



April 2014 Mirant Settlement Progress Report: Potrero Hill Community Health



April 2014 Progress Report by San Francisco Department of Public Health Population Health Division

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Introduction



Former Mirant Power Plant

Background

The San Francisco Board of Supervisors passed Ordinance No. 217-11, approved by Mayor Edwin Lee November 9, 2011, appropriating \$1,000,000 of Mirant Potrero L.L.C. Settlement Funds to the Department of Public Health (DPH) for neighborhood improvement and mitigation in the neighborhoods most impacted by the Potrero Power Plant, initiated in the FY 11-12 budget. This report serves as the first update on the progress of each funded project and its benefit to the residents of impacted neighborhoods.

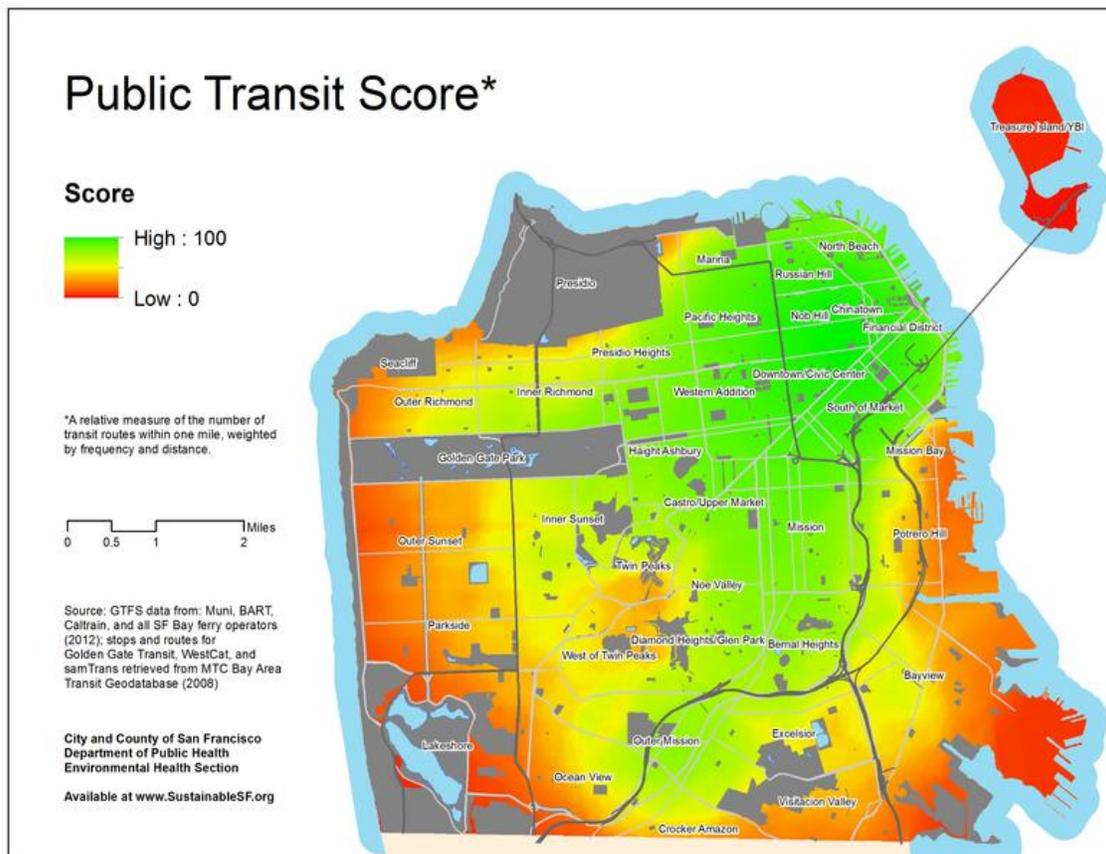
The Ordinance approved expenditures that were allocated to four special revenue funds funding six distinct projects based on recommendations prepared by the San Francisco Asthma Task Force and the Power Plant Task Force. Subsequent to November 2011, DPH established work orders with appropriate City agencies, issued Requests for Applications, contracted with external non-profit agencies, and completed personnel requisitioning, interviewing and hiring to establish the intended projects. Funds are administered by the DPH Population Health Division Environmental Health Branch.

Potrero Hill Community Sustainability Indicators

Both the natural and built environments are influences on the community health status of Potrero Hill residents. Due to the hilly geography of this neighborhood, individuals and families without cars have difficulty accessing goods and services, including food markets and recreational opportunities. Furthermore, Potrero Hill is intersected by two freeways, both sources of air and noise pollution.

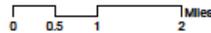
Potrero Hill has economically diverse housing types, including two of the City's largest public housing developments, Potrero Terrace and Potrero Annex; early 1900's-era single family homes and cottages; and new condominium developments bordering freeways. Potrero Hill public housing is scheduled for redevelopment as part of the HOPE SF initiative, and in preparation, developer BRIDGE Housing has been leading Rebuild Potrero community building activities for several years. In 2010, 47% of Potrero Hill households owned their own home, higher than the citywide value of 36%.

As a neighborhood with ethnically diverse residents who also represent the diversity of San Francisco's income spectrum, Potrero Hill has had recent initiatives such as Unite Potrero to bring economically and culturally diverse residents together to promote community cohesiveness. From 2005-2009, 22% of the Potrero Hill population was living below 200% of the Census Bureau-defined poverty threshold, slightly lower than the citywide value of 26%.



Traffic Noise Map

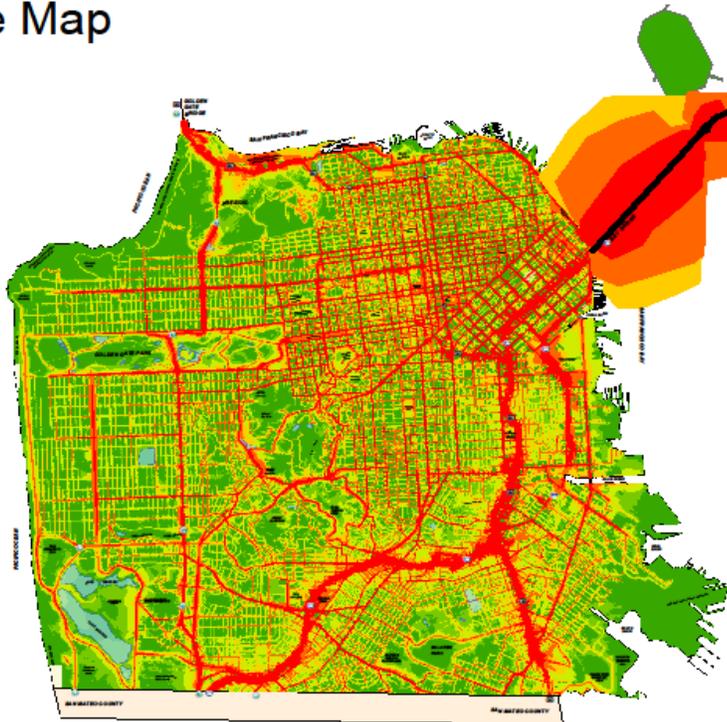
Day-Night Level (Ldn)



Source: San Francisco Department of Public Health (2008)

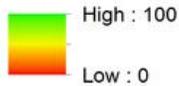
City and County of San Francisco
Department of Public Health
Environmental Health Section

Available at www.thehdmf.org

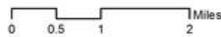


Food Market Score*

Score



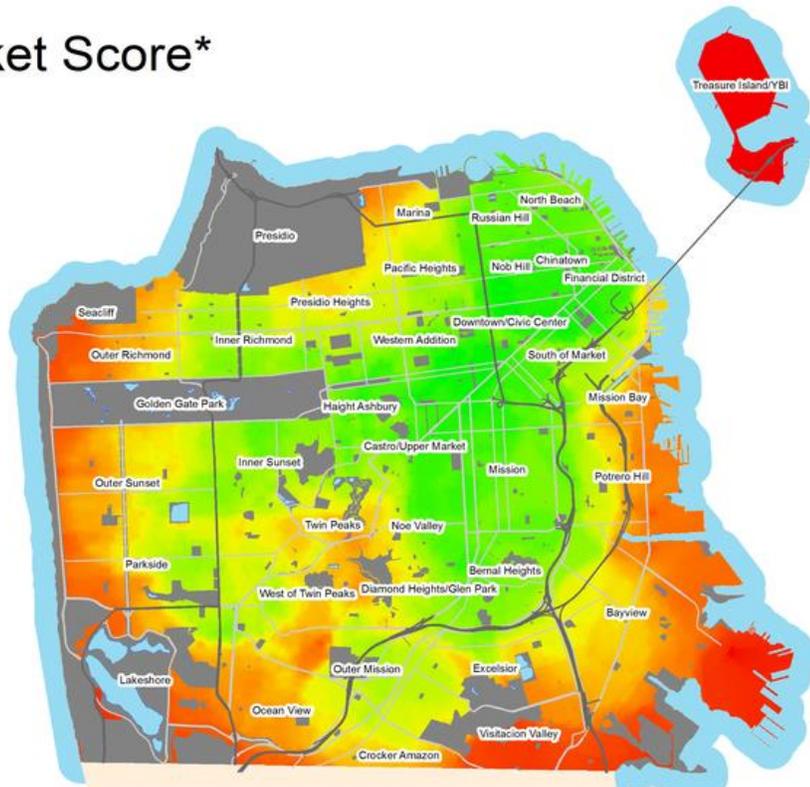
*A relative measure of the number and variety of retail food resources within one mile, weighted by food offerings and distance.



Source: Dun & Bradstreet, 2011
San Francisco Department of Public Health, 2011

City and County of San Francisco
Department of Public Health
Environmental Health Section

Available at www.SustainableSF.org



Reporting Project Activity and Outcomes

Following an Executive Summary of the six projects, the body of this report provides Project Profiles and Progress Reports reported in the first person voice by each funded agency, documenting activities and outcomes from January 2013 through January 2014.

The information contained in this report was collected from each agency using a questionnaire with 15 open-ended questions. Questionnaire questions are included in this report. To maintain the voice of each agency, the narratives included in this report are original. Agencies also voluntarily submitted photos to include in the report. Each agency was asked to answer the following questions:

- Did the agency reach its funded project goals and objective(s)?
- How have the funded activities specifically helped Potrero Hill or Bayview Hunters Point residents?
- (For those agencies funded within Project #2) How has involvement in the SF LIVE! District 10 (D10) Wellness Collaborative enhanced the agency's partnerships and collaboration with other agencies?
- What is the agency's plan for project sustainability?

