



Annual Report

2022-2023



**ROANOKE CITY
PUBLIC SCHOOLS**
Strong Students. Strong Schools. Strong City.



In the Fallon Park community, close to 25% of families live at or below the federal poverty limit—and three-quarters of this population live at 200% of the federal poverty limit. Children in poverty are at greater risk for immediate and long-term poor physical health outcomes, as access to enough nutritious food, health and dental care, preventative care and safe housing is limited. In addition, the risk for long-term chronic conditions such as heart disease, diabetes and obesity are greater for people living in poverty.

Thanks to community support, Local Impact for Tomorrow (LIFT) Center founding partners, including Roanoke City Public Schools, Carilion Clinic, Delta Dental of Virginia Foundation and Freedom First, developed an innovative school-based health and wellness center to improve access to health care and provide resources to improve the health and well-being of Fallon Park Elementary School students and their families. The LIFT Center opened in February 2022.

Our Mission

Partnering with our communities to improve the health and well-being of children and their families.

Our Vision

All students and their families have the resources and support they need to have bright and healthy futures.

Goals

- Improve the health and well-being of students and families in southeast Roanoke City, starting with Fallon Park Elementary School.
- Provide an environment that encourages and promotes health with a focus on the holistic needs of children and their families.
- Create an evidence-based model to follow in other communities.

LIFT Center Establishment

- Raised \$1 million to build the LIFT Center.
- Opened a pediatric clinic to provide virtual and in-person care.
- Hired a program manager and community health worker.
- Developed a collaborative team of more than 30 people to participate in the success of the LIFT Center.

2023-2024 Programs

Unmanaged asthma is the leading cause of emergency department visits and missed school days for students. Forty-four families are enrolled in LIFT's innovative holistic Asthma Program to



improve the care and health outcomes for students with asthma. The program resumes Fall 2023.

Mental health support is the underlying #1 need for students. Carilion Clinic was awarded a \$230,000 grant from United Healthcare to implement "Calm and Safe Classrooms" Mental Health Program, a comprehensive program of care for 30 high-risk Fallon Park elementary students and their families.

Parents and guardians requested support groups to help with parenting, stress reduction, grief and other mental health needs. LIFT virtual and in-person support groups begin by Fall 2023.



2022-2023 Key Accomplishments

Clinical care accounts for just 20% of good health. Literacy, education, financial stability, safe housing, healthy relationships and emotional support also contribute to good health and well-being. LIFT supports Fallon Park families in all of these ways.

BUILDING TRUST AND COMMUNITY

LIFT builds trust in the community through engagement. LIFT participates in school family nights and leads drives for holiday meals, children's books and hygiene supplies. LIFT also supports teacher and staff well-being throughout the year by providing nutritious meals and stress-reducing shoulder massages and by teaching relaxation skills.



Carilion Mental Health rotates psychology fellows who observe the school and classroom environment weekly to offer solutions for improved student-teacher interaction and improved student behavior.

IMPROVING LITERACY

Nearly 100 families of Fallon Park elementary students do not speak or read English. These families face challenges to manage their health, communicate with their children's teachers and access improved employment options. **Sixty English Language Learning classes** were held during LIFT's first year.



COVID-19 impacted student literacy, leaving many far behind. **Book buddy volunteers** read with students weekly and free books are available to all Fallon Park students.

FINANCIAL EMPOWERMENT



Eighty counseling sessions were held throughout the year for families of Fallon Park students. Families connected with trained financial counselors to help with household budgeting, improving credit, managing debt and learning how to meet financial goals such as buying a home.

CLINICAL CARE

More than 225 pediatric visits included sick care and well visits for school entrance physicals, sports physicals and immunizations at the part-time clinic.

Health supplies such as toothbrushes, toothpaste and floss were provided by Delta Dental of Virginia Foundation along with interactive oral health education for each first grader. Lice removal kits, digital thermometers and gun locks are made available.

Health education is provided via afterschool and evening programs for students and their caregivers. A regular newsletter is sent home



featuring actionable tips and skills to practice at home to improve health and well-being.

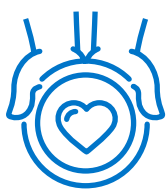
Access to community resources and emotional support are provided by LIFT's Community Health Worker (CHW). The CHW helps families apply for Medicaid and financial assistance, find safe housing, avoid eviction and access nutritious food, and guides caregivers to set personal goals.

Following a strep throat diagnosis in my family, I knew my son Will's sore throat needed a physician's care. The LIFT Center is conveniently located at his school, Fallon Park Elementary, but because my son has special needs, I was nervous to take him since we hadn't been there before.

Fortunately, the LIFT Center had availability the same morning. The nurse was aware of Will's situation and was extremely welcoming—like Mary Poppins with her magic closet of goodies which immediately put Will at ease. She checked him in and called the doctor. They used an amazing technology system that allowed the doctor to see down Will's throat virtually while he directed the nurse to swab Will's throat. Of course, Will didn't like that, but the visit was made better by a stuffed animal given to him by the nurse. The LIFT Center made Will's care so easy and the staff was so kind, understanding, patient and professional!

Elizabeth Jones, parent of Fallon Park Elementary student





Support Through Donations

LIFT Center partners work to provide the support children and their families need to improve their health and well-being. We depend on donations from members of our greater community to help us give children and their families the opportunity to thrive.

Thank you to all of our donors who helped fund our first-year capital campaign and programming, including the Roanoke Women's Foundation and American Electric Power (AEP).

In 2023-2024, as we focus on supporting the holistic needs of Fallon Park students and their families, please consider joining us in making a meaningful difference.



To help fund ongoing programming and support for children and their families, please **DONATE** at liftvirginia.org.

To learn more, email liftinfo@liftvirginia.org or call the LIFT Center at 540-855-3900.