

Quality of Life Road Trip



Leadership Development for Teens

As a community healthcare organization, Marin City Health & Wellness Center understands that to address the needs of teens in at-risk communities, we must expose them to multicultural experiences and role models who demonstrate diverse values of academic, social and personal effort.

What Makes this Program Unique?

The *Quality of Life Road Trip* is a one-month-long countrywide excursion by van that takes teens living in poverty and public housing to meet leaders in business, education and community. Participants travel to cities as distant as Atlanta, Chicago, Houston, New Orleans, Philadelphia and Washington, D.C. – and even cross the border into Canada. While on the road, in close company amid a constantly changing and challenging intellectual environment, these teens are able to experience a new world of learning, hope and possibilities for education and careers.



Youth Served

Young people living in poverty often lack opportunities outside of their neighborhoods. Since 2013, the *Quality of Life Road Trip* has taken at-risk youth (age 13-18) on a cross country tour to show and teach them about their heritage and the history of our country. As they visit corporate offices, radio stations, Ivy League universities, art exhibits and historical museums in distinct regions, they learn about options for college and employment, and encounter a wide variety of people and places.

About Marin City Health & Wellness Center

The *Quality of Life Road Trip* is part of our larger vision of community transformation and neighborhood revitalization, through investment in the mental and behavioral health of some of our most vulnerable community members. The summer *Road Trip* is part of MCHWC's year-long preventative behavioral

Marin City Health & Wellness Center
2016 Quality of Life Road Trip
32 Days, 26 Cities, 2 countries: 20 Changed Lives

health programs – *The Defenders* and *Girl Power* – that empower boys and girls to make healthy life choices. Participants learn how their own, personal decisions have a direct impact on the well-being of their families and larger community.

MCHWC is a Federally Qualified Health Center dedicated to the overall health and wellbeing of children and adults living in public housing and poverty. We were founded in 2007 to provide affordable, accessible health care, and now provide programs and services from southern Marin County to San Francisco's Bayview Hunters Point. Our clinics are uniquely located in the communities where our clients live. MCHWC provides primary medical, dental and behavioral health care, as well as educational and leadership programs for healthy teens and adults, including the Quality of Life Road Trip.

With the expansion of healthcare insurance through the Affordable Care Act, the need for our services grew tremendously in 2015. We serve patients covered by a large number of insurance programs (including Blue Cross, Blue Shield, Cigna, Sutter), and Medi-Cal and Medicare. In 2015, we:

- Met a range of **medical, dental and behavioral health** needs through 9,527 patient visits;
- Served **all ages**: 49% of patients are 35-65 years old, and patients range from infants to seniors;
- Reached **multicultural** patients: 42% Caucasian, 27% African American, 11% Latino, 4% Asian.

How You Can Participate

Sponsor in-kind donations for the Quality of Life Road Trip. Donations of lodging, food, beverage and supplies offset significant travel expenses.

Donate to this program. Direct program expense in 2016 is \$78,625, or less than \$4,000/participant.

Consider a graduate of Girl Power or The Defenders for an internship or afterschool job. These youth groups for boys and girls, which participate in the *Quality of Life Road Trip*, teach teens essential business, communication and interpersonal skills. Opportunities in a professional setting can launch these young women and men into productive and rewarding careers.

Refer a teen to the Quality of Life Road Trip. This program offers youth leadership activities for at-risk teens. Let MCHWC use our program and referral network to help a young person in need.

Join our Board or Advisory Committee. We are looking for leaders who believe in the power of community healthcare for a strong economy and healthy workforce.

Support our work. Medical services are supported by fees for service and agency funding, but expanding programs to meet community needs depends on private dollars. Please consider a tax-deductible donation today to support our programs or help with capital needs for new facilities in San Rafael, Marin City and San Francisco's Bayview Hunters Point.