Executive Summary by Funded Project

Project #1: Pilot Project for Furnace Filtration Retrofits

Project Goal:

Complete furnace filtration retrofits and building envelope air sealing of 10- 14 Bayview Hunters Point or Potrero Hill homes adjacent to freeways and evaluate indoor air quality pre-and post-retrofit to demonstrate improvement. Optionally provide kitchen and bathroom mechanical exhaust ventilation.

Project Coordination:

Karen Cohn, DPH Population Health Division Environmental Health Branch (EHB)

Total Allocated: \$150,334

DPH Expenditures:

| | |
|-----------|---|
| \$134,000 | Work order encumbrance to Mayor’s Office of Housing & Community Development (MOHCD) |
| \$4,667 | Community outreach contract encumbrance with Rebuilding Together San Francisco (RTSF) |

Other Funding Utilized:

- Indoor air quality evaluation pre- and post-retrofit conducted by Lawrence Berkeley National Laboratory (LBNL) Environmental Energy Technologies Division, funded by Bay Area Air Quality Management District;
- San Francisco Public Health Foundation \$200 stipends to resident households completing 4-week phone survey and air quality monitoring program.

Outcomes to Date:

- Community outreach vendor RTSF referred eight low-income home owners to program;
- Two referred homes in 94124 zip code have received furnace filtration retrofits to incorporate new high efficiency (MERV13 level) filtration at furnace, and to add kitchen and bathroom local mechanical exhaust ventilation as needed; third home in progress with contracting;
- LBNL evaluated indoor and outdoor air pollutants both pre- and post-construction in these two homes demonstrating improvements;
- DPH did successful mail outreach of Southeast (zip codes 94107 and 94124) residential properties that were modeled to have certain level of particulate matter air pollution ($\geq 9.0 \mu\text{g}/\text{m}^3 \text{PM}_{2.5}$) and are located within 600 feet of freeways 101 or 280, to identify additional Southeast homes adjacent to freeways for furnace filtration retrofit project;
- DPH mailing resulted in 40 respondents requesting to be qualified for the program;
- Further description can be found in the DPH/MOHCD funded agency portion of this report.

Pending Outcomes:

- Two more homes having scope of work determination for furnace filtration retrofit, building envelope air sealing and local mechanical exhaust ventilation in kitchens and bathrooms;

- Additional intervention of stand-alone air filter use will be added for LBNL air quality evaluation independently and combined with filtration retrofit to central forced air furnace air handling system.

Project #2: Promoting Physical Activity for Potrero Hill Residents

Project Goal:

As part of the SFLIVE! District 10 (D10) Wellness Collaborative initiative, the aim of “The Active Living in Potrero Hill Program” is to (1) serve Potrero Hill residents across the lifespan and (2) build community capacity to sustain active living in Potrero Hill. The program emphasizes access to safe, fun, accessible, sustainable and culturally-relevant active living opportunities.

Project Coordination:

Patricia Erwin, DPH Population Health Division Community Health Equity and Promotion Branch (CHEP)

Total Allocated: \$225,000

MOHCD & DPH Expenditures:

| | |
|-----------|---|
| \$50,000 | Contract encumbrance by Mayor’s Office of Housing & Community Development (MOHCD) for initial funding of BRIDGE Housing (Rebuild Potrero-HOPE SF) “Potrero Healthy Living” Program in FY 2011-12 |
| \$175,000 | Contract encumbrance by DPH-CHEP added to existing SFLIVE! D10 Wellness Collaborative contract with fiscal sponsor Bayview Hunters Point Foundation for Community Improvement (BVHPF), and awarded to external agencies through January 2013 “Active Living in Potrero Hill” Request for Applications (RFA) process for FY12-14 |

Outcomes to Date:

- In January 2013, the following agencies received RFA funding for “Active Living in Potrero Hill” projects, for programming between January 1, 2013 and June 30, 2014;
- Many successful outcomes have already benefitted Potrero Hill residents and further description can be found in each awarded agency’s portion of this report.

| RFA Award | Recipient Agency: |
|-----------|--|
| \$20,000 | Black Coalition on Aids (BCA) for Bike the Hood Program |
| \$35,500 | BRIDGE Housing (Rebuild Potrero-HOPE SF) Corporation for Potrero Healthy Living Program |
| \$44,000 | Daniel Webster Elementary Parent Teacher Association for Fitness is Elementary Program |
| \$30,000 | Potrero Hill Neighborhood House (“the NABE”) for Day of Play & Health Fair and Youth Basketball Program |
| \$37,500 | San Francisco Recreation & Parks Department for offering of free Family Zumba, Adult Pilates, Adult Yoga, and Senior Aerobics classes at Potrero Hill Rec Center |
| \$8,000 | San Francisco General Hospital Wellness Program for Community Wellness Program, including Potrero Partners in Health |
| \$175,000 | Total RFA funding |

Pending Outcomes:

Above projects are approaching the final quarter of Mirant funding. Report of completed contract deliverables will be received by July 2014, and reported in next fiscal year.

Project #3: Potrero Garden Program

Project Goal:

The goal of the allocated funding was to help construct the Texas Street Farm and to support ongoing operations of the overall Potrero Garden Program, which includes programming at both the Texas Street Farm and at the Family Resource Center Garden. The Potrero Garden Program's goals are: 1) train several resident apprentices to engage the community and help the Garden Managers maintain a healthy garden, 2) host two garden harvesting and workdays per week; a kid's garden program on the first Saturday of the month; and two gardening classes per month for adults that teach families how to grow and maintain an organic, seasonal garden in San Francisco, and 3) incorporate the produce harvested from the Garden Program into the cooking curriculum of the Potrero Healthy Living Workshop held once a month in the Rebuild Potrero community office.

Project Coordination:

San Francisco Parks Alliance as fiscal agent and BRIDGE Housing (Rebuild Potrero-HOPE SF) as oversight

Total Allocated: \$159,600

DPH Expenditures:

| | |
|-----------|---|
| \$158,600 | Work Order to Community Action Organization (CAO); CAO Community Challenge Grant awarded to SF Parks Alliance |
| \$1,000 | DPH-EHB lab costs for site evaluation of lead and other metals in soil |

Outcomes to Date:

- Soil analysis and a report of findings were completed by DPH Population Health Division Environmental Health Branch Childhood Lead Prevention Program, and recommendations implemented in cooperation with Texas St. Community Garden Managers;
- The Texas St. Garden Project hired 2 Garden Managers and trained 2-3 resident apprentices. The property allocated for the Texas St. Garden has been graded, beds constructed and planted, and issues of water access have been resolved;
- Community programming and engagement has been very successful, and further description can be found in the BRIDGE Housing (Rebuild Potrero-HOPE SF) portion of this report.

Pending Outcomes:

Report of completed contract deliverables will be received by July 2014, and reported in the next fiscal year.

Project #4: Asthma & Preventive Developmental Health Education

Total allocated to three projects shown below (#4A, #4B, and #4C): \$465,066

Project #4A: Healthy Generations Project

Project Goal:

Creating an environment that nurtures the developmental health of the next generation is a key component of developing a thriving and healthy community. Healthy Generations will focus on a community-based strategy that empowers residents to educate themselves, teach others and create a sustainable network of programs that target four essential components of a child's developmental health: freedom from toxins, nutrition, emotional security, and cognitive enrichment.

The Healthy Generations Project puts forth a strategy to reduce health disparities by creating a sustainable community-based health program focused on preventive developmental health. It is a three-year pilot program that will reach over 200 families living in Potrero Terrace & Potrero Annex public housing. The program will integrate the research, expertise and experience of Dr. Mary Burke of San Francisco General's Pediatric Environmental Health Specialty Unit, and of other healthcare professionals, with the day-to-day knowledge and cultural understanding of residents living in Potrero Hill. The goals of the Healthy Generations Project are three fold: 1) to empower residents to lead the community in improving health; 2) to enhance the community's health by increasing knowledge of preventive developmental health measures; and 3) to create a network of institutionalized community-based programs that implement preventive development health measures and make it easy for residents to participate.

Healthy Generations views a community's health the way Yo Yo Ma sees musical excellence - it takes the work of generations, building upon the successes of previous generations (and making up for the mistakes of the past) to build a stronger, more resilient, and more powerfully prepared generation to not only face today's challenges, but rise to brilliance.

Project Coordination:

The Healthy Generations Project being directed and implemented by Jennifer Dhillon Consulting. The fiscal sponsor is Community Initiatives, and BRIDGE Housing (Rebuild Potrero-HOPE SF) serves as the oversight board for the fiscal sponsor.

Subtotal Allocated: \$210,000

MOHCD Expenditure: \$210,000 contract encumbrance

Outcomes to Date:

The Healthy Generations Project is now in full swing with Community Health Leaders leading parent/child reading and play groups and daily Walking School Buses to Starr King and Daniel Webster elementary schools to help promote the importance of education and school attendance. The Walking School Bus project had a feature story in the Chronicle on November 29, 2013.

<http://www.sfgate.com/opinion/article/Walking-school-bus-helps-put-kids-on-course-5022735.php>

Pending Outcomes:

Report of completed contract deliverables will be received by July 2014, and reported in next fiscal year.

Project #4B: Asthma Management and COPD Education at Potrero Hill Caleb Clark Health Center

Project Goal:

This project was initiated to bring asthma, chronic obstructive pulmonary disease (COPD), and smoking cessation education to Potrero Hill Health Center patients with asthma and COPD to help improve chronic disease self-management. Additionally, by developing in-service training, the project staff also builds clinic staff capacity to support these functions once Mirant funding is expended.

Project Coordination:

Gloria Thornton, Chair of Asthma Resource Center of San Francisco, Inc. Board (ARC, Inc.); Katie R. Allen, contracted health education services

Subtotal Allocated: \$60,000

DPH Expenditures:

\$ 33,255 expended through January 2014 for DPH Contract with ARC, Inc. as shown below:

- FY12-13 invoiced expenses of \$19,822
- FY13-14 invoiced expenses of \$13,433 through January 2014

Outcomes to Date:

The Asthma/COPD and smoking cessation education program has provided 477 lung health visits to 430 patients, over 18 months of 2 days/week appointment availability. The program health educator developed expertise to also include patient spirometry as part of lung health visits, and to offer multi-week smoking cessation support groups. The health educator also provided community outreach on behalf of the clinic, and engaged with the local school to offer Open Airways training to elementary students with asthma.

