

Los Angeles High School Health Center, (323) 936-1046

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LAHS Health Center Staff

Medical

Medical Director
Michele Roland, M.D.
Medical Assistant
Angel Valencia

Receptionist

Dayanara Acosta

Health Education

Adriana Rincón

Mental Health

Coordinator
Lisa Blum, Psy.D.
Therapists
Elena Bagourdi, M.A.
Hillary Wendroff, M.A.
Flor Plazola

Manager

Julie McAvoy, M.P.H.



Same Great Teen Clinic, Only Better

In the last few weeks, you may have seen signs that we are changing our name. *The Childrens Hospital School-Based Health Center* (known as the "Teen Clinic") has been serving the students and families of Los Angeles High School since 1987.

Under an exciting new partnership with AltaMed Health Services, the clinic will continue to provide the same comprehensive medical and mental health services as before, with the same great staff, but with expanded resources and financial stability.

Our new name is the **AltaMed Los Angeles High School Health Center**, and we are looking forward to bringing the expertise and resources of two experienced healthcare organizations together to keep the new LA High School Health Center growing strong!

New Clinic Hours



The Health Center is open 5 days a week, Monday through Friday, and it is open **before and after school** hours (closed for lunch from 12:00 – 1:00).

Our receptionist is always available to schedule an **appointment**, give you an **application** to become a member of the health center, provide **information** or brochures, or answer a **question**. **Medical and mental health appointments** are available on Mondays, Wednesdays, and Fridays according to the schedule on the right.

Monday	7:15 - 3:45 Closed 12:00-1:00	All services and appointments
Tuesday	7:15 - 3:45 Closed 12:00-1:00	Receptionist is available
Wednesday	7:15 - 3:45 Closed 12:00-1:00	All services and appointments
Thursday	7:15 - 3:45 Closed 12:00-1:00	Receptionist is available
Friday a.m.	7:15 – 11:15	Receptionist is available
Friday p.m.	12:15 - 3:45	Mental health and health education services and appointments
Sat., Sun.		Closed

We are located...
next to the
nurse's office



When you refer a student to the Health Center, you help them get care that they may not receive otherwise, because they are too shy, embarrassed, or simply unsure about where to go.

How To Refer Students to the Health Center

Did you know that you can refer students to the Health Center to help them get the medical or counseling services they need?

Students and their families are always welcome to walk in or call the Health Center to request services. However, some students might not come on their own because they are shy, embarrassed, or simply unsure about where to go.

When we receive your referral we summon the student to discuss appropriate services with

them. Sometimes this outreach helps a student get needed services they otherwise might not ask for.

Making a Referral is Easy!

Pick up some referral forms from the Health Center receptionist. Fill out the brief form with the required information and return it to our receptionist, or place it in a sealed envelope in the Teen Clinic mailbox across from the faculty mailboxes. That's it. We will follow up with the student and let you know the outcome.

Referral Tips

- /// Include the student's date of birth, grade, and track
- /// Include the student's class schedule if you have it
- /// Include **your name** and room number or a phone number to reach you
- /// Give a brief description of why you believe the student needs assistance
- /// Let the student know that you are referring them and why (unless there's a strong reason not to)
- /// If the referral is urgent, let our receptionist know when you hand it to her in person.

Meet Our New Mental Health Staff

Counseling Staff

Each September, the Health Center is fortunate to benefit from the services of graduate-level psychology and social work interns who provide counseling and therapy services under the supervision of Lisa Blum, Psy.D., a licensed psychologist and the Coordinator of Mental Health Services for the LAHS Health Center. Our new staff for the 2005-2006 year are:

Elena Bagourdi
Hillary Wendroff
Flor Plazola

Both Elena and Hillary are doctoral students from Alliant International

University's California School of Professional Psychology and have their Masters degrees in Psychology. **Hillary** formerly worked in the television and film industry and has returned to graduate school to pursue her psychology career. She has previous experience at the LA Gay and Lesbian Center where she worked with a diverse population of young and older adults.

Elena came from Greece to the US to pursue her graduate training. She has a Masters in Organizational Psychology from Greece and worked in the field of vocational and psychosocial rehabilitation. In Los Angeles, Elena has

worked in the areas of domestic violence and sexual assault.

Flor is a graduate student in social work at CSULA. She is working at the Health Center through the Substance Abuse Treatment Program of Childrens Hospital Los Angeles. Flor is bilingual in Spanish and has previous experience counseling children and adolescents at several community-based agencies.

We are very pleased to have all of our new staff with us and hope you will help us welcome them to Los Angeles High School.

- /// Teen Sexuality
- /// Reproductive Health
- /// Birth Control Methods
- /// Sexually Transmitted Infections
- /// Safer Sex
- /// Hygiene
- /// Nutrition
- /// Decision Making
- /// Drugs and Alcohol Use
- /// Dating Violence

Health Education: For Your Classroom, For Individual Students

Students can make individual Health Education appointments at LAHS on Mondays, Wednesdays, and some Fridays (please check with receptionist for availability).

Class presentations on the topics listed on the left are available with an advance request of at least two weeks. Contact Adriana Rincón through the receptionist in the Health Center to submit a request sheet.



Frequently Asked Questions About the Health Center

Who can use the LAHS Health Center?

The Health Center serves all enrolled students of Los Angeles High School, as well as students from Mt. Vernon Middle School and Arlington Heights Elementary School. The Mental Health Program also serves the families of enrolled students.

Do you charge for services?

No. All services, tests, medications, and referrals are free of charge to enrolled students.

Do students need to have health insurance to receive services at the Health Center?

No. We serve all students, regardless of insurance status. We also have staff who can help enroll families in insurance programs for which they are eligible.

Do students need an appointment or can they just walk in?

Like most busy clinics, we encourage students to make an appointment. However, we do accept walk-ins, particularly if the situation is urgent.

Do students need parental consent to receive services?

Yes and No. Most services do require parental consent; however, parental consent is not required for *minor consent services* per state law. For example, medical services related to sexual and reproductive health or counseling related to abuse does not require parental consent. Feel free to consult with us for specific situations.

A student told me she would like to speak to a counselor, but does not want her parents to know. Can you do that?

Yes. *Minor consent services* (see above) include mental health and substance abuse counseling in certain circumstances. Please speak with us for details.

I referred a student for counseling, but he is still waiting to be contacted. Why is there a delay?

Unfortunately, the need for mental health services is always greater than the staff hours we have available. Students often do have to wait for a while before receiving services. However, this year the Mental Health Program will be running more counseling groups, which will allow more students to receive services sooner. Please feel free to consult with us to discuss your concerns regarding any students you have referred.



New Group to Explore Teen Dating Relationships

The Health Center is starting a new group to explore teen dating relationships:

- /// What's healthy?
- /// What's cool?
- /// What is controlling?
- /// What is dating violence?
- /// What is date rape?

Male and female students are welcome, and the group will meet once a week for a 6-week cycle. The group will begin in early November. Do you know any students who might benefit from talking with counselors and other teens about these important topics?

Please refer them to the School Health Center and specify the Teen Dating Relationships Group.