



SHARK

STRONG HEALTHY AND RESILIENT KIDS

Strong Healthy And Resilient Kids (SHARK) Clinic

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Program Manager

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Who We Are – Strong Healthy And Resilient Kids (SHARK) at Rancho Los Amigos



RANCHO LOS AMIGOS
NATIONAL REHABILITATION CENTER

SHARK



Specialty Care

Primary Care

Hospital

SHARK Clinic Programs

Classes/Programs:

- Meditation Classes (Ages 11-20)
- Therapeutic Art Classes (Ages 5-20)
- Literacy Program (Ages 4-18)
- Family Advisory Board
(Clinic Design/Community Building)
- Tipple P Therapy

Studies:

- Lets Get Set Study
- PTSD Study (Ages 6-20)

Developing Partnerships/Programs:

- Urban Farming Collaborations
- Facebook Community Groups

Mindfulness Meditation

How can meditation be helpful?

Meditation has been shown to offer many benefits. It is a well known technique to reduce stress, depression and anxiety. Research also shows that it may promote healthy sleep patterns and boost cognitive skills.

How do you meditate?

1. Set a time limit (5mins., 10mins, etc.)
2. Find a quiet space
3. Find a comfortable position (sitting up straight or laying down) and relax
4. Close your eyes
5. Focus on you breath (Breath from your I
6. Try to focus on your breathing and re the present why

Be more concerned than making e

Mindfulne Res

For guided meditations, meditati meditation resources visit www.aces-la.org scan the QR code



SHARK Literacy Program

With California having the 2nd lowest literacy rate in the US and nearly half of California students being unable to read at grade level, the Strong, Healthy And Resilient Kids (SHARK) clinic understands that promoting literacy is an important way to help our children enhance their resilience and overcome obstacles. In our continued effort to improve the outcomes of our youth we have partnered with Code Read and The Impact Platform to create the SHARK Literacy Program with the hopes of fostering a love for reading that can aid in a child's development, improve overall academic performance and improve health outcomes.

Free books and toy prizes!

Benefits of reading:

1. Builds confidence and self-esteem
2. Encourages independent learning
3. Enhances cognitive ability
4. Improves attention span
5. Enriches communication skills
6. Reduces stress
7. Lowers the likelihood of mental health difficulties such as anxiety or depression
8. Lowers the likelihood of extreme poverty

To learn more or to sign-up visit www.aces-la.org/sharkliteracyprogram or scan the QR code



SHARK



THE IMPACT PLATFORM



*** Flyers Available in English and Spanish ***

How to refer your patient:

Orchid Message Lizeth Gasca:

- Meditation Classes (Ages 11-20)
- Therapeutic Art Classes (Ages 5-20)
- Literacy Program (Ages 4-18)
- Family Advisory Board (Community Building)

EConsult Referral :

- Lets Get Set Study*
- PTSD Study
- Triple P

PATIENT MUST BE SEEN IN PERSON AT RANCHO TO PARTICIPATE



Medical Legal Community Partnership – LA (MLCP-LA)

Medical Legal Community Partnership



MEDICAL LEGAL COMMUNITY PARTNERSHIP



Free Legal Help for Rancho Los Amigos Patients & Families

- | | |
|------------------------|--------------------------|
| Income & Food | Personal & Family Safety |
| Housing | Health Care Benefits |
| Employment & Education | Record Clearing |
| Immigration | Veterans Care |

**RLA OPC Rm 3183 Mondays 8:30 am - 4:30 pm
or call us at (323) 801-7954**



MEDICAL LEGAL COMMUNITY PARTNERSHIP



Ayuda Legal gratuita para pacientes de Rancho Los Amigos y sus familias

- | | |
|---------------------|-------------------------------|
| Ingreso y Alimentos | Seguridad Personal y Familiar |
| Viviendas | Beneficios Médicos |
| Empleo y Educación | Limpieza de Antecedentes |
| Inmigración | Beneficios de Veteranos |

Salon 3183 en el centro ambulatoria cada lunes, 8:30 am - 4:30 pm o llámenos al número (323) 801-7954



Medical Legal Community Partnership Goals

- Provide no-cost legal help to patients
- Increase accessibility to legal assistance
- Improve patients' wellbeing by addressing the social determinants of health
 - E.g., food security
- Support community health workers (CHW) in identifying/supporting patients' legal needs

Common Participant Barriers



Housing

Evictions
Harassment
Poor housing conditions
Utilities



Income

Bankruptcy
Public benefits
Employment problems



Legal Status

Naturalization with a focus
on those with disabilities
Petitions for survivors of
domestic violence,
trafficking, or violent crimes



Education and Expungements

Individualized Education
Plans
Criminal record clearing



Family Law and Safety

Divorce
Restraining orders



Health Coverage and Access

Denial of services
Medical debts
Insurance (incl. Medi-Cal)
terminations and eligibility
questions

MLCP Cannot Help With:

**Defending
Criminal Cases**

**Personal Injury
Cases**

**Medical
Malpractice**

**Legal
Malpractice**

**Patient
Represented
by Attorney**

**Patient Resides
Outside of LA
County**

Getting help through MLCP

Patient Referral

- Legal help for a specific DHS patient or their household member
- MLCP-LA Legal Partner contacts patient and may engage DHS staff for support

Technical Assistance

- General question related to barriers impacting patient
 - Ex: What benefits programs exist for patients recently laid off?