Pending Outcomes:

- Purchase of medical devices and supplies for asthma and COPD patients, including acapella valves and allergen-proof mattress and pillow covers;
- Report of completed contract deliverables will be received by July 2014, and reported in next fiscal year.

Project #4C: Asthma Case Management and Education Program at San Francisco General Hospital (SFGH) Pediatric Asthma Clinic

Project Goal:

The SFGH Pediatric Asthma Clinic established this Health Worker II position in order to provide asthma management education on a timely basis to all Asthma Clinic patients. At the same time, hiring a third

Health Worker has greatly increased the Clinic's Spanish-bilingual culturally competent support to the two-thirds of their patient population that come from Spanish-monolingual families.

Project Coordination:

Kimberlee Honda, FNP, Clinic Director, and Mary Anne Israel, PNP, Director of Program Development

Subtotal Allocated: \$195,066 for class 2586 salary & fringe benefits

DPH Expenditures:

\$195,066 budgeted for salary and fringe benefits to hire of full-time position with Spanish bilingual requirement for Health Worker II (class 2586); salary range \$24.93-\$30.30 hourly. Personnel hired effective 11/26/13.

Outcomes to Date:

The Pediatric Asthma Clinic has been able to hire a wonderful Spanish-bilingual/bicultural community health worker, Justina Bocanegra, to better serve all of their asthma patients, particularly those from Spanish-speaking families. The new Health Worker II duties, shared among three Health Worker II positions, include these core functions as well as others described later in this report: patient intake, triage/spirometry and discharge; accurate charting in electronic medical records; asthma/allergy teaching as needed during clinic visits, as well as urgent care and inpatient setting when feasible; motivational interviewing techniques for individualized teaching; facilitation of communication between patient and medical provider; as needed case management to support patient needs outside of the clinic, such as assistance with medication and pharmacy communication and connecting families to local resources (housing, legal, behavioral health).

Pending Outcomes:

Report of completed contract deliverables will be received by July 2014, and reported in next fiscal year.

Project Profiles and Progress Reports by Funded Agency

A. San Francisco Department of Public Health-Environmental Health and Mayor's Office of Housing & Community Development

Project Profile

Project Name: Pilot Project for Furnace Filtration Retrofits

Project Objective

Our pilot project objective is to improve indoor air quality in Southeast homes adjacent to freeways, and to use air sampling measurements to document those improvements. We will accomplish this goal by providing pilot project homes with furnace filtration retrofits to increase the capture of fine particulate matter, and on an as-needed basis, also including air sealing of building envelopes to block infiltration of fine particulate matter from outdoors. Where feasible, we will also install mechanical exhaust ventilation for kitchens and bathrooms.

Total Number of Participants

Two homes have received services, and several others have received scope of work assessments. For the period July 1, 2013 – December 31, 2013, we had engaged 40 Bayview Hunters Point (94124) and Potrero Hill (94107) residents who are interested in pilot project participation.

Total allocated: \$150,334

Total program invoices: \$25,823

If you have any funding remaining from your allocation how will it be used?

MOHCD-encumbered funding will continue to be utilized for pilot project retrofits. Up to \$11,667 remains available for professional services, and will likely fund a contract for continued air quality evaluation by Lawrence Berkeley National Lab.

Will any program activities be sustained?

Pilot project findings will be incorporated into a future California Environmental Quality Act (CEQA)-defined Air Quality policy document, the San Francisco Community Risk Reduction Plan, currently being

drafted for public review by the Mayor's Office, Planning and Public Health Departments. It remains to be seen if funds will be allocated to continue the home-based services of the pilot project.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?

We are learning the feasibility of retrofitting homes near freeways to have less infiltration and recirculation of particulate matter pollution. We are also learning how to mesh the technology available to accomplish our goals with the capabilities of the occupants in the neighborhoods we are serving. Preliminary assessment of pre- and post-retrofit measurements made in the two homes receiving services has indicated improvements in indoor air quality in both homes.

As a result of this project, have your partnerships been enhanced?

We have built a significant partnership between City agencies and Lawrence Berkeley National Lab air quality/energy efficiency experts in establishing our criteria for property inclusion in the program, determining goals and strategies, and providing quantitative and qualitative evaluation of air quality outcomes.

Are there barriers your agency/program has overcome that would be of benefit for others to read about?

We have begun to grasp the many variables that must be considered to provide enhanced filtration, including the limitations of changing motors in newer furnaces, occupant understanding of thermostat operation, and keeping down utility costs for low-income owner occupants. Additionally, in the homes that have been inspected, deferred maintenance and outdated heating and electrical systems have added to the complexity of the project.

This pilot project is difficult to translate to lay terms to attract participant households. The direct mailing/fax back application approach describing potential free home improvements seemed to overcome this barrier.

Participant Quotes

- *"We feel very comfortable. Everything is perfect. The work has improved the air quality of our house, gotten rid of the odor, kept our house warmer, quickly. The construction work was done in a professional manner and was completed on time. Project staff are courteous, nice and professional. Keep us informed when new program is available. Hopefully, more families can benefit from this program." -- Ella Ford, resident of Mirant Pilot Project home in 94124 District*
- *"The air quality of my house has been improved. My house is no longer cold. The condition of my house is fine and stays good all the time. After the installation of the equipment, the air of my house is much better than before. I especially like the new heating system." -- Beverly Taylor, resident of Mirant Pilot Project home in 94124 District*



Air sampling equipment cabinet, with probes to sample both indoor and outdoor air



Retrofitted furnace with new high efficiency (MERV13) pre-filter cabinet



Installed range hood with fan to remove indoor-generated particulate and moisture from cooking

B. Black Coalition on AIDS (BCA)

Project Profile

Project Name: Bike the Hood

Project Objectives

1. Weekly bicycle outing (goal of 20 bike rides from April-September);
2. Provide vouchers from the Alemany Farmers' Market to each participant on every bicycle trip;
3. Encourage participants to purchase healthy and nutritious foods;
4. Coordinate collaboration with other agencies doing bike activities at least 5 times throughout course of project;
5. At the beginning of the program, and at two points afterward, participants will receive health screenings to assess their blood pressure, blood glucose, blood cholesterol, and body weight as an indication of overall progress during their program participation;
6. Conduct discussion and have reception for participants;
7. Provide biking lessons and bicycle safety lessons taught by a bike coach;
8. Throughout the course of the activity program, participants will receive information on local health and wellness programs, physical activity groups, nutrition classes, and other resources with the goal of nurturing and deepening the participants' commitment to their health. Participants will be encouraged to join BCA's Wellness Passport Program to support and continue an active living program, and became aware of the importance of their bio-marker numbers.

Total Number of Participants: 125

Total RFA award: \$20,000

Total expenditures: \$20,000

If you have any funding remaining from your allocation how will it be used?

No funding remains.

Will any program activities be sustained?

Although we were only able to purchase less than half of the total bikes needed to implement a successful bike caravan activity, BCA does have the bikes, and there are plans for having more bike caravan rides. To do so, there is still a need for funding to pay a bike coach and to purchase fresh Farmers' Market produce. If that funding is not available, then BCA/Rafiki Wellness will work on alternative funding if necessary.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?

Mirant funding has allowed our agency to broaden its outreach and education and it provided the opportunity to increase health and wellness lifestyle options in the Potrero Hill neighborhood and surrounding area. BCA also had the opportunity to partner with other Potrero Hill organizations. One of the most important accomplishments has been the establishment of biking as a group at BCA and in the Potrero Hill/Bayview neighborhoods, giving Bike the Hood participants and other BCA/Rafiki Wellness participants an opportunity to have access to a healthy outdoor activity as well as introducing participants to the local the Farmers' Markets. Some of the participants actually began to incorporate healthy behavior changes into their lifestyles; not just the biking, but also eating fresh fruits and vegetables more often. BCA/Rafiki Wellness was also able to purchase bicycles to provide to our wellness program participants to use for other outdoor biking activities and rides.

How has your program provided access to safe, fun, accessible, sustainable and culturally relevant active living opportunities; build community capacity to sustain the active living; and/or served Potrero Hill residents' active living across the lifespan?

BCA/Rafiki Wellness Bike the Hood program was created and implemented to give access to a fun, safe, accessible and sustainable outdoor activity. Through offering use of a bicycle to participate in the weekly bicycle rides, bike riding coaching, safety education, strength and stamina training, the residents of Potrero Hill were given the opportunity to participate in healthy living activities in a small group, family friendly, local setting that then could be incorporated into lifestyle changing activities. As a pilot program, Bike the Hood offered 20 bicycle rides accompanied by bicycle riding lessons and bike rides on local bike paths while also offering biking safety education over the course of six months with group discussion afterward while participants enjoyed fresh Farmers' Market produce that they purchased or that was purchased for them the morning of the ride.

Bike the Hood participants received a Passport to Wellness Program orientation and enrollment packet for the first four weeks in April. Several joined the Passport Program and received a health screening as well as attended other physical activity and nutrition classes. Some participants graduated from the Passport Program where they took part in the Eat Well to Live Well Nutrition Education class; participated in the physical activity and movement classes; and attended the Healthy Living Now! support and education sessions. Bike the Hood participants also attended the Conscious Nutrition Education classes and stress reduction physical activity on First Saturdays and other BCA events. They have received information on local health and wellness programs through announcements from the Coordinator at the bicycle rides, group discussions, BCA classes and events.

As a result of this project, have your partnerships been enhanced?

BCA/Rafiki Wellness' partnerships with several organizations became enhanced due to our interaction with them for outreach or educational activities through our work with Bike the Hood and 'Bikes for the People', a bike build event. We engaged in outreach activities, healthy living discussions and/or bike related activities with several partner organizations such as the Urban Services YMCA; BRIDGE Housing (Rebuild Potrero-HOPE SF); Potrero Hill Recreation Center; SF Bicycle Coalition; Heal Zone; Food Guardians and POWER to name some of the partnerships that have been strengthened through these activities.

Are there barriers your agency/program has overcome that would be of benefit for others to read about?

BCA/Rafiki Wellness worked hard over the seven months of the program to overcome the barrier of the hill location and the physical as well as social demographics of the Potrero Hill neighborhood. We certainly could share information on partnering models, outreach strategies, what worked and didn't work.

Participant Quotes or Stories

"I felt like emotionally it was very liberating for me to get out there for an extended period of time. I stepped out of my comfort zone. It gave me confidence and helped me feel better about myself and my abilities. Physically it helped with my strength and endurance and it helped me to get my bio-marker numbers to the best place they have been, where they have never been before and haven't been since. My body fat was lower, my BMI was the best it has been and I attributed it to the Bike the Hood program".

