



# 2012 Sapphire Award Winner (\$100,000) Excellence in Community Health—Program

## Teen Xpress

Arnold Palmer Hospital for Children,  
The Howard Phillips Center for Children & Families



Teen Xpress is a 40-foot mobile health unit staffed by a multidisciplinary team of professionals that provides comprehensive medical and mental health care, free-of-charge, to adolescents and teens at four public schools in two of Orlando's most impoverished communities – Parramore and Pine Hills – where 75 to 93 percent of the student populations qualify for free or reduced lunches.

- **93 percent of the students served by Teen Xpress live near or below the poverty level**
- **55 percent reported that they had not seen a physician for over one year**
- **45 percent have no insurance**

The services are provided on school grounds and accessible during lunch, elective classes and immediately after the school day. The program also partners with a local YMCA so that students can access services when school is not in session.

By establishing local partnerships and a flexible system of care, Teen Xpress delivers health care excellence that exemplifies what it means to consistently put the patient first. The team's holistic approach to wellness provides a convenient model of care for youth who lack access to basic health resources.

### **Notable Achievements:**

- **Over 10,000 uninsured and underinsured adolescents who would not otherwise receive medical or mental health care received services since its inception 1997.**
- **92 percent of teens seen for mental health issues improved their functioning scores on the Children's Functional Assessment Rating Scale and 76 percent demonstrated a decrease in their depression score.**
- **86 percent of the youth that completed the six-week nutritional course as part of the Healthy Me Initiative increased their knowledge as shown through pre- and post-tests.**
- **2010 recipient of the Promising Practices Award for Promoting Adolescents' Strengths sponsored by the American Academy of Pediatrics' Adolescent Health Partnership Project.**

*“Adolescence is a pivotal, critical time in a child's development and is marked by many physical and emotional changes and challenges. Teen Xpress gives kids a safe and special medical home to turn to when faced with a variety of health care concerns.”*

*Marie Martinez, Operations Manager, The Howard Phillips Center for Children & Families*

### **Services Provided:**

- **Primary and acute care**
- **Chronic disease management**
- **Immunizations**
- **Vision screenings**
- **Mental health counseling**
- **Nutritional education and counseling**
- **Case management services**

For more information about this program, visit [www.orlandohealth.com](http://www.orlandohealth.com) or call (407) 317-7430, x 2173.