Steps to Legal Assistance

1. Patient presents at DHS clinic with legal barriers
2. Patient referred to MLCP-LA. Depending on the clinic this may be via social work, BHI, or other process (see MLCP-LA Flyers). Social work/BHI triages for other services and refers to MLCP-LA legal team
3. Legal team triages for urgency, explores common issues, conducts intake, and requests additional info or documents
4. Legal services offered vary based on merits of case, legal remedies available, patient capacity, and other factors. Include:
 - a. Information, advice and brief service;
 - b. Connections to more appropriate resources;
 - c. Extended representation

Available Resources

bit.ly/MLCP-LA-Webinars



Participant Common Barriers	Need Help
Education and School Special education including Individualized Education Plans (IEP) disability related school issues; school expulsions and hearings	<input type="checkbox"/>
Family Law and Safety Divorce; custody; paternity; domestic violence restraining orders	<input type="checkbox"/>
Criminal Record Clearing Expungements: cleaning up criminal records and reclassifying felonies	<input type="checkbox"/>
Guardianships, Conservatorship, and Elder Abuse Conservatorship and alternatives: Assigning responsible person to care for another adult who cannot make their own decisions; Guardianship: Assigning someone other than child's parent to have custody of minor child Elder abuse: Elder abuse restraining orders, consumer fraud, and elder abuse title fraud	<input type="checkbox"/>
Health Care Access Denials of services, medications, or equipment; Medi-Cal and insurance terminations; bills; VA	<input type="checkbox"/>
Housing & Homelessness Evictions (Unlawful Detainer); foreclosures; poor housing conditions; terminations of subsidized benefits like Section 8; illegal rent increases	<input type="checkbox"/>
Income and Food Stability Disability Benefits: State Disability Insurance (SDI); Social Security; SSI/SSDI/CAPI; VA Public benefits: CalWORKs; WIC; CalFresh/Food Stamps; General Relief; foster care; child care Employment Problems: medical leave; unemployment insurance; unpaid wages	<input type="checkbox"/>
Income Stability: Consumer Law Bankruptcy, consumer fraud, student loans due to school fraud; credit card debt lawsuits	<input type="checkbox"/>
Immigration Special petitions for survivors of domestic violence, trafficking or violent crimes (VAWA, U-Visa, T-Visas); Naturalization (becoming citizen)	<input type="checkbox"/>
COVID-19 Job Protections; unemployment; disability; financial assistance; public benefits; housing protections	<input type="checkbox"/>

MLCP-LA cannot help with: **Defense of Criminal Cases**, **Personal Injury** (car accidents, slip & fall), or **Medical Malpractice** (looking to sue a provider due to something gone wrong).

Medical Expansion for Undocumented Immigrants

Medical Expansion for Undocumented Immigrants

Beginning January 1, 2024, a new law in California will allow adults ages 26 through 49 to qualify for full-scope Medi-Cal, regardless of immigration status. All other Medi-Cal eligibility rules, including income limits, will still apply.

This initiative, called the Ages 26 through 49 Adult Expansion, is modeled after the Young Adult Expansion, which provided full scope Medi-Cal to young adults 19 through 25, and the Older Adult Expansion, which provided full scope Medi-Cal to adults 50 years of age or older. See the Department of Health Care Services (DHCS) websites for the [Young Adult Expansion](#) and the [Older Adult expansion](#). This latest expansion of full scope Medi-Cal brings California closer to a Healthy California for All.

<https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Adult-Expansion.aspx>

<https://www.dhcs.ca.gov/services/medi-cal/eligibility/Documents/Adult-Expansion-Eligibility-and-Enrollment-Plan.pdf>

Apply Today!

All other Medi-Cal eligibility rules, including income limits, will still apply.

To apply for coverage, call (800) 300-1506 or apply with a certified enroller or your county.

Find a certified enroller:

<https://www.coveredca.com/support/before-you-buy/full-scope-medi-cal/>

Families With Mixed Immigration Status

All family members must be listed on the application, regardless of their immigration status or whether they are seeking coverage. This information is needed to understand income and family size to calculate financial help and determine program eligibility.

All information provided on the application is kept confidential.

Immigrants who are not lawfully present do not qualify for a health plan through Covered California; however, they may qualify for coverage through Medi-Cal at any age if they are pregnant or were recently pregnant.

DACA Recipients

Individuals who are under Deferred Action for Childhood Arrivals (DACA) are not considered lawfully present. They are not eligible to purchase a health plan through Covered California or to receive financial assistance. They may be eligible for Medi-Cal, however, and can apply through Covered California or at a county social services office.

DACA recipients currently have the same access to health care and health insurance as undocumented immigrants.

"Public Charge"

The United States Citizenship and Immigration Services has stopped applying the 2019 Public Charge regulation to all pending applications and petitions.

Purchasing Insurance Through Covered California and Receiving Financial Assistance to Pay for the Insurance *Does Not* Make an Individual a "Public Charge"

In general, applying for health insurance coverage through Covered California and receiving financial assistance for a Covered California health plan or receiving low- or no-cost coverage through Medi-Cal, will not make an individual a "public charge." It will not affect the consumer's immigration status, their chances of becoming a lawful permanent resident or their chances of becoming a naturalized citizen. The exceptions are if the individual receives long-term care in a nursing home or other facility paid for by the government through the Medi-Cal program or does not tell the truth on their application for health coverage.

If you have more questions, please visit the [Health Consumer Alliance's website](#) or call at (888) 804-3536 to speak with a local immigration attorney about the public charge rule. Or visit the [Department of Social Services website](#) for a list of community organizations that can provide free, confidential legal assistance related to public charge.