

*Empowering Adolescents*  
**TO TAKE CHARGE OF THEIR HEALTH  
THROUGH CENTERED GROUPS**

**CHINWE EFURIBE, MD, MPH**  
**FOUNDER, CENTERED YOUTH CLINIC AND CONSULTING**

**ALONZO NEEDUM**  
**MAJOR: BIOCHEMISTRY, HONORS**  
**UT-AUSTIN CLASS OF 2023**



# Why CYCC?

**OUR PARTNERS**

**CONNECT WITH US!**

[in](#)
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**CLINIC HOURS**  
 Tue, Wed: 8:30am - 5:30pm  
 Fri: 8:30am - 4:00pm

**TELEHEALTH ONLY**  
 Mon, Thurs: 8:30am - 12:30pm

[hello@centeredyouth.com](mailto:hello@centeredyouth.com)  
[www.centeredyouth.com](http://www.centeredyouth.com)

14008 Shadowglen Blvd.  
 Suite 300  
 Manor, Texas 78653

Office: 512-900-1780  
 Fax: 254-232-3495

Engaging Youth for Wellness

**CYCC**  
 CENTERED YOUTH  
 CLINIC AND CONSULTING, PLLC

**Direct Pediatric Care**

Primary care: routine well-visits, acute sick visits, sports physicals, mild-moderate mood disorders (depression, anxiety, disruptive, OCD)

**Specialty Adolescent Care** upstream USA

Contraceptive counseling, menstrual disorders, motivational interviewing for high-risk behaviors, new-onset eating disorders, teen-tot care

**Group Visits** Centering Healthcare Institute

Mood management, Weight management and menstrual disorders (irregular bleeding, painful and/or prolonged periods)

**ABOUT CYCC**

At CYCC, we provide direct primary and specialized healthcare to youth (newborn - 25yrs) using team-based, trauma-informed, lifestyle medicine principles through individual and group visits.



...  
**YOUTH  
 ADVISORY  
 COUNCIL (YAC)**

**The LINK  
 Youth Clinic**

Youth-Focused Healthcare    Peer Support Groups    Self-Care + Mental Health    Professional Development    Community Outreach



*Why  
 Group Visits*

# CHRONIC DISEASES IN AMERICA

**6 IN 10**

Adults in the US have a **chronic disease**



**4 IN 10**

Adults in the US have **two or more**

**THE LEADING CAUSES OF DEATH AND DISABILITY**  
and Leading Drivers of the Nation's **\$3.5 Trillion** in Annual Health Care Costs



## THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE



TOBACCO USE



POOR NUTRITION



LACK OF PHYSICAL ACTIVITY



EXCESSIVE ALCOHOL USE



## LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



AMERICAN COLLEGE OF  
**Lifestyle Medicine**



**CYCC**  
CENTERED YOUTH  
CLINIC AND CONSULTING, PLLC



# Youth Engagement



**N** ORIGINAL  
*Centered Youth Clinic and Consulting*  
 ★★★★★ 2021  
 Centered Youth Clinic and Consulting (CYCC) is a youth clinic founded by Dr. Chinwe Efuribe. This clinic is designed with youth for youth. CYCC takes a centering approach to healthcare which allows for an emphasis on education, social support and empowerment. The clinic goes beyond the average doctor's visit by providing valuable resources to help patients become ready to take charge of their health.

**Because you want volunteer opportunities**

	<p><i>Social Media</i></p> <p>Manage and create content for our Instagram, TikTok, and YouTube accounts</p>	<p><i>Centering Groups</i></p> <p>Manage a group chat for each six-week group session to build social support &amp; remind youth of upcoming events</p>	<p><i>Events</i></p> <p>Create a plan for our youth to celebrate milestones, birthdays, and holidays</p>	<p><i>Professional</i></p> <p>Partner with CYCC to gain experience, knowledge, and skills for your future health career</p>
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## BACKGROUND

- Immigrant mother
- First-Generation College Student
- Pre-Medical student at UT
- No connection to medical field before college

## Impact Story



## WHAT CYCC HAS GIVEN ME

- Guidance
- Motivation
- Sense of Direction
- Mentorship

## OUR PARTNERS

Centering  
Healthcare  
Institute



CITY OF  
**MANOR**  
EST. 1877



upstream USA



Austin Area  
Urban League

**SAFE** | stop abuse for everyone



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