



FALL 2018

## Our Donors Make HEAL Programs Possible



A gift of \$250 funds one week of the Food Pharmacy. We thank the San Francisco-Marín Food Bank and the Marin Community Foundation for their very generous support of this program.

To attend or volunteer at the weekly Food Pharmacy, contact Michaela at 415.339.8813 x125 or [mross@marincityclinic.org](mailto:mross@marincityclinic.org).

Diane Tarlecki, MCHWC patient and board member, recently cooked a meal on KRON-TV4 using food and recipes from our weekly Food Pharmacy. "It's healthier eating because I live on a limited income, and it gives me a chance to use fresh produce without the cost of a grocery store." [Watch the story online at marincityclinic.org/foodpharmacy.](http://marincityclinic.org/foodpharmacy)

Our Food Pharmacy prescribes fruits and vegetables, rather than pills, as nature's cure to alleviate ailments. It is part of the clinic's free Healthy Eating Active Living (HEAL) programs, which are funded entirely by donors like you.

"Last year, Marin City lost four individuals to heart attacks and stroke, so we launched the Food Pharmacy to help create heart health," said Michaela Moss, Health Educator. "We provide patients with fresh food and connect them to healthy recipes in a fun environment." Diane believes that the Food Pharmacy has benefited her life, improving her health to enjoy her seven grandchildren.

### Free HEAL Activities in Marin City

<b>Monday</b>	9-11am	Senior Food Pantry
	10-11am	5k Training Group
<b>Tuesday</b>	9-11am	Art Class
	11am-12pm	Healing Colors
	3-4pm	Food Pharmacy
<b>Wednesday</b>	12-1pm	Community Lunch
	1:30-2:30pm	Sit Fit Chair Yoga
	4-5pm	5k Training Group
<b>Thursday</b>	9-10am	Talk and Walk
	1-2pm	Easy Hike

*More at [marincityclinic.org/events](http://marincityclinic.org/events)*



# BRINGING WELLNESS TO ANCHOR-OUTS

Weekly outreach brings food and clothing, healthcare support, insurance enrollment, and referrals to Sausalito's off-shore residents.

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## An Integrated Team of Providers Connects Isolated Anchor-Outs to Healthcare

An estimated 180 boats are anchored in Richardson Bay, off the waters of Sausalito and beyond easy access to services on land. The "anchor-outs" who live aboard include many of Marin County's homeless and elderly, and in the past few years their number has doubled. These nautical residents often find it difficult to get food and medical services.



Michaela Moss, Health Educator, and Shannon Wozniak, Psychiatric Nurse Practitioner, bring care and food to anchor-outs.

**Marin City Health & Wellness Center was created by a grassroots movement demanding compassionate, culturally respectful care.** Our staff recognize that, in order to take the mission of health equity to all in southern Marin who are underserved, the first step is building trust. Every Friday, staff go into the anchor-out community to learn what services these residents want and need.

Dominique McDowell, Director of Recovery and Homeless Services, describes the impact of this program. "The anchor-outs are not understood by neighbors in southern Marin. Each week I learn from these

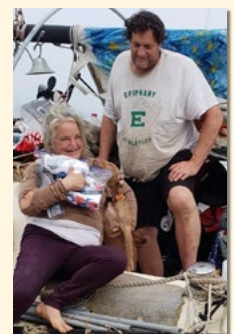


Do you know someone in need of insurance? Our Certified Enrollment Counselor can help! To have your health coverage effective by January 1st, you must enroll by mid-December. Contact [danetta@marincityclinic.org](mailto:danetta@marincityclinic.org) or call her at 415.579.0073.

welcoming, knowledgeable and resilient individuals. We hired one member of this community because we value her lived experience — she's become an important bridge between the clinic and services to anchor-outs."

Our award-winning programs for outreach and recovery, including Medication-Assisted Treatment, have been funded by grants from HRSA, CVS Health Foundation, National Association of Community Health Centers, and the Center for Care Innovation's Treating Addiction in the Primary Care Safety Net program.

