

# CAVU Update

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*Holyoke Health Center's Healthy Weight Clinic Team presents a six month attendance award to a patient*

## Dear CAVU supporter,

I hope this email finds you having a happy and healthy summer, and enjoying the warmer weather. CAVU's Healthy Weight and Healthy Minds Initiatives are full of activity this summer, as our four new Healthy Weight Clinics get underway and planning begins for our new ADHD pilot program which will commence this fall. We have also reached the conclusion of our three-year grant to support the ADHD Clinic at Greater Lawrence Family Health Center - you can read more about that program below.

But before our new programming gets underway, we will take a moment at the end of this summer to celebrate the patients who have participated in our Healthy Weight Initiative over the past year, and the clinic staff who have assisted these children in making positive lifestyle changes. You've been sent a save the date for our Family Fun Day, which will be held on August 29th. The Family Fun Day will include a variety of fun, healthy activities for program participants and their families, clinic staff and their families, and CAVU supporters and their families. Please watch for your e-invitation, which will be sent out shortly. I hope you'll be able to join us!

Finally, I wanted to take this opportunity to thank Patrick Tang, our Public Health Fellow from Princeton University's Project 55 program, whose year-long term with us ended in May. Patrick was a great member of our team, and we wish him well as he goes on to pursue a career in public health. Thanks Patrick!

Wishing you a wonderful summer!

Deirdre Connor  
Director of Operations

## CAVU Continues Efforts to Help Kids with ADHD

For the past several years, a key focus of CAVU's Healthy Minds Initiative has been to improve the diagnosis and treatment of ADHD (Attention Deficit Hyperactivity Disorder) for at-risk children. ADHD is estimated to affect 5-10% of all US children, and is commonly underdiagnosed and undertreated in low-income and minority populations. For the past three years, CAVU has supported a weekly ADHD Clinic at Greater Lawrence Family Health Center (GLFHC) which provides comprehensive multi-disciplinary care for children whose primary care providers have identified as potentially having ADHD. The clinic also serves as a training ground for primary care providers in diagnosing and treating ADHD in the children they serve.

Over the course of the three-year CAVU grant, the ADHD Clinic served 317 patients, the vast majority of whom were of Hispanic descent. The patients diagnosed with ADHD were able to consult with both a specially trained clinician and a behavioral psychologist to develop a plan for how to manage their condition, and had regular follow-up visits at the clinic to check on progress. In addition, 37 GLFHC providers were trained on effective treatments for children with ADHD, allowing for greater capacity within the health center to serve these kids.

Given the effectiveness of the clinic for both patients and providers, GLFHC has committed to continue operating the clinic following the conclusion of CAVU's three year grant. In addition, CAVU has applied lessons learned from the Lawrence program in selecting our next Healthy Minds pilot program - Coordinated Care for ADHD, which will begin in Boston this Fall. Stay tuned for additional information on the CC-ADHD Program.

## CAVU Event Volunteer Opportunities

CAVU will be holding our first Family Fun Day to celebrate the Healthy Weight Initiative on Saturday, August 29th. This event will be a field day to celebrate the kids who have participated in CAVU's Healthy Weight Initiative, and will include the participants, their families, clinic staff and their families, and CAVU supporters and their families. In planning for the event, CAVU is seeking youth volunteers to participate in a variety of areas, from planning and promoting the event to providing youth leadership at the event.

We'll be holding an introductory meeting for our Youth Leadership Committee at Whittier Street Health Center, 1125 Tremont Street, Roxbury, MA, on Wednesday, 7/22 from 5:30pm-7:30pm. If you know of a young person who would like to participate, please contact Penny Marston at [penny.marston@cavufoundation.org](mailto:penny.marston@cavufoundation.org) for additional details. Youth may participate even if they cannot attend the meeting on 7/22, contact Penny to find out more. We will have one additional meeting in August prior to the event. We look forward to meeting these young leaders and utilizing their input for a terrific event!

## Thank You to Our Public Health Fellow

For the past year, CAVU has been fortunate to benefit from the skills and enthusiasm of Patrick Tang, a Public Health Fellow from Princeton University's Project 55 Program. Patrick assisted us in a variety of areas, including research, development, and marketing, and designed the new CAVU website which was launched earlier this year. Patrick's hard work and unflinching sense of humor were a great asset to CAVU - thank you Patrick!

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