Contact Us

For more information about **The Quality of Life Road Trip** or **Marin City Health & Wellness**, please visit us online at www.MarinCityClinic.org, call us at (415) 339-8813 or email us:

- JayVon Muhammad, Chief Executive Officer, Jayvon@marincityclinic.org
- Melanie Hamburger, Development and Marketing, Melanie@marincityclinic.org

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Expense

<i>Transportation</i>	<i>Qty</i>	<i>Cost/participant</i>	<i>Total Cost</i>
10-passenger van rental	2	\$5,000	\$10,000
Gas		\$3,500	3,500
Insurance		\$1,000	1,000
Parking		\$1,000	1,000
		<i>Total Transportation</i>	<u>15,500</u>
<i>Program Expense</i>			
Food	20	\$600	12,000
Lodging	20	\$1,200	24,000
Contract staff assistants	3	\$1,500	4,500
Admission fees	20	\$150	3,000
Guides/tips	20	\$25	500
Program supplies			2,700
		<i>Total Program expense</i>	<u>46,700</u>
<i>Project Staff</i>			
Case Worker (FT @ 25%)			11,250
Payroll taxes @ 26%			2,925
Benefits @ 20%			2,250
		<i>Total Road Trip Staffing</i>	<u>16,425</u>
TOTAL DIRECT PROGRAM EXPENSE			<u>\$78,625</u>
<i>Operational Support</i>			
Case Worker (FT @ remaining 75%)			33,750
Payroll taxes @ 26%			8,775
Benefits @ 20%			6,750
		<i>Total Program Staffing</i>	<u>49,275</u>
TOTAL ANNUAL EXPENSE			<u>\$127,900</u>

Revenue

<i>Confirmed</i>			
GlobalGiving campaign			\$ 1,710
Pilot Flying J			250
<i>Pending</i>			
Marin General Hospital			20,000
Amgen Foundation			10,000
Change Happens Foundation			10,000
County of Marin			5,000
Marin Housing Authority			4,000
Marriott Hotels (in-kind donation)			24,000
Whole Foods (in-kind donation)			3,000
Additional private funders			49,940
TOTAL PROGRAM REVENUE			<u>\$127,900</u>

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2016 Itinerary & Sampling of Destinations:

1. Marin City, CA June, 29 2016 (Wednesday)
2. Salt Lake City, UT June 30 (Thursday)
3. Lincoln, NE July 1 (Friday)
4. Chicago, IL July 1-3 (Friday evening – Sunday)
Tour WVON Radio station
5. Detroit, MI July 4 (Monday)
Tour and career discussion with Whole Foods store management
6. Windsor-Toronto-Niagara, Canada July 5-7 (Tuesday – Thursday)
Harriet Tubman church
7. Buffalo-Auburn, NY July 8 (Friday)
Harriet Tubman burial site
8. Harlem-Brooklyn-Time Sq, NY; Newark, NJ July 8-10 (Friday evening – Sunday)
9. Philadelphia-Lancaster, PA July 11-12 (Monday – Tuesday)
10. Baltimore, MD & Washington, DC July 13-14 (Wednesday – Thursday)
Meeting with Congressman Jared Huffman
11. Raleigh-Durham, NC July 15 (Friday)
Private tour of Stagville Plantation and ancestor discussion
12. Myrtle Beach-Charleston-Beauford, SC July 16-17 (Saturday – Sunday)
13. Atlanta, GA July 18-19 (Monday – Tuesday)
Visit Spelman College, Morehouse College and Clark Atlanta University
14. Bronwood, GA July 20-21 (Wednesday – Thursday)
15. New Orleans, LA July 22-24 (Friday – Sunday)
16. Houston, TX July 24-25 (Sunday evening – Monday)
17. Dallas, TX July 26-27 (Tuesday – Wednesday)
18. Albuquerque, NM July 27-28 (Weds. evening – Thursday)
19. Las Vegas, NV July 29 (Friday)
20. Los Angeles, CA July 30-31 (Saturday – Sunday)
21. Marin, CA July 31 (Sunday evening)