The above quote comes from the person who attended the most bike rides, although not a resident, she works in the Potrero Hill neighborhood and found it convenient to come to the Bike the Hood rides and then go to work afterward. She came to BCA/Rafiki Wellness for the Bike the Hood program, getting on a bike for the first time in over a decade and has been a regular attendant in our stress reduction wellness and nutrition programs since becoming part of the BCA/Rafiki Wellness community. She believes that the aerobic activity combined with the strengthening and toning of the biking activity has been of great benefit to her overall confidence as well as her health.



C. BRIDGE Housing (Rebuild Potrero-HOPE SF)

Project Profile

BRIDGE Housing (Rebuild Potrero-HOPE SF) manages several Mirant projects as shown below.

Project Names: Potrero Garden Program (#3); Healthy Generations Project (#4A); and Potrero Healthy Living Program (#2)

Total Number of Participants

Potrero Garden Program

Participation for the Potrero Garden Program averages approximately 90 duplicated participants per month, with between 12-20 participants at each garden workday. The program also includes between 2-3 resident apprentices, supporting the Garden Manager and ensuring ongoing community participation in the program.

Healthy Generations Project

Participation in the Healthy Generations Project includes approximately 15 kids per day participating in the walking school buses and approximately 25 residents per week participating in the parent/children activities.

Potrero Healthy Living Program

Participation in the Potrero Healthy Living Program is extremely high. The average number of unique participants per month is more than 115 Potrero public housing residents and community members and close to 700 duplicated participants per month.

Funding & Sustainability

Potrero Garden Program

Total allocated and expended to date: \$159,600

The Potrero Garden Program is run through the Parks Alliance as the fiscal sponsor with BRIDGE Housing (Rebuild Potrero-HOPE SF) serving as the oversight entity. Additional funding for the garden program has been raised from a variety of public and private sources and ongoing operations are being secured to ensure continuation of the program. The Mirant funding for capital improvements has been expended; however, there are approximately \$40,000 of remaining operating funds that will be drawn down throughout 2014. The cost to operate the Potrero Garden Program is approximately \$75,000 per year.

Healthy Generations Project

Total allocated: \$210,000; Expended to date: \$160,000

The Healthy Generations Project (HGP) has been moved to a fiscal sponsor, Community Initiatives, and the program is directed and implemented by Jennifer Dhillon Consulting. BRIDGE Housing (Rebuild Potrero-HOPE SF) serves as the oversight board for the fiscal sponsor.

Approximately \$160,000 of the Mirant funding has been transferred to the Community Initiative to sustain the program operations over the next two years. Additional funding through the Campaign for HOPE SF, the SF Foundation, and other private sources ensure continued operations of the Healthy Generations Project for at least 5 years. The cost of the Healthy Generations Project is approximately \$215,000 per year.

Potrero Healthy Living Program

**Total \$50,000 MOHCD-allocated and \$37,500 DPH RFA-awarded;
Expended to date: \$40,000 MOHCD funding and \$20,000 RFA funding**

Original funding for the program came from a variety of public funding sources including the Mayor's Office of Housing and the SF Department of Public Health. These funds have been drawn down to date and approximately \$10,000 remains. Additional Mirant funding was awarded through the RFA process to the program to sustain the Zumba classes and support ongoing outreach for the healthy living activities. Approximately \$20,000 remains from the Mirant funding which is allocated through the Bayview Hunters Point Foundation. Additional funding from a variety of grants and other public funds through the Mayor's Office of Housing are helping to fund the Potrero Healthy Living program. The cost of the program is approximately \$75,000 per year.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?

Potrero Garden Program

The Mirant Funds helped construct and maintain operations of the highly successful Potrero Garden Program. The Garden Program includes programming in two community gardens: Family Resource Center Garden and the newly-constructed Texas Street Farm. The Potrero Garden Program also includes a barrel garden program which allows residents of the Potrero Terrace and Annex public housing site the opportunity to garden at their doorstep with their very own barrel garden. With the addition of the Texas Street Farm, the Potrero Garden Program has expanded to include two garden harvesting and workdays per week, a kid's garden program on the first Saturday of the month, and two gardening classes per month for adults that teach families how to grow and maintain an organic, seasonal garden in San Francisco. The produce harvested from the garden is also incorporated into the cooking curriculum of the Potrero Healthy Living Workshop held once a month in the Rebuild Potrero community office.

Apprentices have been hired as stewards of the garden and to spread their knowledge to residents. Resident/apprentice, Tanjika Kelley, leads our seed saving program with hopes of collecting our most valuable seeds for future use and distribution to other SF gardens. Our barrel garden program, where each and every resident can have a half wine barrel garden on their doorstep, is inspiring residents to water their yards and plant other small gardens and flower beds.

Healthy Generations Project

"It takes three generations to make a musician; the first to leave poverty, the second to go to school, and the third to master an instrument." --Yo-Yo Ma

The HGP kicked off in 2013. It is now in full swing with Community Health Leaders leading parent/child reading and play groups and daily Walking School Buses to Starr King and Daniel Webster Elementary Schools to help promote the importance of education and school attendance.

HGP understands that parenting practices are personal, cultural and passed on from generation to generation. HGP strives to be a culturally competent program that encourages lasting parenting behavioral changes and healthier outcomes for the Potrero Terrace and Annex community.

HGP offers a 10-week educational workshop series, provides opportunities for social cohesion and mental health service connections, and hires Community Health Leaders to organize parenting activities that help build cognitive and emotional resiliency to Adverse Childhood Experiences (ACEs). Parenting activities are grounded in five protective factors:

- Provide healthy nutrition;
- Stimulate brain activity;
- Ensure toxic-free environments;
- Create positive community and home interactions; and
- Put education first.

Potrero Healthy Living Program

In 2011, Rebuild Potrero, in partnership with the Potrero Neighborhood House, launched the Potrero Healthy Living Program to promote healthy habits and to build a deeper sense of community and support around living a healthier lifestyle. This program includes daily exercise activities, Zumba classes, healthy eating and cooking workshops, a sober living discussion group, a garden program, meditation classes, and other fun classes and events.

How has your program provided access to safe, fun, accessible, sustainable and culturally relevant active living opportunities; build community capacity to sustain the active living; and/or served Potrero Hill residents' active living across the lifespan?

Potrero Garden Program

Below is an update from the Potrero Garden Manager that was written in August, 2013: Recently someone asked me, "What are you guys doing up there on Potrero Hill?" This gave me a moment to reflect on what we have accomplished at our little garden and imagine what is to come. For over two years now, the Family Resource Center (FRC) Garden has gifted residents of the Potrero Hill Terrace and Annex with many pounds of fresh, organically grown produce. Garden workdays on Tuesdays and Saturdays bring out a diverse group of residents and community members who work together to grow the bounty, share recipes, and tell stories about planting gardens with their grannies. Some residents are experiencing planting and harvesting fruits and vegetables for the first time. Others grew up in the South with families who sustained themselves on small farms and backyard gardens. They can't wait to get their hands back into the warm soil and taste the fresh collards, onions, and tomatoes they remembered as children.

A year ago, the promised Texas Street Farm that will overlook the bay, was delayed. This simply empowered the gardening crew to seek out other areas to plant. A small, barren spot north of the FRC Garden raised beds has been transformed into a sunflower patch with fence trellised tomatoes, a row of pineapple guavas, and a squash bed with zucchini, yellow crookneck squash, zapallitos de tronco, and butternut squash. Amaranth and blue honeywort make the patch truly eye catching. The hillside north of the beds, which was first seeded by David Globber, the original garden manager, has been extended to the foot of the soon-to-be Texas Street Farm. This hillside has been turned into a virtual food forest with apple, fig, and mulberry trees. Native and perennial shrubs and flowers are also scattered throughout the patch. Today, the splendid California poppies, multicolored lupine, pink and white godetias, artichokes, and the vines of the Malabar gourd are all staking their claim to the beautiful hillside.

And now, as if summoned, the Texas Street Farm is being completed with 13 new raised beds. Imagine the number of residents who will be fed with this new produce grown with love by community members. Imagine residents who cannot make it to the garden having a fresh basket of vegetables, fruit and flowers delivered to their doorstep. Kevin Williams, one of the Garden Apprentices, exclaims “We are going to have the best garden in the city!” Yes, these are lofty words from an exuberant heart, but who’s to say we can’t make it so? It’s not often you have an opportunity to create something so beautiful and important in so many ways. What are we doing up there on Potrero Hill? We’re creating the best garden in the city!

Healthy Generations Project

The HGP is a pilot program in Potrero Terrace and Annex that helps parents of children 0-5 years old learn how to protect their child’s developmental health and build resiliency against ACEs such as stress or loss of a parent. Through a peer-to-peer model, HGP utilizes the latest information about the impacts of stress on children’s cognitive, emotional, mental and long-term physical health to strengthen parent/child relationships and provide parents with education, emotional support and parenting opportunities to reduce the impacts of poverty on their children’s development. Over time this will result in increased levels of kindergarten readiness, academic proficiency, school attendance and other long term health benefits for Potrero children.

Three Community Health Leaders were hired through a competitive process, upon completing the 10 week Healthy Generations Project workshops which included approximately 12 parents of children 0-5 years old, living in Potrero Terrace and Annex public housing.

Potrero Healthy Living Program

The Potrero Healthy Living Program is free and available to all Potrero community members and friends. Though all of the activities are popular, none draws a crowd like the Zumba classes, held twice a week on Mondays and Wednesdays from 6:00-7:00pm at the Potrero Neighborhood House. Zumba classes bring together participants from all over Potrero-- all ages, ethnicities and dancing abilities!

