

Partnership between Dignity Health Mercy & Memorial Hospitals and Kern High School District (KHSD)



Dignity Health[™]
Mercy & Memorial Hospitals

Kern High School District (KHSD) - Parent and Family Centers

Goal: Empower parents with knowledge, passion and belief that together we can achieve academic success for all students.

- In 2015, the idea of establishing parent and family centers emerged. The centers would provide parents/guardians the opportunity to receive resources necessary to become strong education advocates for their children.
- The first Parent Center opened in the rural community of Arvin. Currently, there are 19 Parent Centers affiliated to the KHSD which are funded through the Local Control Accountability Plan.
- Parent Centers provide education on the following topics:
 - ★ Parenting
 - ★ Mental Health
 - ★ Drug and alcohol
 - ★ Financial Literacy
 - ★ Health and Nutrition



The Parent Centers are open Monday – Friday, during school hours.

Dignity Health – Health and Nutrition

In 2016, Dignity Health established a partnership with the Kern High School District to provide education on Health and Nutrition.

Healthy Living program:

- Diabetes Self-Management Program
 - Chronic Disease Self-Management Program
 - Chronic Pain Self-Management Program
 - Arthritis Foundation Exercise Program
- With 72 % of students being hispanic our first workshops were offered in Spanish. This is still the case today with the majority of workshops being offered in Spanish.
 - This partnership allowed us to reach multi-age groups ranging from 32-70 years of age. Our oldest participant was 60 years.
 - Success of this partnership is due in great part to our facilitators. They are fluent in Spanish and have similar cultural backgrounds to our participants. Additionally all the materials used in the workshop and provided to participants are in Spanish.



Program Outcomes

Since 2016:

- At least one Chronic Disease Self-Management workshop has been provided at 10 different Parent Centers with a completion rate of 98%.
- At least 31 workshops have been provided with an average of 12 participants.

In FY 2023 participants were asked if self-management education is an essential part in being able to manage chronic disease.

- 100% of respondents either strongly agreed or agreed that self-management education was essential in managing chronic disease.

Thank You