**To donate clothing or contribute to the \$1,000 cost of boat rental and supplies, please visit [marincityclinic.org/donate](http://marincityclinic.org/donate) or contact [dominique@marincityclinic.org](mailto:dominique@marincityclinic.org).**



Depending on where you live, up to 50% of Black boys do not finish school. That is an outrageous disparity.”

–JayVon Muhammad, CEO

# CREATING BLACK EDUCATIONAL EQUITY

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## Seed Funding Launches Private High School

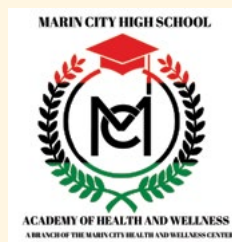
Marin City has one of the lowest educational attainment rates in Marin County. In January 2018, with the support of several donors interested in funding upstream interventions in poverty and illness, we piloted a private school that serves youth who are not succeeding in public education. The *Marin City Academy of Health and Wellness* combines academics with preventative behavioral health.

The Academy supports children who suffer from Adverse Childhood Experiences (ACEs) caused by racism, trauma and poverty. As part of a healthcare “Innovation Lab” cohort, CEO JayVon Muhammad and Lead Teacher Zared Lloyd presented to a packed house—and received a standing ovation. See this and other videos about the school at [marincityclinic.org/youtube](http://marincityclinic.org/youtube).



Academy students attend a screening of *The Hate U Give*, thanks to tickets donated by our new partner, the CA Film Institute. Watch for our *Black Stories*, *Black Voices* film series!

form at [marincityclinic.org/academy](http://marincityclinic.org/academy). New students are welcome to join the program throughout the year.



We thank the Center for Care Innovation’s i-Lab, the Schow Foundation, and other donors who helped launch this innovative approach to educational equity. To learn more or to support this program, contact [zared@marincityclinic.org](mailto:zared@marincityclinic.org).



CCI staff visit the Marin City Academy of Health & Wellness H.S.

### GOALS FOR OUR STUDENTS

- Earn a high school diploma or proficiency, certificate of completion, or GED
- Study STEM and African American leadership, history and cultural influence
- Create a foundation for college
- Decrease the likelihood of incarceration
- Increase earning potential

# LEAVING A LEGACY OF BLACK HEALTH EQUITY



## JayVon Muhammad, We Love You

"In this job I 'save myself' every day by influencing the care that is delivered to people who look like me and, often, have a similar set of experiences. It has been amazing to create programs that truly serve the community and change people's lives."

–JayVon Muhammad, CEO



JayVon Muhammed  
Chief Executive Officer

At Marin City Health & Wellness Center we have an expression: "I'm on the bus." It means that every member of our team believes, wholeheartedly, in our mission

to create health equity. For the past five years, JayVon Muhammad has been driving the bus as CEO. We have come far and it has been a wonderful ride.

Now we embark on a new journey: finding a leader who will take us to the next level. In December JayVon's drive

towards Black health equity will take her to SWLA clinic in Louisiana. She leaves a legacy of financial stability, program momentum and staff growth. We are ready for what's ahead!

### WE INVITE YOU TO HONOR JAYVON'S VISION!

- Listen to her advocate for Black equity at [marincityclinic.org/youtube](http://marincityclinic.org/youtube)
- Contact [melanie@marincityclinic.org](mailto:melanie@marincityclinic.org) to give a capital gift or donate stock to support the new Marin City Health and Housing Hub (breaking ground in 2019)
- Make a gift on Giving Tuesday (November 27) at [marincityclinic.org/donate](http://marincityclinic.org/donate)

We look forward to recognizing you — and all 2018 donors — in our next newsletter.

JayVon's legacy includes these groundbreaking programs to disrupt Black health disparities:

- A unique FQHC/Birth Center model
- Medication-Assisted Treatment (MAT) for opioid use
- A private school with behavioral health support

In the past year, Marin City Health & Wellness Center has provided 19,790 patient visits.

