

SHAC

STUDENT HEALTH ACTION COALITION



2010–2011 Newsletter

Dear Friends of SHAC,

We could not be more excited to bring you news of another successful year for the Student Health Action Coalition. SHAC's dynamic nature and deep roots in the UNC and local communities have allowed us to explore meaningful improvements while serving the community and our students as powerfully as ever. We have had the opportunity to serve thousands of individuals through our free clinic and numerous community health outreach activities—none of which would have been possible without the enthusiasm and commitment of our more than 500 student volunteers.

The need for SHAC's programs is critical as always. The most recent Orange County Community Health Assessment revealed that access to health care remains one of the highest priority social concerns among Orange County residents. SHAC's commitment to ensuring health for those in need by addressing external influences and providing high quality care consistently proves to be a necessary approach.

This year, SHAC has undergone numerous improvements to its infrastructure. We've acted on opportunities to achieve greater efficiency, strategically explored how best to strengthen SHAC's already profound partnerships, and invested in future progress.

This report contains stories of the year's successes with examples of our effective work with the local community and the experiences of our volunteers. These enhancements will ensure that SHAC operates at its greatest possible capacity and that these successes continue.

We are immensely grateful for the opportunity to have led this unique and powerful organization and we look to the future with great anticipation. The contributions of SHAC's student volunteers, university advisors, generous donors, university and local partners, and long-time friends and supporters have created an inviting and supportive community for us all. We repeatedly hear from students that participating with SHAC is one of the most exhilarating experiences they've had at UNC, and we must agree. SHAC's impact on the local community is palpable and there is no greater reward – thank you for your consistent support of these efforts.

In health,

A handwritten signature in black ink that reads "Maggie Carlin".

A handwritten signature in black ink that reads "Jessica Hubbs".

Maggie Carlin & Jessica Hubbs
SHAC Co-Directors, 2010-2011

Free Medical & Dental Clinics

SHAC's flagship program, the weekly Free Health Clinic, is held each Wednesday evening in the Carrboro Community Health Center in Carrboro, NC. The Clinic's services include a holistic range of acute care, counseling, specialty services, and referrals to local clinics to establish primary care for patients with chronic conditions. In addition, SHAC offers a dental clinic providing a wide range of dental services, free of charge.

This year we are excited about several new programmatic updates to improve the quality and scope of our care. We are currently in the process of transitioning to a fully electronic medical record, which will allow for better data security and improved referral processes. Through SHAC's pharmacy, we also recently began dispensing a medication formulary that will streamline the medication refill process for our patients. In addition to the weekly clinic, we have begun offering a Well Woman Clinic to improve access to care for women. Lastly (but not least!), we have expanded our reach by offering a mobile clinic providing care where it is needed most—in the communities where patients live, work, and go to school, at a time that is convenient for the working families we serve.

Following the closing of the Orange County Health Department's Carrboro dental clinic location, SHAC's dental clinic was required to find an alternate space to operate. The UNC School of Dentistry generously offered its space until a more permanent location can be identified. SHAC Dental held its first hours of operation at the School of Dentistry this spring with great success, and we look forward to continuing to provide dental care to our community.



Medical students reviewing a patient chart during SHAC's weekly Free Medical Clinic

Beyond Clinic Walls

Beyond Clinic Walls (BCW) partners UNC health professional students with older adults in our community who have complex social and medical needs. During the 2010-2011 academic year, over 60 students from medicine, nursing, occupational therapy, physical therapy, pharmacy, public health, and social work schools committed to a year of service with BCW. A passionate leadership team made up of representatives from each

of the schools led recruitment efforts and provided direction for the students throughout the year. The students were split into interdisciplinary teams of 4-6 students each to serve a total of 12 homebound, older adults in our community. During monthly visits, students provided companionship to clients and offered a listening ear. While students were developing these relationships, they were also able to identify clients' health needs that may not have been visible to primary providers.

Teams come together once each semester for a "Round Table" gathering at Carol Woods Retirement Community where residents and UNC faculty assist students in exploring solutions to their client's needs. This year, one team purchased a local organic farm share and had a weekly home delivery service set up for their client. Other special projects this year included assisting a client in telling her life story via a computerized scrapbook and throwing a dinner party for a client in order for her to mix and mingle with residents in her apartment complex. We look forward to recruiting more enthusiastic student volunteers in the fall to continue the work of BCW.

Health for Habitat

In partnership with Orange County Habitat for Humanity and University Presbyterian Church, SHAC Health for Habitat has raised money and recruited and coordinated workers for the construction of a Habitat house for the past 8 years. Health for Habitat raises \$5,000 of the total \$35,000 cost per house while our partners at University Presbyterian kindly contribute the rest. This year we were charged with building a single family home in the Phoenix Place neighborhood, a local community comprised of 100% Habitat-built houses. Construction on the house began in February 2011 and should be completed by late spring, with a house dedication planned for the fall. We couldn't do it without the hard work and dedication of SHAC volunteers, who logged over 600 hours of work last year!



SHAC Habitat volunteers building a house in Northern Orange County

Outreach

SHAC Outreach has had a great year as we have continued to connect to the local community and provide health services to those who need it most. Under the fantastic direction of second year medical student, Megan Wright, SHAC Outreach coordinated health fairs at La Fiesta del Pueblo in Raleigh, First Community Baptist Church in Hillsborough, St. Thomas More Catholic School in Chapel Hill, Abbey Court in Chapel Hill, and



Jessie Camacho, host of Telemundo's Descontrol, getting her blood pressure checked at a SHAC health screening

Calvary Baptist Church in Durham. At these fairs, volunteers conducted BMI, glucose, and blood pressure screenings and improved health education by disseminating informational flyers and discussing health concerns. One memorable event was the fair conducted at Fiesta del Pueblo, a celebration of Latin American cultures with a variety of foods, music, and fun. At the event we conducted health screenings for over 200 people and provided patient counseling on reducing risks for heart disease and diabetes. Even the host of Telemundo's Descontrol, Jessie Camacho, came to have her blood pressure and blood sugar read by SHAC Outreach Coordinator Amit Gupta!

In other news, SHAC Outreach is excited to announce its expansion as it has recently incorporated the relatively new student organization, Refugee Health Initiative (RHI) into its umbrella of services. To address some of the difficulties experienced by recently resettled refugees, RHI has partnered with a local refugee resettlement agency (Church World Service) to provide a variety of health services to families. RHI volunteers conduct a series of home visits to discuss healthcare-related topics with partner families and assist them in accessing the care they need. RHI is already an incredible organization and SHAC Outreach is thrilled to be a part of its continued growth.

How can I help?

For more than 40 years, SHAC has relied on the community to support our work. Our services are made possible through generous donations from individuals, local businesses, and charitable foundations. Please consider showing your support for SHAC with a charitable donation today. **All gifts are tax deductible** and help provide vital services to our community's most disadvantaged residents.

You can mail checks to:

Student Health Action Coalition (SHAC)
c/o Medical Foundation of North Carolina
880 MLK Jr. Blvd. CB # 7565
Chapel Hill, North Carolina 27514-2600

Or visit us online at:

www.med.unc.edu/shac/fundraising

(please specify "SHAC Donation" in the designation field)

SHAC
STUDENT HEALTH ACTION COALITION



2010–2011 Newsletter

Student Health Action Coalition
880 MLK Jr. Blvd. CB# 7565
Chapel Hill, NC 27514-2600