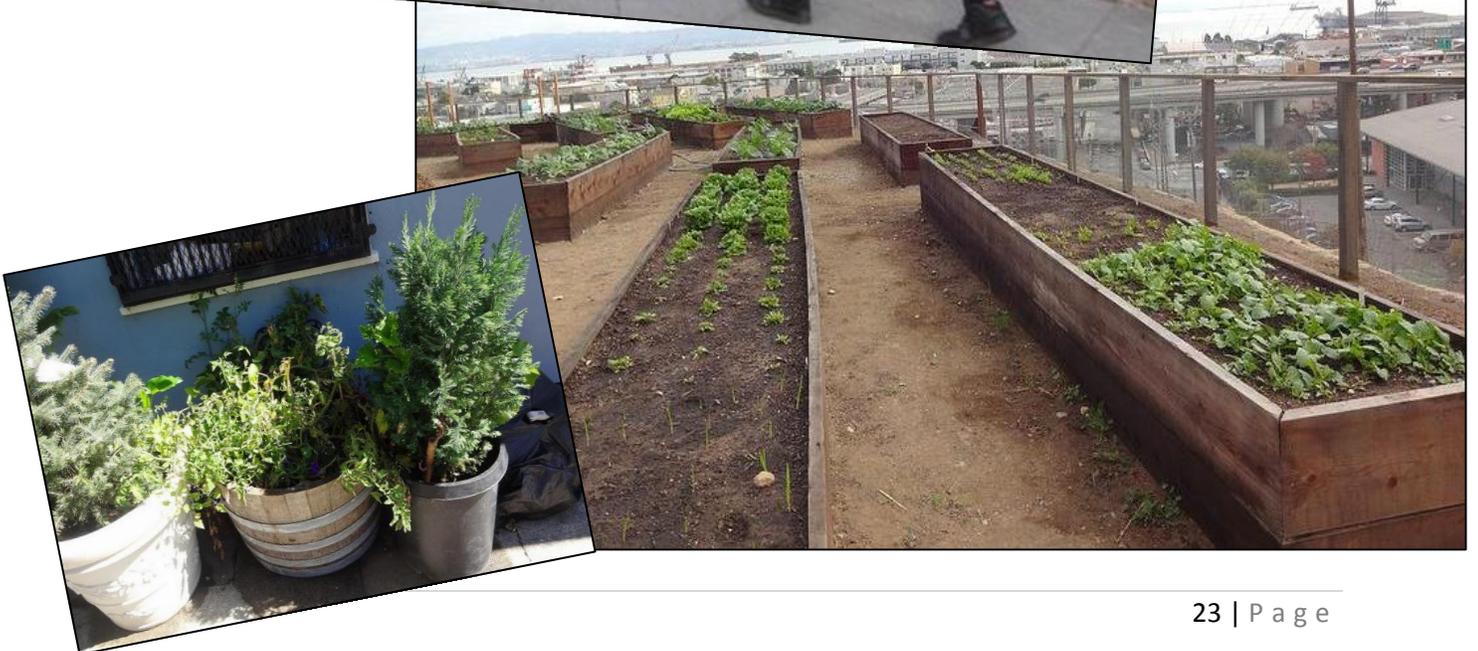
The classes have become so popular the stage is often shared by the instructor and a crowd of kids, leading the gathering in fast paced dancing routines. Sharing in the crowd’s enthusiasm is Artea Clinton, the anointed Zumba class cheerleader, who is there every class to inspire participants to keep pushing on through to sustain exercising. The music, the energy in the

room, Artea's support, and the Zumba soul train gets everyone up and motivated, dancing for their health!

Are there barriers your agency/program has overcome that would be of benefit for others to read about? No.

Participant Quotes

- *"I look forward to coming to Zumba because it makes me feel good in my mind and body and I enjoy it." -- Morgiana Parks*
- *"I love coming to Zumba at 'the NABE' because it's fun not like being in a sterile gym on a treadmill staring at a wall. There are people of all ages from toddlers to grandmas."-- Neela Roy*
- *"I come to Zumba because it makes me feel better and helps me with my health."-- Angela Xhurape*





D. Daniel Webster Elementary Parent Teacher Association

Project Profile

Project Name: “Fitness is Elementary” at Daniel Webster Elementary School

Project Objectives

Our objective is to increase the physical fitness of Daniel Webster Elementary School students while teaching life skills (goal-setting, self-discipline, stress management) and improving the academic climate by funding a Playworks Coach.

Total Number of Participants: 325

All students are in grades K-5 at Daniel Webster Elementary School.

Total RFA-awarded: \$44,000

Total Mirant-funded program expenditures: \$28,000

If you have any funding remaining from your allocation how will it be used?

We have \$16,000 remaining, of which \$14,000 will be used to pay the next installment of the Playworks school fee and \$2000 will be applied towards a turf installation project on our lower playyard.

Will any program activities be sustained?

Yes, we will continue to fund Playworks for as long as we can. Our PTA fundraises continuously, with our main event being “Taste of Potrero” in May of every year.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?

Playworks is a transformative presence on our campus. As a “bonus” staff member that uniquely interacts with every single child weekly, our Playworks Coach has a huge impact at school. While the increased physical activity Coach Robert provides is central to his mission, equally important are the other skills he teaches, such as sportsmanship, teamwork and perseverance. Playworks on campus vastly improves our school climate and improves the environment for learning.

Playworks is the top staff and parent priority for our PTA to fund at Daniel Webster each year. Having Mirant funding for Playworks for 18 months allowed us to redirect funds we would have spent on Playworks to fund other key programs that benefit our children. This includes additional hours of

paraprofessional help, additional arts programming, and funding for low-income children to attend an extraordinary overnight outdoor education program called Exploring New Horizons. Thus, the benefit of Mirant funding has been many fold. For a small school like Daniel Webster, which is still under-enrolled and thus underfunded, these additional resources have been remarkable.

How has your program provided access to safe, fun, accessible, sustainable and culturally relevant active living opportunities; build community capacity to sustain the active living; and/or served Potrero Hill residents' active living across the lifespan?

Playworks has benefitted Potrero Hill kids at Daniel Webster by:

- Increasing physical activity;
- Decreasing conflict and improving the school climate;
- Teaching new games;
- Helping students develop confidence;
- Helping students develop goals and self-discipline; and
- Helping kids get along with one another.

Together, these benefits make students look forward to coming to school and, most importantly, they help students learn!

As a result of this project, have your partnerships been enhanced?

It's been great to hear about the other funded projects and the agencies that support them. We haven't initiated any inter-agency events, but I have passed along information about partner events to the Daniel Webster school community.

Are there barriers your agency/program has overcome that would be of benefit for others to read about?

As we are an all-volunteer agency helping a school, I don't think our barriers are relevant in this context.

Participant Quotes or Stories

"Both of my children (one in 4th grade and one in kinder at Daniel Webster) are obsessed with Two Touch and Four Square. These two games are mainstays of recess and are two of the first games taught by Playworks Coaches every year. A couple of weeks ago we were at Arkansas Park with a soccer ball and someone had chalked a Four Square grid on the sidewalk. My daughter noticed two elementary school aged kids that she didn't know and asked them if they wanted to play Two Touch. It turned out they were from Starr King, which also has a Playworks Coach, and thus of course they knew how to play. Although the soccer ball proved to be a poor Two Touch ball, it was a great ice breaker, and I thought this event underscored an added benefit of Playworks – promoting neighborhood friendships".



E. Potrero Hill Neighborhood House

Project Profile

Project Names: Day of Play & Health Fair; Youth Basketball Program

Project Objectives

Day of Play & Health Fair

To facilitate a day of healthy activity, learning, and community-building by connecting Potrero Hill adults, children, and families to healthy organizations, food, and games.

Youth Basketball Program

To provide a safe and challenging environment for youth to play basketball after school and receive both athletic and personal guidance from an experienced coach and mentor.

Total Number of Participants

Day of Play & Health Fair

Three hundred participants as measured by surveys filled out by adults, scavenger hunt evidence returned from children, and amount of food served. Fifty-three surveys were filled out by adults including name, address, phone number, health care facility, and doctor's name. Thirty-three out of 53 participants listed Potrero Hill addresses. Of the 50 phone numbers listed, there were 43 "415" (San Francisco) area codes and seven outside of San Francisco area codes.

Youth Basketball Program

18 participants

Project Progress Report

Total RFA-awarded: \$37,500

What has Mirant funding allowed your agency to accomplish?

Day of Play & Health Fair

Approximately 300 Potrero Hill and local participants engaged with 20 health care facilities, opening the door to health resources and information for those who have previously been disconnected.

Youth Basketball Program

Youth have become engaged in an after school activity when they were otherwise inactive. They are accomplishing homework before practice, making new friends from other schools and neighborhoods, developing a community, using their energy in a healthy manner, and receiving nurturing coaching and guidance from a trustworthy adult leader.

How has your program provided access to safe, fun, accessible, sustainable and culturally relevant active living opportunities; build community capacity to sustain the active living; and/or served Potrero Hill residents' active living across the lifespan?

Day of Play & Health Fair

This event engaged the community through culturally relevant food, entertainment, and activities. Games included a dance competition, hula-hoop competition, and a potato sack race. Children also participated in a scavenger hunt, going from one healthy organization to the next, participating in various activities from dental trivia to boxing. Those who went to at least ten organizations could submit their names for a raffle drawing. Adults received information and could also participate in activities with each organization.

Youth Basketball Program

Youth are attracted to basketball due to its popularity, accessibility in this urban setting, and because of the obvious health and mental benefits of the activity. Young people benefit from having a culturally aware, understanding coach leading practices and life discussions, as well as facilitating in homework completion.

As a result of this project, have your partnerships been enhanced?

Yes, through the Potrero Hill Day of Play & Health Fair, the Potrero Hill Neighborhood House and the San Francisco General Hospital Wellness Center have created a Memorandum of Understanding (MOU) to improve outreach and retention for the Potrero Hill Caleb G. Clark Health Clinic.

Are there barriers your agency/program has overcome that would be of benefit for others to read about?

Recruiting and retaining youth to the basketball program faces the challenge of increasing and sustaining attendance from the young people. Youth have many difficulties such as stress within their homes, trouble with peers, academic anxiety, financial tension, and pressure to engage with drugs and alcohol. Encouraging and enabling consistent attendance is crucial to the success of the basketball program. The Potrero Hill Neighborhood House youth program manager and the basketball coach have kept attendance steady throughout the previous season, providing a safe and purposeful outlet for these young people.

F. San Francisco Recreation and Parks

Project Profile

Project Name: Free Classes for Family Zumba, Adult Pilates, Adult Yoga, Senior Aerobics

Project Objectives

Our main objective was to have at least 50% participation from Potrero Hill and District 10 residents living in the 94107, 94110, and 94112 zip codes.

Total Number of Participants: 1352

Overall, of the 1352 participants, 76% are from 94107, 94110, and 94112 areas.

Total RFA-awarded: \$37,500

Total Mirant-funded program expenditures: \$28,242 as of December 2013

If you have any funding remaining from your allocation how will it be used?

It will be used for paying instructors and will have another full day event with potluck towards the end of the grant (sometime in May 2014).

Will any program activities be sustained?

We will definitely keep the Free Family Zumba as it is our most popular program. We will pay the instructor out of our budget. We may keep the yoga and Pilates but will have to make them a fee-based program to help cover cost.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?

