Women’s Health Center
A Partnership Between Downtown Women’s Center and JWCH in Los Angeles, CA

Jill Lubin
Program Director at JWCH Institute, Inc.

Amy Turk,
LCSW
Chief Innovation Officer at DWC
OUR MISSION

Our mission is “to improve the health status of underserved segments of the population of Los Angeles Area through the direct provision or coordination of health care, health education services and research.”
We provide a full continuum of care for the men, women and children in Los Angeles County.

- Primary Medical Care
- Behavioral Health Care
- Reproductive Health
- Pediatrics
- STD / HIV Testing, Treatment and Prevention
- Optometry
- Dental / Oral Health Care
- Radiology / X-Ray
- Pharmacy and Laboratory Services
MORE THAN PRIMARY CARE SERVICES

• Homeless Health Care
• Substance Abuse Services
• Recuperative Care Services
• Supportive Housing
• Enrollment Assistance
• Transportation
• Reproductive Awareness Program for Teens (RAP)
• Extensive HIV Testing services located in 11 men’s club
DWC is nationally recognized as a prototype for unique and effective programs serving homeless women and ending homelessness. DWC serves over 3,000 women every year.

**DROP-IN DAY CENTER**
- Services: Meals, showers, phones & mail
- Trauma Recovery Center

**HOUSING**
- 119 units of permanent supportive housing
- Community Based Housing for survivors of Domestic Violence, Veterans, and utilizers of County Health Services

**CLINICAL HEALTH SERVICES**
- Case management, mental health & medical services

**PERSONAL & FINANCIAL OPPORTUNITY**
- Education, skill development, on-the-job training & transitional jobs
- Competitive job placement
Leading from Within

• Building our partnership
• Growing our relationship
Leading Together

• Trust
• Teamwork
• Collaboration with the patients served
Leading Together--Beyond Primary Health Care

- Transportation
- In Home Supportive Services
- Medications education/management
- Education about Managed Care/Primary Care Physicians
- Coordination among multiple doctors
- Healthy Food
- Apply for benefits: SSI, Medi-Cal, Medicare, and Food Stamps
- Health workshops and exercise classes
- Falls prevention classes
- End of life planning and care
- Proactive engagement in hospital discharge planning
- Chronic disease self-management interventions
- Involvement in systems change and innovation
Leading for Outcomes

2017 Impact

- 905 women received health services at DWC
- 258 seen in Women’s Health Clinic, through 990 clinic visits
- 83 received mammograms
- 380 women received mental health counseling
Leading Together---DiaBEATit! Walking Group

The Women for Wellness Program is here!

This program starts on October 1, 2016 and ends on September 30, 2016. This program is for ALL WOMEN who want to prevent diabetes or manage diabetes.

Join this program if you want to:
- Win PRIZES for attending DWC’s fitness classes, health education workshops, and free screenings!
- Learn about the risk factors for getting diabetes.
- Be a part of a women’s support group to stay healthy.
- Receive 1:1 support from staff.

Interested in joining? Attend 1 session to enroll!

Wednesday, January 6th: 9:30-10:30 in the Garden Room
Wednesday, January 13th: 9:30-10:30 in the Garden Room
Wednesday, January 20th: 9:30-10:30 in the Garden Room
Wednesday, January 27th: 9:30-10:30 in the Garden Room

Address: 442 S. San Pedro, St. Los Angeles, CA 90013

Please contact Stephanie Ohn, Health Program Specialist: 213-335-2067 or stephanie ohn downtownwomencenter.org

DiaBEATit! Walking Group

Want to increase your energy and lower your stress while making new friends? Join the DiaBEATit! Women’s Walking Group program!

WEEK 7: Thursday 10/27 from 9:30-11:00am
You’re invited to join us in Echo Park to check out the health fair! FREE preventative screenings! Fun presentations! FREE giveaways!

WEEK 8: Thursday 11/3 from 9:30-11:00am
Walk with us to the City Hall Farmer’s Market to shop for some fresh food! Celebrate the program with a party of FREE food, drinks, and prizes!

Walking group leaves from 9:30am from the Downtown Women’s Center, and returns by 11:00am to the Downtown Women’s Center.

For more info, contact Stephanie Ohn (213) 335-2067 or stephanie@downtownwomencenter.org
Leading for Outcomes—Women for Wellness

Screenings (Improvement from Baseline)

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<thead>
<tr>
<th></th>
<th>Homeless</th>
<th>Permanently Housed</th>
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<tbody>
<tr>
<td>Body Mass Index</td>
<td>11</td>
<td>13</td>
<td>24 (48%)</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>25</td>
<td>21</td>
<td>46 (92%)</td>
</tr>
<tr>
<td>A1c Screening</td>
<td>5</td>
<td>10</td>
<td>15 (44%)*</td>
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(*) Percentage based on number of participants who completed the A1c screening at baseline and 1-year (N=34)
The 100 Million Healthier Lives Common Questionnaire is a 7-item survey that assesses for ‘Healthier Lives’ in these domains:

Physical Health, Mental Health, Spirituality, Social Support, Financial Health, Current Health Status, Future Health Status

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<thead>
<tr>
<th>%</th>
<th>6-month</th>
<th>1-Year</th>
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<tbody>
<tr>
<td>Suffering (n%)</td>
<td>-32%</td>
<td>-52%</td>
</tr>
<tr>
<td>Thriving (n%)</td>
<td>12%</td>
<td>32%</td>
</tr>
<tr>
<td>Total % Increase in 'Healthier Lives'</td>
<td>44%</td>
<td>84%</td>
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Leading for Equity

--Identify who is not thriving; data driven
--Community Champions on the Steering Committee
--Incorporating real-time feedback into our programs and making changes as needed (PDSAs)
--Conducting a needs assessment
--Working on equity issues in each steering committee meeting
--Implementing Trauma-Informed Care agency-wide
--Supporting an advocates program at DWC
Leading for Sustainability—Lessons Learned

- Intrinsic and Extrinsic
- Co-Design is so important
- Plan Do Study Act model helped us increase clinic usage
- Managing change and turn-over
- Sharing PHI
- Housing is Healthcare