



What we do

RFHC offers integrated Primary Care and Prevention services to low-income and uninsured residents of southeast San Mateo County

Medical Services

- Pediatric care
- Adolescent Health
- Adult Medicine
- Prenatal Care
- Chronic Disease Management
- Screenings & Immunizations
- Family Planning

Special Services

- Integrated Behavioral Health
- Dental care for uninsured
- Health Education
- Lab Services
- Pediatric social services
- Pharmacy assistance program
- Enrollment in public insurance programs

RFHC Patient Profile

- RFHC treated **9,300** patients in 2009
- 92% are Latino, African American, Pacific Islander, and Asian
 - 97% live at or below 200% of federal poverty level
 - 57% have no health insurance – 25% of children are uninsured
 - 76% prefer to speak a language other than English
 - 16% of pregnant women were under the age of 20
 - 18% are 5 years and younger

RFHC's staff of 101 employees includes 24 full or part-time clinicians of which 9 are physicians. We contract with Stanford Dept. of Pediatrics and Lucile Packard Children's Hospital for OB and pediatric clinicians.

Main Clinic:
Ravenswood Family Health Center
Tel: (650) 330-7400
1798A Bay Road,
East Palo Alto, CA 94303

Belle Haven Clinic:
Tel: (650) 321-0980
100 Terminal Avenue,
Menlo Park, CA 94025
Onetta Harris Community Center

Mobile Clinic:
Various sites in the school district and where homeless congregate

Belle Haven Clinic continued

says Stephen, "but he'll sit down and talk with me, giving me good suggestions." Salvadora adds, "He followed up with a call when my son had an infection." It's the little things he does that make the difference, says Stephen.

Their son Joseph was overweight. Dr. Wu referred him for health education and nutrition.

He's taken it to heart; in fact, he's influencing the whole family: "I read the back of the chip bag about the calories in a serving size. I check what I'm eating and I don't snack that much anymore.

I used to have a lot of dessert but



Top: Joseph Otero

now I cut it in half. And all I drink is water, water, water. I only drink one cup of juice a day". He has

lost 7 lbs in the last six weeks.

His mother laughs, "He's doing it on his own," she says. "And now we're all looking at labels and if the kids see we're low on water, they tell me." As for exercise, Joseph runs a lot. When asked how is the rest of the family is doing, the mother laughed and pointed to an exerciser in their living room. "I have my machine. I walk by and say 'Hi' to it."

Joseph is his parent's fitness role model. Thanks to Joseph, the whole family is moving towards fitness.

Peninsula Family Advocacy Program: A Medical-Legal Partnership with RFHC



Brooke Heymach, JD, MSW, Legal Director, Francisca Guzman, FAP Project Coordinator, & Dr. Dana Weintraub, Medical Director, also pediatrician at RFHC and LPCH.

When seeing patients in clinic, pediatric providers often identify legal problems that may negatively impact child's health, such as insufficient income for basic needs, substandard housing, or unsupported special education needs. "For a child with asthma living in a home with mold, dirty carpeting or cockroaches, health care providers can prescribe medicine," explains RFHC pediatrician Dr. Dana Weintraub, "but the key to prevention is to eliminate the underlying triggers."

That's where the Peninsula Family Advocacy Program (FAP) steps in with legal support. As a General Pediatric fellow at Lucile Packard Children's Hospital (LPCH) in 2004, Dr. Weintraub co-founded the Peninsula Family Advocacy Program, a medical-legal partnership between Lucile Packard and the Legal Aid

Society of San Mateo County to bring free legal aid services to pediatric and obstetric patients at LPCH and RFHC. FAP has also recently expanded to serve obstetric patients at San Mateo Medical Center and its clinics. FAP is based on a medical-legal partnership model replicated in 180 hospital and health centers across the United States.

"FAP is an essential resource for our providers," says Reshma

Legal Representation: A child with a severely disabling condition expected to result in life-long neuro-developmental impairments was denied disability benefits under the Supplemental Security Income program. FAP ultimately corrected the determination so that the child is receiving the needed benefits.

"Providing legal services on-site at RFHC allows us to bring legal advocacy and representation where families receive medical care," describes Brooke Heymach, Legal Director of FAP. "Many of these families may never have accessed legal services or realized that a legal issue was impacting their child's health or family well-being. In addition, being at RFHC allows us to work directly with health care providers; a powerful partnership when advocating for families."

Prior to FAP, 79% of the families surveyed were not aware of legal resources available to them. Thanks to FAP, RFHC brings critical resources together at the same site. It's an immense relief to vulnerable families to receive such help.

For more information: www.peninsulaFAP.org

"The Family Advocacy Program is grounded in the preventive care approach used in pediatrics. Because many families visit their pediatrician on a regular basis, health care providers may spot legal issues and make appropriate referrals to FAP long before they become legal emergencies. In this way, FAP can begin advocating for families before an economic or legal crisis occurs.."

Thadani, RFHC Associate Pediatric Medical Director. FAP trains pediatric providers about housing rights, public benefits, disability rights, special education, employment, family law and domestic violence. If a legal issue is identified, the family is referred to FAP.

FAP's legal services to East Palo Alto clients have included help for problems with housing habitability (27%); eligibility for health insurance often resulting in a medical bill (24%); accessing public benefits, like CalWORKS or Food Stamps (19%); family law issues, including domestic violence (18%); and special education services (12%).