It has allowed SFRPD to focus on active living in the Potrero Hill area and provide free access to fitness programming.

How has your program provided access to safe, fun, accessible, sustainable and culturally relevant active living opportunities; build community capacity to sustain the active living; and/or served Potrero Hill residents' active living across the lifespan?

It has brought the community together in a safe environment where they have free access to fitness programming.

As a result of this project, have your partnerships been enhanced?

Yes. We have reached out to community groups and organizations within the Potrero Hill area such as BRIDGE Housing (Rebuild Potrero-HOPE SF), Potrero House Resource Center, Potrero Hill Public Library, Rebuild Potrero, and Unite Potrero to name a few. They have helped with outreach to make sure the people of Potrero Hill were aware of our free programs. In addition, several groups have joined the Potrero Hill Recreation Center's Community Recreation Council.

Are there barriers your agency/program has overcome that would be of benefit for others to read about?

We did not promote the free programs in our email blast or program guides as we thought it would attract many people from all over the City and Bay Area. As we would not turn anyone away, we wanted to focus our outreach within a one mile radius of the recreation center only. With this, there was a lot of leg work walking around the neighborhood with flyers, posters and banners.

Participant Quotes

We have no quotes, but have spoken with many of the participants from each program and they are grateful for the work that everyone has done to be able to provide free programming and to help bring the community together.



G. San Francisco Department of Public Health- San Francisco General Hospital (SFGH) Community Wellness Center

Project Profile

Project Name: San Francisco General Hospital (SFGH) Community Wellness Program

Project Objectives

Our objective was to provide 24 active living classes over a period of 24 weeks (1 class per week) to 60 Potrero Hill residents (2-3 Potrero Hill residents per class).

Total Number of Participants

For the period July 1, 2013 – December 31, 2013, the Community Wellness Center has engaged 30 Potrero Hill residents.

Total RFA-awarded: \$8,000

Total program expenditures: \$1,075

If you have any funding remaining from your allocation how will it be used?

We will use remaining funds from our allocation to provide incentives for Potrero Hill residents to participate in Working on Wellness -WOW (active living) classes at the Community Wellness Center. We will provide a \$10 Safeway gift card to any Potrero Hill Terrace and Annex resident who currently attends WOW classes and recruits two or more neighbors to participate. We will also provide a \$10 Safeway gift card to Potrero Hill Terrace and Annex residents who are new to the WOW classes and participate in at least two WOW classes.

Will any program activities be sustained?

We are diligently working with our fiscal agent, the San Francisco General Hospital Foundation, to pursue funding from relevant philanthropic agencies to ensure that our program can be strengthened and sustained.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?

Through Mirant funding, we were able to initiate a partnership with the Potrero Hill Health Center, BRIDGE Housing (Rebuild Potrero-HOPE SF), and “the NABE”. We refer to ourselves as *Potrero Partners in Health* and our goal to encourage Potrero Hill Terrace and Annex residents to establish a medical home at Potrero Hill Health Center, in anticipation of Healthcare Reform. The goal of this collaborative effort is to increase the number of Potrero Terrace and Annex families enrolled at the Potrero Hill Health

Center from approximately 300 to 400 by June, 2014. Our intention is to assist these residents in accessing health care at a basic level; making an initial approach to a healthcare provider for treatment.

Each Organization's Role:

Department of Public Health - SFGH Community Wellness Center

To promote health and wellness by strengthening linkages between Potrero Hill Health Center, Potrero Hill Neighborhood House, and BRIDGE Housing Corporation to encourage utilization of community-focused prevention and wellness services available at both Potrero Hill Health Center and SFGH.

Potrero Hill Neighborhood House

To assist in outreach to raise awareness about the opportunity to establish a medical home at Potrero Hill Health Center and promote the wellness services available through our respective organizations.

Department of Public Health - Potrero Hill Health Center

To provide direct access to primary care and wellness services at Potrero Hill Health Center and to provide baseline data about Potrero Terrace and Annex health center usage and promote the wellness services available through our respective organizations.

BRIDGE Housing (Rebuild Potrero-HOPE SF)

To share relevant health data and assist in conducting outreach efforts, with the ultimate goal of raising residents' awareness of the opportunities to establish Potrero Hill Health Center as a medical home and promote wellness services available through our respective organizations.

How has your program provided access to safe, fun, accessible, sustainable and culturally relevant active living opportunities; build community capacity to sustain the active living; and/or served Potrero Hill residents' active living across the lifespan?

Many Potrero Hill residents already take advantage of the exciting array of wellness classes offered at SF General's Community Wellness Program. We aim to increase that number through the *Potrero Partners in Health* as well as through engaging Potrero Hill residents who currently participate in the Community Wellness Program to encourage their neighbors to also participate.

As a result of this project, have your partnerships been enhanced?

Yes. In addition to the *Potrero in Health*, we have made numerous useful connections through our participation in the D10 Collaborative.

Are there barriers your agency/program has overcome that would be of benefit for others to read about? No.

Participant Quotes

"When I first started focusing on my health, I was doing certain things to my body like drugs, you know, not taking care of myself, cigarettes, alcohol... So when I came to the Wellness Center, I seen certain things that I can do to keep myself healthy and sober. I been through a whole lot—jails, institutions. Thought I could never make a way. So, I need this to stay focused. I like for the young generation to learn from me. There is a better way instead of going to jail. You know you just have to find yourself".

-- M.W., Potrero Hill Resident, SFGH Patient, Community Wellness Center Participant

H. San Francisco Department of Public Health- Potrero Hill Caleb Clark Health Center

Project Profile

Project Name: Asthma/COPD and Smoking Cessation Education Program at Potrero Hill Caleb Clark Health Center

Project Objectives

Our objective was to work with non-profit Asthma Resource Center of San Francisco, Inc. (ARC, Inc.) to place a health educator at Potrero Hill Health Center (PHHC) who could provide asthma, chronic obstructive pulmonary disease (COPD), and smoking cessation patient education. A DPH public health nurse, Gail Herrick, began the process of creating systems for specialty referrals from Health Center medical providers and establishment of a sustainable registry identifying higher risk patients who could be scheduled for Asthma/COPD education, smoking cessation counseling and spirometry appointments. Subsequently, the DPH contracted with ARC, Inc. to bring in Asthma/COPD health education consultant, Katie R. Allen, whose ongoing responsibilities include one-on-one counseling, promoting and leading smoking cessation groups, and conducting related community outreach to residents of Potrero Hill.

Total Number of Participants

430 PHHC asthma, COPD, and tobacco-smoking patients

Asthma Education Subtotal Allocated: \$60,000

Total Mirant-Funded Program Expenditures: \$ 33,255 through January 2014

- ARC, Inc. contractual placement of health education consultant, budgeted as hourly expense
- Consultant's completion of NIOSH spirometry training in 2012
- Purchase of participant incentives for Smoking Cessation groups

If you have any funding remaining from your allocation how will it be used?

Not applicable, as funding will end with ARC, Inc. contract termination on June 30, 2015.

Will any program activities be sustained?

At the completion of the ARC, Inc. contract, scheduled for June 30, 2015, the Health Center will have benefitted from these sustainable attributes of the Asthma/COPD Education Program:

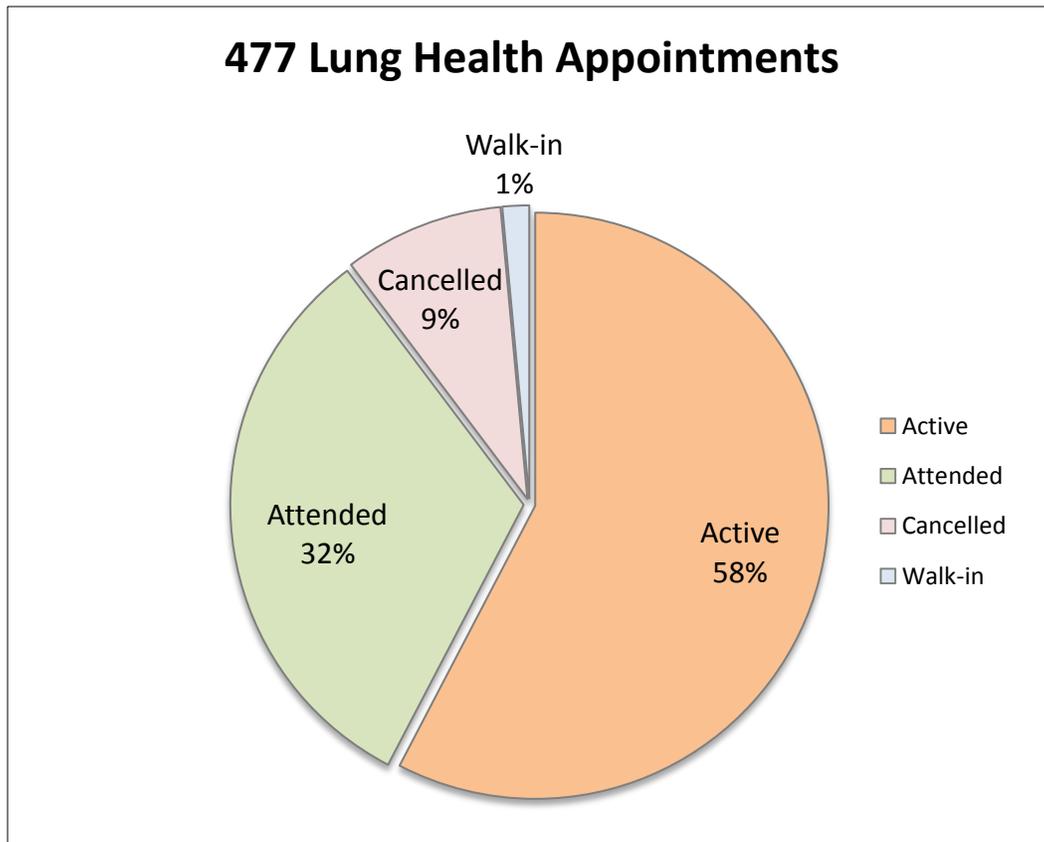
- Asthma/COPD I2I tracks registry established
- Work flow appointment scheduling established for health education appointments in eClinical Works
- Medical provider Asthma/COPD in-service trainings
- Training for nursing staff (Asthma/COPD/Smoking), 2013

