiple Forms of Victimization – Summary of Key Points*. Retrieved from <http://www.nationalcac.org>
- Anda, R.F., Feletti, V.J., *The Adverse Childhood Experiences (ACE) Study ABOUT THE STUDY: What everyone should know*. Retrieved from <http://www.cestudy.org>

References

- Starecheski, L. (2014, July 14). *This is your stressed out brain on scarcity*. Retrieved from <http://www.npr.org>
- Vedantam, S. (2014, January 2). *How scarcity trap affects our thinking, behavior*. Retrieved from <http://www.npr.org>
- Mullainathan, S., Shafir, E. (2013). *Scarcity: Why having too little means so much*. New York, NY. Henry Holt and Company, LLC.

Thank you!



Pam Clasgens
Development Director
pam.clasgens@knology.net
256.428.7560 healsinc.org
HEALS, Inc.
1100 Meridian Street
Huntsville, AL 35801