

## **Public Health**

### **Objective: Bring basic health care services to the Eastern Triangle**

#### ***Action Steps***

- Repurpose large, vacant buildings (such as former school sites) to act as a complex housing medical offices
- Encourage churches/community facilities and health care professionals to work together and provide periodic healthcare services using the space in the churches/community facilities as offices.
- Partner with the new UT Health Science Center to provide inexpensive space for students to practice their skills.
- Encourage MetroHealth or area hospitals to locate a mobile clinic in the Eastern Triangle on a weekly basis.
- Expand Pecan Valley Health Clinic to provide a trauma center and space for healthcare specialists to visit on a rotating schedule.

### **Objective: Create a mental health facility to service the eastside of San Antonio**

#### ***Action Steps***

- Repurpose large, vacant buildings (such as former school sites for commercial strip centers) to act as a complex housing mental health services offices
- Partner with existing facilities and/or programs to expand the current mental health services

### **Objective: Create a senior citizen one stop center for the East Side of San Antonio**

#### ***Action Steps***

- Work with the creators of the Bob Ross Senior Citizen Facility
- Lobby the District 2 City Council office for support and funding
- Study senior citizen one-stop centers around the country
- Repurpose an existing building to cut down on costs
- Expand the Bob Ross center to the Eastern Triangle instead of creating a brand new facility and organization

### **Objective: Provide educational information to neighborhood associations and community organizations and encourage them to host a special presentation on the issue**

#### ***Action Steps***

- Request a partnership with the MetroHealth District to provide healthcare programs and information

- Cultivate relationships with area Healthcare Professionals, encourage them to present at the meetings
- Encourage community organizations to host informational booths at neighborhood events

**Objective: Get the word out through non-verbal communication tools**

***Action Steps***

- Include wellness facts or an essay within each neighborhood association newsletter
- Send out monthly e-mails with health and wellness facts to interested residents
- Encourage local print media to sponsor a health and wellness editorial each week

**Objective: Create teen centers aimed at promoting physical activity and addressing teen concerns (such as mental health, teen pregnancy, body image, etc.)**

***Action Steps***

- Encourage the expansion of an existing community center to house the program
- Repurpose an empty school or government building to save the cost of construction an entirely new structure
- Provide educational classes focusing on major issues for teenagers (i.e. teen pregnancy, body image, mental health, nutrition, sexual education, drug abuse).
- Utilize youth mentorship programs to encourage youth leaders to create peer support groups to discuss concerns, challenges and other pertinent problems

**Objective: Create a center for homeless and/or pregnant youths to finish their education, procure employment, obtain healthcare and learn life/job skills**

***Action Steps***

- Lobby MetroHealth to provide a certified counselor to offer free, group and individual sessions for teenagers on a rotating schedule (concurrent with other teen centers in the San Antonio area).
- Encourage community organizations to get involved in the creation of the facility and program. Ask them do donate both time and resources to the project.
- Lobby Council District 2 office for funding and non-financial help.
- Work with an existing youth shelter program, such as Covenant House to locate a program in Eastern Triangle

**Objective: Bring health and wellness education to area schools, starting in elementary school**

**Action Steps**

- Invite San Antonio healthcare professionals into the schools to give presentations on dental health, hygiene, physical health, nutrition, sexual education and other pertinent issues for the age group in consideration.
- Provide screenings and healthcare to schools above and beyond what the state requires (i.e. dental care and/or vaccinations).
- Provide after school opportunities to address health and wellness concerns through sports programs, support groups, social activities, etc.