- Training for nursing staff by Gail Herrick in Aug 2012 on inhalers and smoking cessation
- Spirometry training for providers by Dr. George Su Dec, 2012
- Placement of Asthma/COPD and spirometry posters in exam rooms
- Development of smoking cessation material and flyers
- In-service with Bayview Hunters Point Health and Environmental Resource Center (HERC) services (home visiting for all patients with asthma)
- Acapella valves medical device inventory established for medical providers to prescribe use
- Allergen-proof mattress and pillow covers inventory established to support patient asthma management, pending delivery
- New Respimat brand inhalers, pending delivery

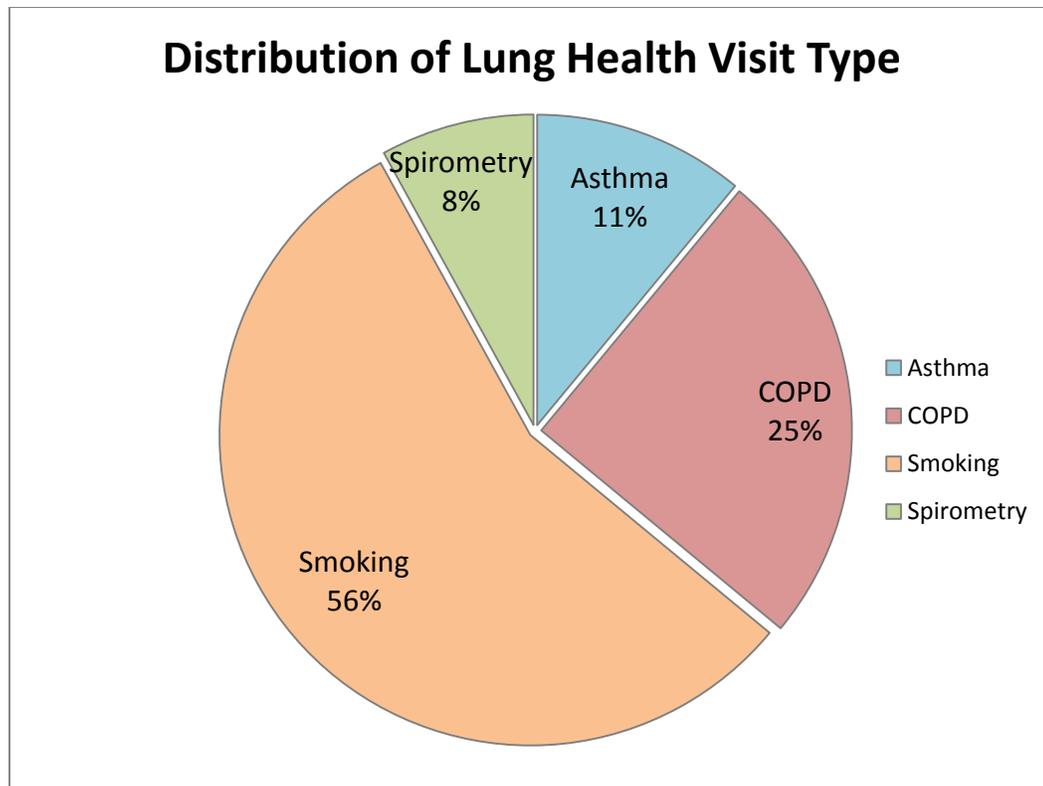
It remains to be seen whether or not Asthma/COPD and smoking cessation patient education or spirometry will be sustained by PHHC Clinic staff once ARC, Inc. contractual services have ended. Smoking cessation counseling may possibly be sustained through the Behaviorist Assistant position established at PHHC.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?



Distribution of Lung Health Visit Type



- The Asthma/COPD and smoking cessation education program has serviced approximately 430 patients, over 18 months of 2 days/week appointment availability (i.e. six spots/day, 6-10 patients scheduled/week).
- The health educator received certification in spirometry practice and arranged for spirometry vendor's sales representative to come to PHHC for training and development of KoKo device software to fit the needs of PHHC.
- Additional health educator duties have included scheduling Asthma/COPD in-service training for Health Center medical provider staff, leading three rounds of group smoking cessation classes with assistance from HERC, and guest speaking at the Health Center's Diabetes Management group class to talk about COPD, asthma and other respiratory issues.
- PHHC's Medical Director and the health educator presented at the Asthma Network continuing education event in October 2013, convened by the San Francisco Asthma Task Force, to show other community leaders and medical providers in the Bay Area how an Asthma/COPD and spirometry program can be implemented into a primary care setting.
- Community outreach has included tabling at Daniel Webster Elementary and teaching Open Airways at Bryant Elementary, meeting with the SFGH Wellness Center staff to foster patient referral into Wellness classes, seeking Healthy Parks Healthy People transportation assistance to bring Health Center patients to Crissy Field.

How has your program served Potrero Hill residents' active living across the lifespan?

All patients served by this program have been given access to self-management chronic disease or smoking cessation education that can improve their ability to lead an active life. Approximately half of PHHC patients reside in the 94107 zip code, which represents Potrero Hill; another significant portion resides in the adjacent 94110 zip code.

As a result of this project, have your partnerships been enhanced?

- The strong partnership and MOU between PHHC and HERC has developed to serve patients who have asthma and those who are smokers.
- The PHHC health educator participated in HERC's January Asthma Camp, including providing spirometry to enrolled children (*photos below*).
- PHHC health educator consultant was able to offer Open Airways curriculum to students at Bryant Elementary School, in coordination with San Francisco Unified School District's Asthma Nurse Coordinator.
- Blue Walcer, Health Educator of the Wellness Center at SFGH was able to conduct wellness training for PHHC staff.
- The PHHC also became a participant in the *Potrero Partners in Health*, a collaborative established to help Potrero Hill Terrace and Annex residents establish a medical home at Potrero Hill Health Center in anticipation of Healthcare Reform. *Potrero Partners in Health* hope to increase the number of Potrero Terrace and Annex families enrolled at the Potrero Hill Health Center from approximately 300 to 400 by June, 2014.

Are there barriers your agency/program has overcome that would be of benefit for others to read about?

The PHHC itself had an indoor air quality program affecting the respiratory health of Clinic staff. The health educator was able to work with DPH Occupational Safety and Health Program resources to evaluate the Clinic's ventilation system and to provide remediation and instruction in its proper use.

Additionally, the health educator, with permission from the PHHC Medical Director, was able to create signage at the Clinic asking patients and visitors to refrain from wearing strong scents that can cause harm to other people who may have respiratory difficulties or chemical sensitivities.

Participant Quotes

- *"Class was very helpful for me."*
- *"This class has honestly been the only class I have been in that is close to getting me to quit (smoking)."*
- *"I have found this both informative and relaxed, it is the perfect combination for me, thank you!"*
- *"I have almost no questions about my COPD now."*



I. San Francisco Department of Public Health - San Francisco General Hospital (SFGH) Pediatric Asthma Clinic

Project Profile

Project Name: Asthma Case Management and Education Program at SFGH Pediatric Asthma Clinic

Project Objectives

Our objective was to establish a third Health Worker II position for the Clinic, so that we can provide greater Spanish-bilingual culturally competent support to the two-thirds of our patient population that come from Spanish-monolingual families. With additional staffing, the Clinic is also better able to provide asthma case management and education on a timely basis to all of our patients.

Total Number of Participants

The Clinic sees approximately 24 patients per week, operating 4-5 clinics (AM or PM) spread over 3 days/week.

Subtotal Allocated: \$195,066 for class 2586 salary & fringe benefits

Total Program Expenditures:

Personnel hired effective 11/26/13: Health Worker II HW, class 2586, salary range is \$24.93-\$30.30 hourly.

If you have any funding remaining from your allocation how will it be used?

The Health Worker II position will use the entire Mirant Special Revenue allocation.

Will any program activities be sustained?

We hope we are able to retain this needed position with General Fund or other funding source, once special revenue has been fully expended.

Project Progress Report

What has Mirant funding allowed your agency to accomplish?

We have been able to hire a wonderful Spanish-bilingual/bicultural community health worker (CHW), Justina Bocanegra, to better serve our asthma patients, particularly our Spanish-speaking families. The new Health Worker II duties, shared among three Health Worker II positions, include:

1. Clinic responsibilities: Patient intake, triage/spirometry and discharge. Provide accurate charting in electronic medical records.

2. Patient education: Provide asthma/allergy teaching as needed during clinic visits, as well as urgent care and inpatient setting when available. Utilize motivational interviewing techniques for individualized teaching.

Asthma Action Plan

Name: _____ MD/NP: _____

Date: _____



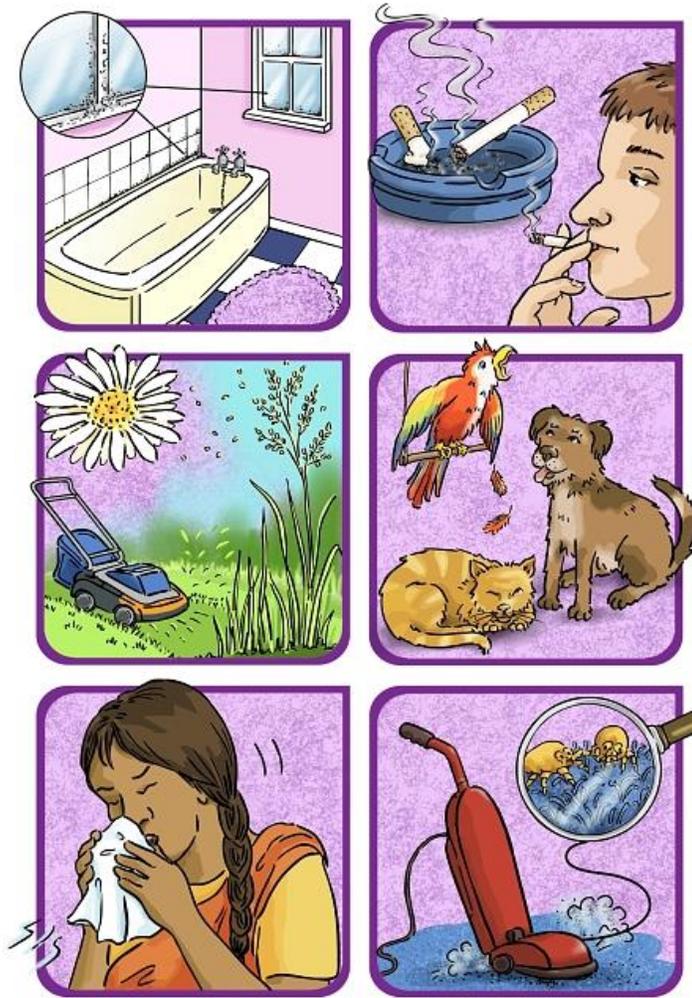
| <p style="text-align: center;"><u>GREEN</u> = GO</p> <p>Breathing is good No cough or wheeze Can play</p> | <p style="text-align: center;"><u>Controller medicines to take every day</u></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;"><u>Name</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>Amount</u></th> <th style="text-align: left; border-bottom: 1px solid black;"><u>When</u></th> </tr> </thead> <tbody> <tr> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> <td style="border-bottom: 1px solid black;"> </td> </tr> </tbody> </table> | <u>Name</u> | <u>Amount</u> | <u>When</u> | | | | | | |
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| | | | | | | | | | | |
| <p style="text-align: center;"><u>YELLOW</u> = CAUTION</p> <p>Any coughing Waking up at night Chest feels tight Short of breath</p> | <p>Immediately take rescue medicines for quick relief: Albuterol or Xopenex, 2 puffs every 4 hours</p> <p style="text-align: center;">Instructions for controller medication:</p> <hr/> <p style="text-align: center;"><u>If you are not feeling better in 20-60 minutes, go to the RED ZONE!</u></p> | | | | | | | | | |
| <p style="text-align: center;"><u>RED</u> = EMERGENCY</p> <p>Albuterol or Xopenex not helping Breathing hard & fast Can't walk or talk well Ribs show</p> | <p style="text-align: center;"><u>Get help from a health care provider NOW</u></p> <p style="text-align: center;">Albuterol or Xopenex 6-8 puffs every 20 minutes up to 3 times</p> <p style="text-align: center;"><u>Also, call 911 or go to the emergency room!</u></p> | | | | | | | | | |

