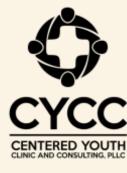
# Empowering Adolescents TO TAKE CHARGE OF THEIR HEALTH THROUGH CENTERED GROUPS

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

ALONZO NEEDUM

MAJOR: BIOCHEMISTRY, HONORS

UT-AUSTIN CLASS OF 2023







### **Direct Pediatric Care**

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



### Specialty Adolescent Care Upstreams

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



### **Group Visits**

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

### CONNECT WITH US!

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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 www.centeredyouth.com

14008 Shadowglen Blvd. Suite 300 Manor, Texas 78653

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



### Engaging Youth for Wellness





### 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.

















## CHRONIC DISEASES IN AMERICA

6<sub>IN</sub> 10 Adults in the US have a chronic disease



4<sub>IN</sub> 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









**CHRONIC LUNG** DISEASE



STROKE



ALZHEIMER'S DISEASE



DIABETES



CHRONIC KIDNEY DISEASI















### THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE



TOBACCO USE



POOR NUTRITION



LACK OF PHYSICAL ACTIVITY



EXCESSIVE **ALCOHOL USE** 















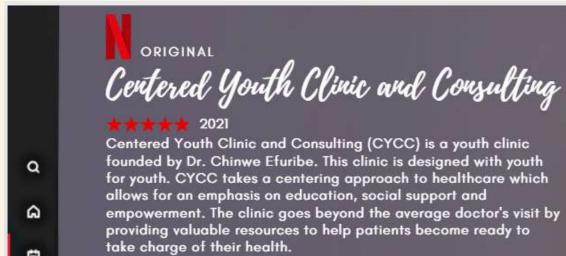


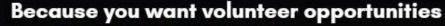
# Jouth Engagement













### Social Media

Manage and create content for our Instagram, TikTok, and YouTube accounts

### Centering Groups

Manage a group chat
for each six-week
group session to
build social support &
remind youth of
upcoming events

### Events

Create a plan for our youth to celebrate milestones, birthdays, and holidays

### Professional

Partner with CYCC
to gain experience,
knowledge, and
skills for your future
health career













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





# WHAT CYCC HAS GIVEN ME

- Guidance
- Motivation
- Sense of Direction
  - Mentorship





### **CONNECT WITH US!**









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