Pediatric Advice: (415) 206-8383
San Francisco General Hospital

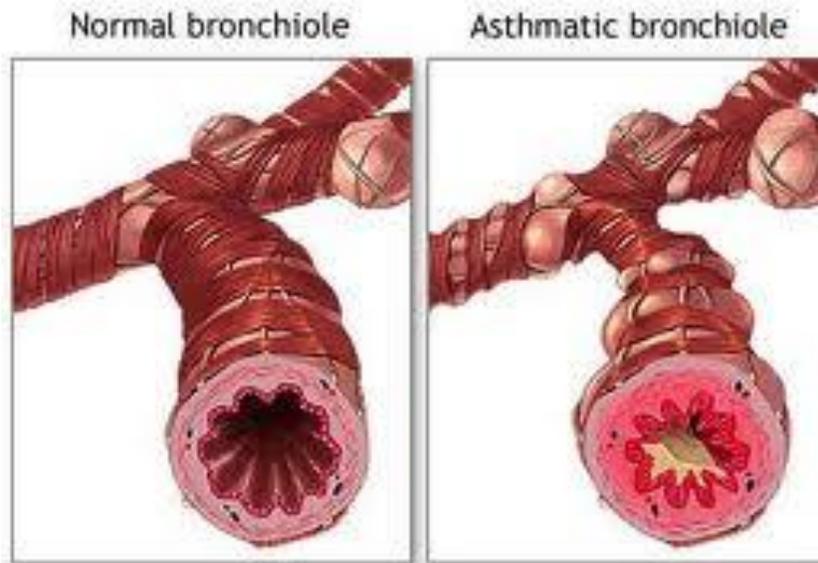
3. Case management: Support patient needs outside of clinic visit via Phone Call Follow Up Program, assist with medication and pharmacy communication, facilitate communication

between patient and provider. Connect families to local resources (housing, legal, behavioral health, Creating Empowerment through Alcohol and Substance Abuse Education) as needed.

4. Home Visiting: Perform home visits for families with habitability or social needs, as appropriate; assess home for asthma environmental risk factors.



5. Scheduling: Appointment booking, cancellations and reminders by way of phone calls and letters. Manage cancellation list and adjust schedule appropriately as advised.
6. Consultation: Provide consultation regarding asthma/allergy home care as requested by outside agencies (schools, day care centers, foster parent trainings, etc).
7. Outreach: Engage with local community partners to continue collaboration, including health fairs, trainings, school based events, etc.
8. Clerical: Chart preparation and maintenance, stock and update educational handouts and clinic documents.



In addition to the shared duties listed above, the clinic is also developing the new Health Worker II role as follows:

1. Create and help manage Asthma Registry: Using a database registry of patients we will be able to monitor patient needs (scheduling, vaccines, habitability and school issues), as well as examine our demographics, medication use, referrals, show rates, etc. By tracking these measures, we can build interventions to improve our clinical outcomes.
2. School collaboration and outreach: An additional CHW will help us improve our communication with schools, follow up on issues regarding asthma medication policy in schools and daycare centers, and establish clear standards and protocols in collaboration with school nursing.
3. Cross-coverage and follow up: One of the greatest needs in clinic is that of added support for the shared responsibilities above. An additional CHW helps our team to keep up with the demands of clinic and its related chart processing and follow up, and allows us the ability to stagger our CHW schedules and breaks so that clinic is able to operate from 8am-5pm, and every other Tuesday without interruption. It also provides enough support that we can complete chart filing and processing and follow up in a timely manner. (Currently, we have a backlog of Phone Call Follow Up forms that are over two months behind).
4. High-Risk Asthma Clinic: When able, the additional CHW will focus her clinical time in High-Risk Asthma Clinic, and assist with case management and follow up for this special group of children who have had multiple severe exacerbations and often have very high psychosocial needs.

How has your program served Potrero Hill residents active living across the lifespan?

Though the majority of patients have come from the Mission District (zip 94110) where SFGH is located, in recent years, more patients have had to move to adjacent neighborhoods which offer greater access to affordable housing. We can estimate that 20% of our pediatric patients live in Potrero Hill (zip 94107) and 30% live in Bayview Hunters Point (zip 94124). Many reside in Housing Authority developments and Section 8 private housing in those two districts, and our Health Workers help their patients to advocate for correction to substandard unhealthy housing conditions that are impacting their child's asthma control.

As a result of this project, have your partnerships been enhanced?

We have been able to network with the DPH Environmental Health Branch Healthy Housing Program, managed by Dr. Johnson Ojo. This partnership will help us gain code enforcement support when we are advocating for correction of substandard unhealthy housing conditions.

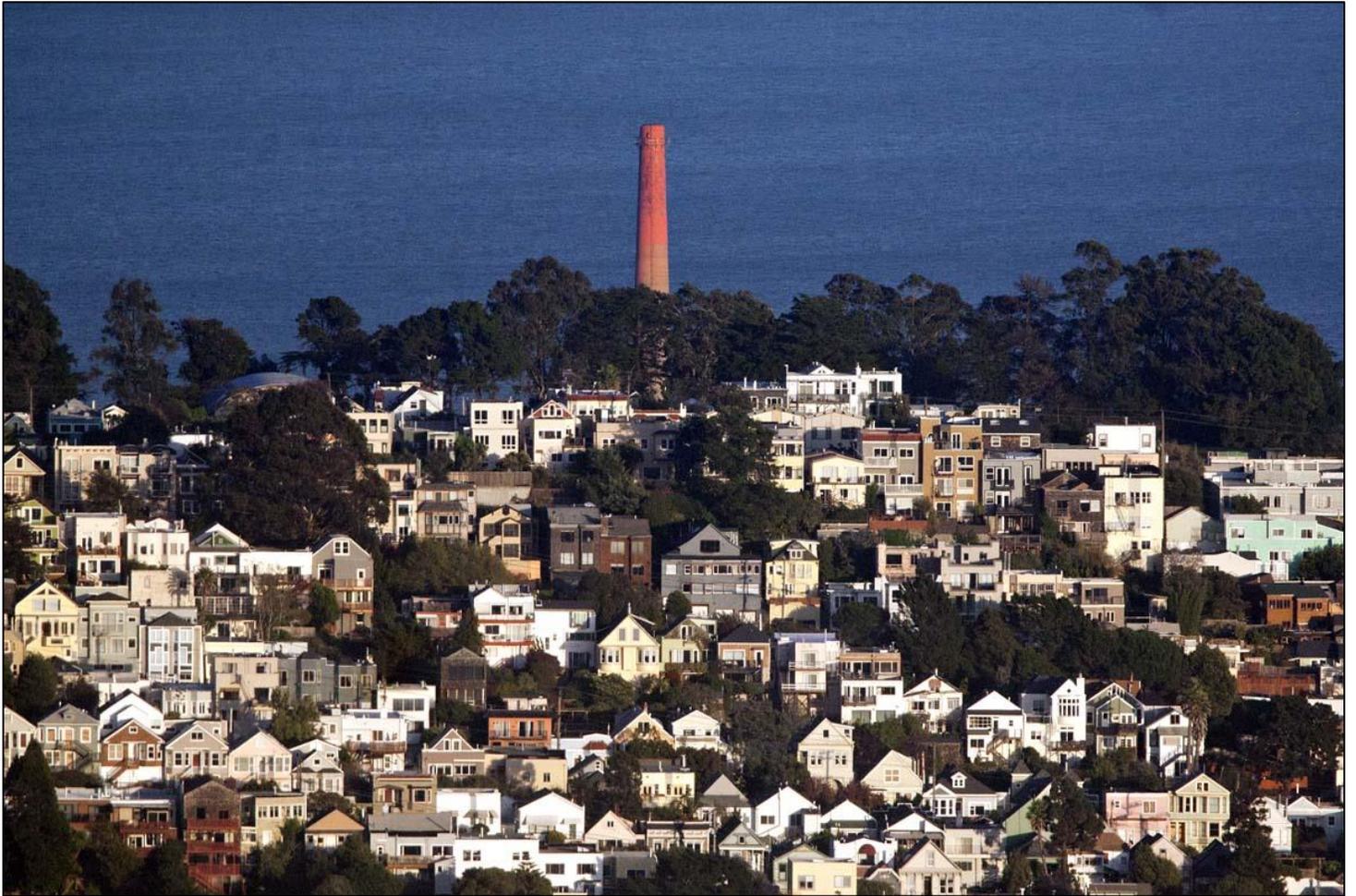
Are there barriers your agency/program has overcome that would be of benefit for others to read about?

The biggest barrier to initiating this project was working within the Civil Service process to choose a qualified candidate.

Participant Quote

"When I have brought my son to the Asthma Clinic they have helped him, they even have called the house to see how things are doing and if we are in need of any medications. I am very appreciative of their services. Thank you for your efforts and support that you provided us. God Bless you, Asthma Clinic!"





The Mirant Potrero stack remains, but the power plant is shut down.

